Nurses communicate with people of all ages from many diverse cultures. With the older population increasing and many ethnic groups visiting and/or moving into our country, it is imperative that we can communicate effectively with all clients.

Write a client scenario.

* Utilize a client that is from another country for which you are interested in meeting the challenges of communicating. You will want to utilize your Purnell Cultural reference book.
* As well as being from another country, maybe speaking another language, and having different cultural beliefs and attitudes, your client scenario should include physiologic and psychological changes (these are changes, not diagnosis as described in the third bullet point â€“ think about the Cognitive Integrity and Sensory Perception discussion in Module 2).
* Describe the location where you are meeting your client (clinic, doctor's office, hospital, nursing home, or rehab center).
* List at least one physiologic problem (medical diagnosis) for your client (e.g. hypertension, obesity, diabetes, arthritis).
* Describe what some communication strategies would be and what challenges in relation to this client scenario.
* What interventions would the practical nurse anticipate on the client care plan?

Remember the concept of motivation wellness is defined as actions taken by a person, initiated by the intrinsic needs and values of that person as a desire to improve health and wellness.

Health Promotion is part of the concept of education and health promotion, and is defined as empowering clients through teaching and learning methodologies in order to encourage them to take control over their own health and wellness outcomes.

To help you with this assignment, see the below example of Client Scenario below:

* Scenario
* Mr. Gilapeo is a widowed, retired French chef, who came to America when he was 50 years old. He is now 70 years of age and lives in New Orleans, LA. by himself, but he does have a French Bulldog named Napoleon, who is three years old. He got Napoleon after his wife died three years ago. He has three sons and two daughters who all live within a two hour driving distance of his home. In fact, one son has taken over his French bistro in town. His dominant language is French, but he can speak English fairly well, although he does have trouble with the American slang terms and colloquialisms.

Mr. Gilapeo came to the clinic today because he has been lacking his normal energy levels over the past few months and has been having headaches several times a month. He has not been bothered with headaches in the past. When you, as the nurse, take his vital signs, you obtain a blood pressure of 174/89, heart rate of 92, respirations of 20, and a temperature of 97.8. His face looks a little flushed and when you weigh him, he is 210 lbs. with a height of 5ft. 9 inches. He is a little heard of hearing, but does not wear hearing aids. He does wear bifocal glasses and his eye doctor told him he has a cataract forming on his right eye several months ago. Always playing the patriarchal, dominant role in the family, he can be a bit “bull-headed” at times.

After seeing the doctor today at the clinic, he was informed he has hypertension (high blood pressure) and needs to start taking a diuretic (Lasix, 20 mg by mouth daily) and an anti-hypertensive medication (Lisinopril, 5 mg by mouth daily). He currently takes no medications. His diet consists of high fatty foods and gravies, along with salted meats and several small pastries a day! Since he does not like to just cook for himself, after years of cooking all day for many people in the bistro, his son either brings him food home in the evenings or Mr. Gilapeo goes to the bistro, at least one time a day, to eat there. He carries a pipe in his shirt pocket.

To establish rapport with the client, I would use friendly facial expressions—smiles, eye contact when speaking to him, and lean forward to let him know I am interested in what he is saying. Since he is hard of hearing, I would try to sit a little closer to him, after asking him if it was ok. I would ask him if he can read English well and comprehend what he reads. I would ask him if he would like me to have the pharmacist write out his prescription in bold print to help him see it better. I would also ask him if is financially able to pay for his new medications. My tone of voice would be low, calm, and friendly.

Since he cannot read English well, I find I will have to provide pictures with the literature I give him on ways to control his blood pressure. I will also need to find out how much he values good health and help him to set goals for maintaining his health, losing weight, and maintaining a normal blood pressure level. I would also ask if he would like his son to be present for future teaching sessions, so his son could gain understanding and support of his father’s health concerns.