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# MY CULTURE, MY BELIEFS: EMBRACING CULTURAL DIVERSITY IN PATIENT CARE

Cheok Poh Gek, Lee Zhao Yuan, Huang Xiaofeng, Jing Ning, Andrea Choh Chau Lin, Serena Heng Kai Ying, Lau Keat Yeng, Magdalene Ng Kim Choo, Lim Su-Fee

Nursing Division, Singapore General Hospital

## INTRODUCTION

Cultural competence is a critical aspect of providing high quality person centred care, particularly in diverse societies. Nurses play a pivotal role in delivering culturally sensitive care that respects the beliefs and practices of patients from various cultural backgrounds. This project aimed to assess nurses' cultural proficiencies and elevate the standards of culturally sensitive nursing care through a multi-phased cultural awareness campaign.

## METHODOLOGY

**Multi-phased cultural awareness campaign** was carried out between January to May 2024.

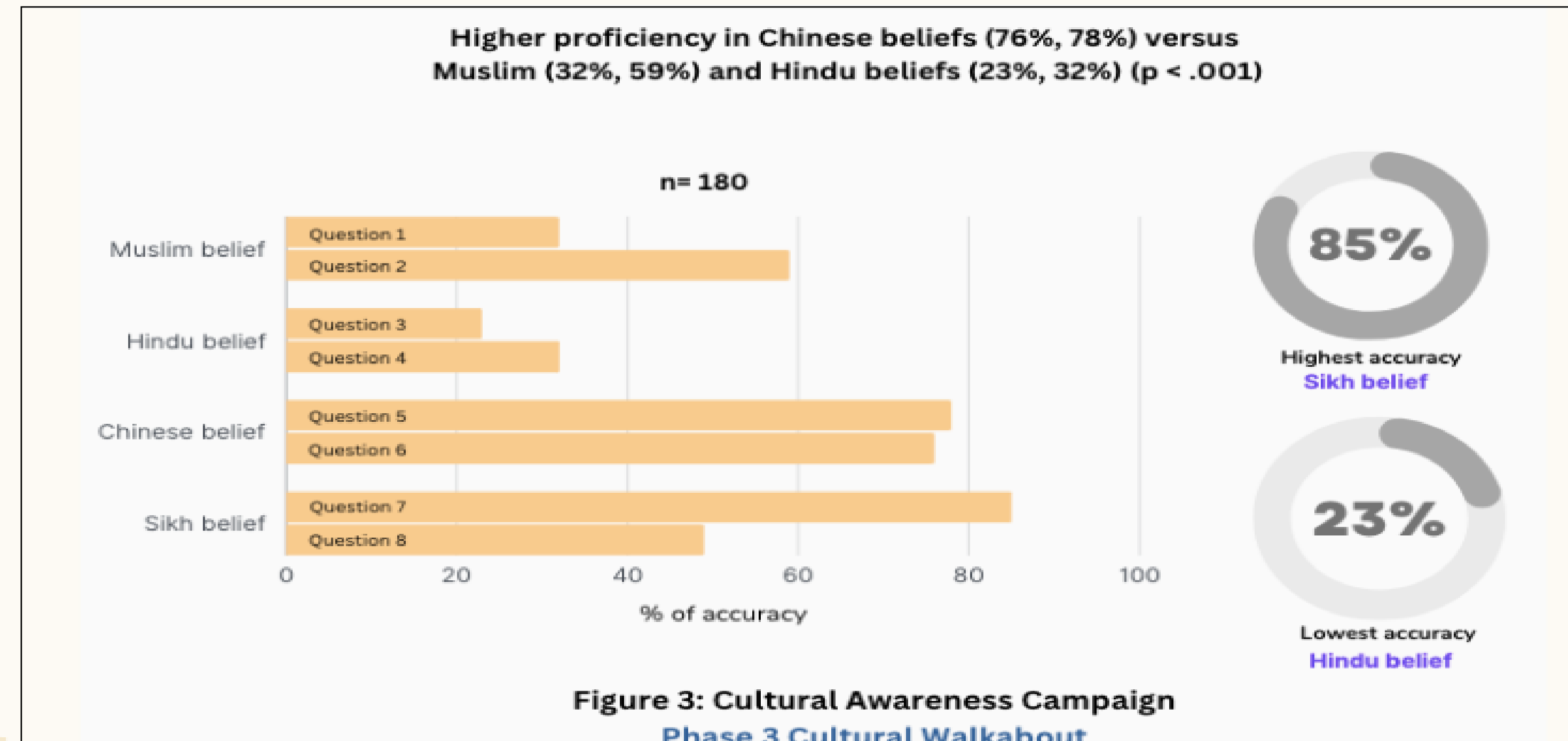
**Phase 1 'Knowing Our Patients':** Three-part series of posters and quizzes were launched via Workplace and mass emails on how one's cultural beliefs influence health behaviours.

**Phase 2 Nursing Diversity Day themed 'My Culture, My Belief':** Interactive booths and quizzes were utilized to share ethnicities' cultural health beliefs across beginning of life, pre & post-surgery and end-of-life journey.

**Phase 3 Cultural Walkabouts:** Sessions were conducted to raise awareness of various ethnicities' beliefs and practices among nurses through interactive quizzes.



## RESULTS (CON'T)



## DISCUSSION

Overall higher proficiency in **Chinese cultural beliefs** across all phases could be attributed to:

- Participants background
- Greater exposure to Chinese patients
- More comprehensive educational resources on Chinese cultural practices.

Significant disparities in nurses' cultural knowledge, particularly in understanding Muslim and Hindu cultural beliefs was shown.

## IMPLICATION FOR PRACTICE

The findings suggest several key implications for nursing practice:

- **Enhanced Cultural Competence Training:**
  - **Curriculum Integration:** Embed cultural competence modules into nursing courses core module
  - **Continuing Education and Professional Development:** Conduct continuous education for practising nurses
- **Targeted Interventions:** Develop specific training for less understood cultural groups
- **Hands-on Experience:** Incorporate cultural event and exhibition booths as part of training
- **Institutional Support:** Policies, resources and funding to support cultural competence training
- **Community Engagement:** Partner with local communities for diverse culture exposure and immersion

## CONCLUSION

The project highlighted significant gaps in cultural knowledge among nurses, emphasizing the need for comprehensive and ongoing cultural competence education. By addressing these gaps, healthcare institutions can foster more culturally sensitive care, enhance therapeutic nurse-patient relationships, and ultimately improve patient outcomes. Incorporating training for cultural competence into nursing education and professional development is crucial for delivering effective, person-centered care for diverse patient populations.



## RESULTS

Higher proficiency in Chinese beliefs (beginning of life 86.6%, surgery 89.2%) versus Muslim (64.9%, 49.2%) and Hindu beliefs (60.8%, 69.2%) (p<.001)

Higher proficiency in Chinese belief (end of life 93.5%) versus Hindu (48.4%) and Sikh belief practices (69.4%) (p<.001).

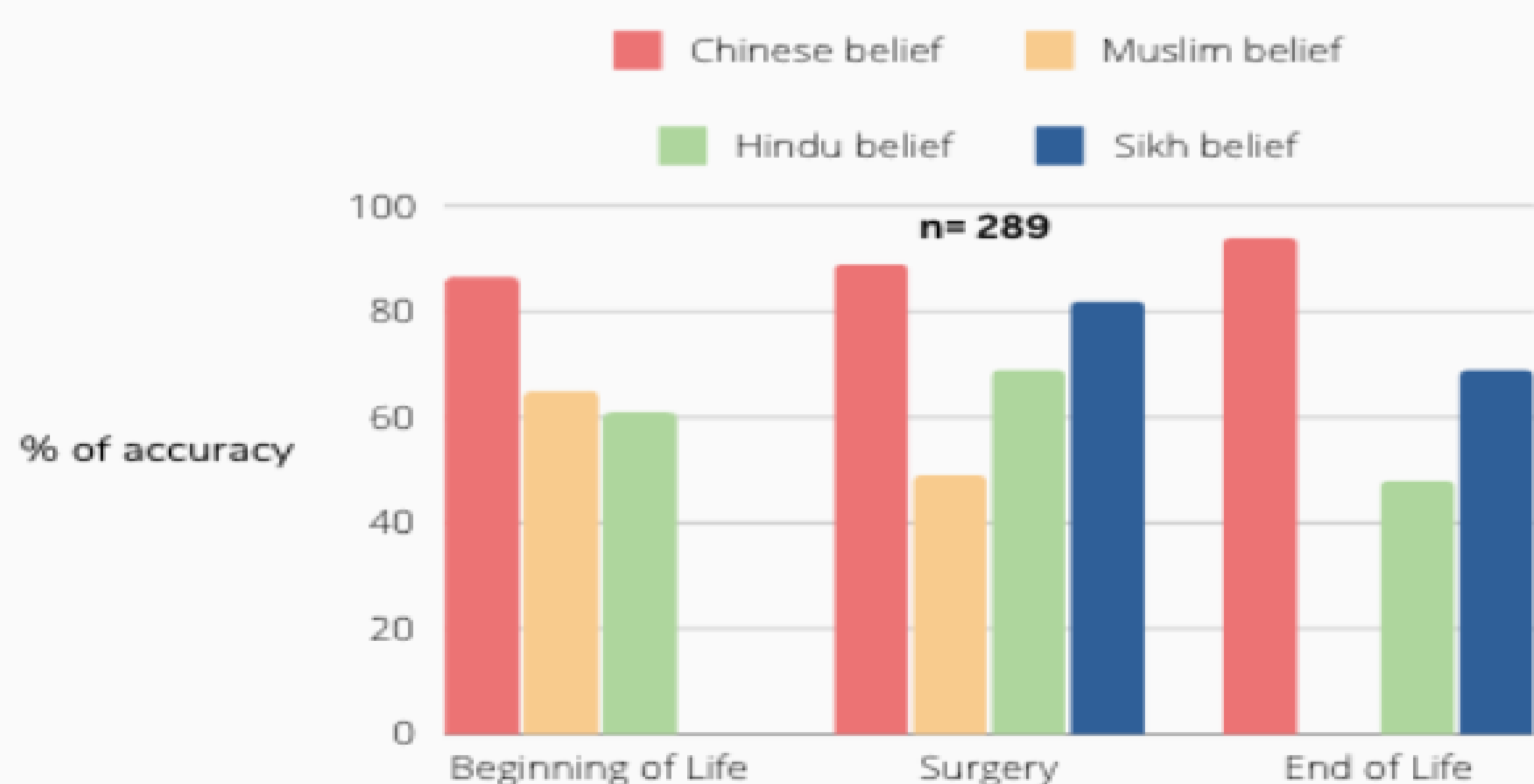


Figure 1: Cultural Awareness Campaign Phase 1 'Knowing Our Patients'

Higher proficiencies in Filipino (39.7%) and Hindu belief practices (38.1%) versus Muslim belief practices (19%) (p=0.019 and 0.03 respectively)

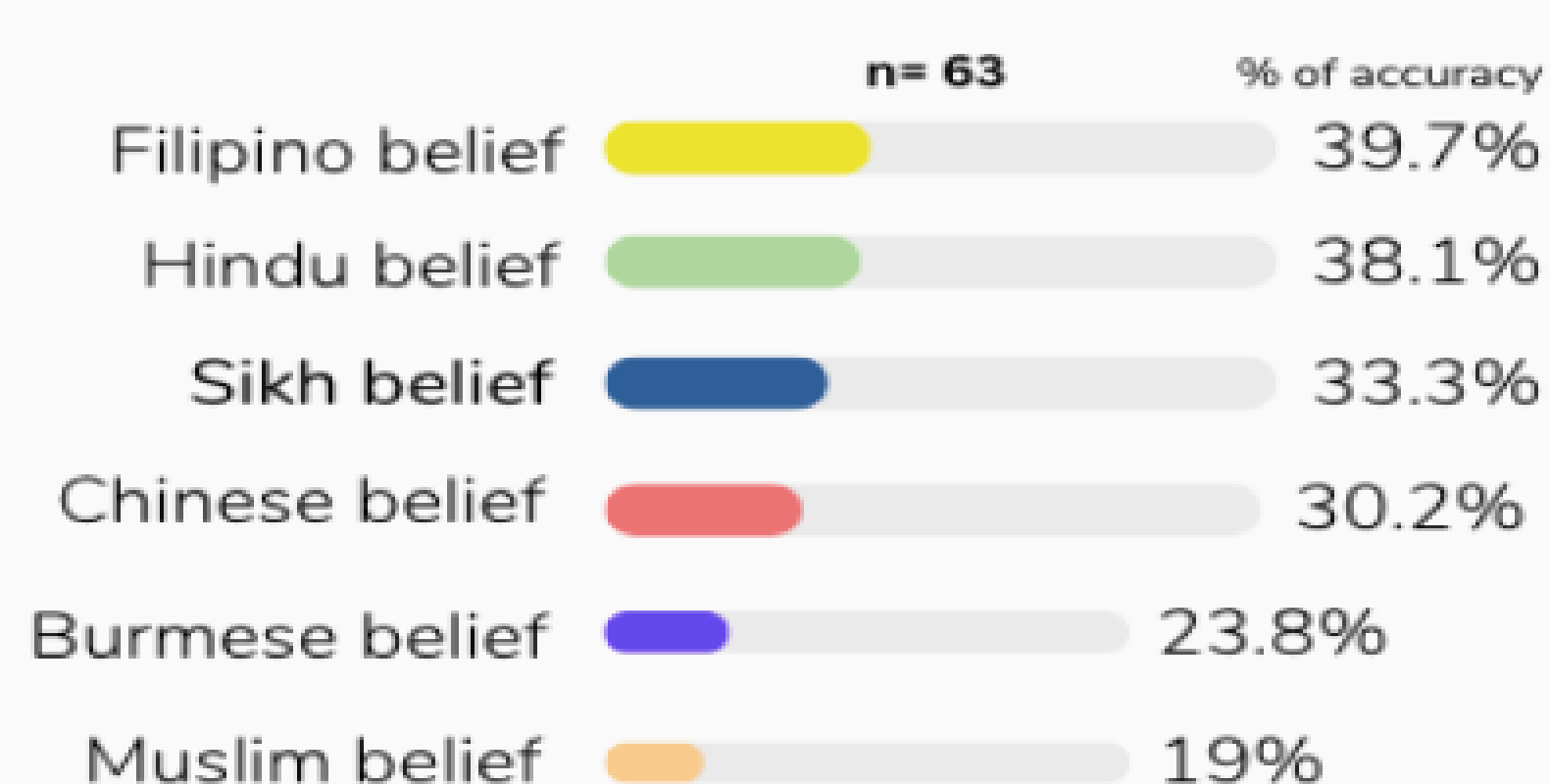


Figure 2: Cultural Awareness Campaign Phase 2 Nursing Diversity Day Quiz