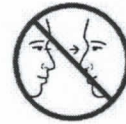


Interview Considerations

- ▶ Tone of voice is often high-pitched. Daily conversation is conducted in a louder voice. It does not mean anger or hostility.
- ▶ Physical appearance and physical surroundings are important and provide visual cues as to status and tone of conversations. For example, dressing in black is usually a sign of mourning.
- ▶ Avoiding eye-to-eye contact shows respect.
- ▶ Personal space and physical space are not emphasized.

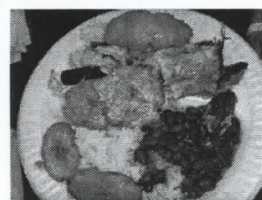
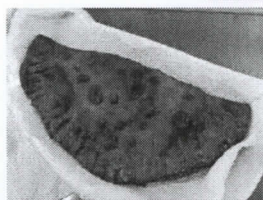
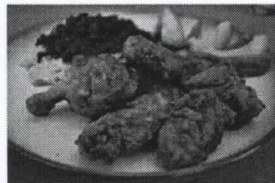
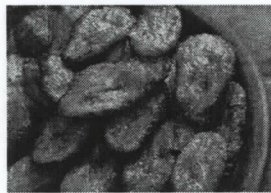


Interview Considerations

- ▶ Taking turns to speak is not the rule for this culture. People will interrupt a conversation and will speak simultaneously.
- ▶ It is okay to be silent for longer periods when two or more people are together

Leading Health Objective: Nutrition

- ▶ Puerto Rican Americans suffer extremely from diet related health issues such as metabolic syndrome, type 2 diabetes, and overweight and obesity
- ▶ Puerto Rican cuisine typically consist of fried plantains, rice and beans combined with pork, fish, or poultry, and vegetables and aromatic seasonings
- ▶ Herbs and spices are used in great abundance. Sofrito is a combination of ingredients used as a seasoning to give a distinctive, characteristic taste to many native dishes
- ▶ Among Puerto Rican adults and children, acculturation has been positively associated with consumption of fast food, sweetened beverages, sodium and fat.



THE PLAN

- ▶ Community Health Center
- ▶ Specialize in nutrition. It will be only for Puerto-Rican Americans. It will be a really large facility composed of 3 floors. The use of this facility will be free of charge to all Puerto-Rican Americans.
- ▶ The first floor is the clinic.
- ▶ private nutritionist that they can call at any time for assistance.
- ▶ People working in the facility will be Puerto Ricans that speak Spanish.

THE PLAN CON'T

- ▶ The second floor will be the gym. Every patient will have their own personal trainer.
- ▶ The third floor will be composed of several classrooms. One classroom will be a discussion to teach the patients which foods they can and cannot eat.
- ▶ Another will be a cooking class. Show patients how to cook healthy foods while incorporating Puerto Rican cuisine.
- ▶ Food pantry where the patients will be able to get healthy food to eat.

Summary

- ▶ In nursing practice, what constitutes Cultural competency is the understanding of other people's cultural values, traditions and customs and actually applying it to their plan of care. It is the respect that one has for other cultural differences and the knowledge and obedience to apply them to their nursing practice whether it be in a hospital, nursing home or home health to produce a better quality of life for their patients.

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