

UIC College of Nursing

Urban Health Program Newsletter

What is Culturally Competent Nursing Care and How Do You Know When You are Providing It?

In an ongoing effort to promote cultural competence training for nursing students, faculty and staff at the UIC College of Nursing, the Urban Health Program held a spring cultural workshop titled "What is Culturally Competent Nursing Care and How Do You Know When You are Providing It?" Chicago representatives from community and national nursing organizations were invited to provide community perspectives on providing culturally competent nursing care. Presenters included Dr. Mi Ja Kim, representing the Asian/Pacific Islander nursing community, Mrs. Donna Calvin and Ms. Margaret Davis, representing the Chicago Chapter National Black Nurses Association, Ms. Rose Gonzalez, representing the Hispanic nursing community, and Ms. Susan Swart, Director of Nursing Practice for the Illinois Nurses Association.

Asian/Pacific Islander Community

At the workshop, Dr. Kim discussed that a culturally competent health care provider is knowledgeable about the impact of oppression, racism, discrimination, and stereotyping upon both the patient and the provider and accepts these differences and works with them to structure a culturally appropriate care and treatment plan. "It is essential that the provider spend some time exploring symptom management with the patient, specifically care, treatment, health and illness beliefs and practices," said Kim.

Kim shared that health care providers should not disregard patients' cultural systems in order to provide quality care and treatment. The care and treatment plan should be modified to fit within the patients' cultural framework even if they have to institute treatment that they believe is less than optimal. Kim also provided information on some of the cultural characteristics/beliefs specific to Asian/Pacific Islanders.

African American Community

Mrs. Calvin and Ms. Davis presented a case study focused on diabetes, a disease that affects African Americans more than other racial/ethnic groups. Calvin and Davis shared that African Americans are more likely to have lower extremity amputation than Caucasian or Latino Americans. Kidney failure (ESRD) occurs four times more often with African American patients than diabetic Caucasians. Calvin and Davis stated that there is a lack of culturally congruent care for African American diabetes patients living in the inner-city, as fewer health care providers work in the inner-city; most are international medical graduates; only 6.3 % of students admitted to medical schools in 2003 were African American; and African Americans of lower socioeconomic status are less likely to seek medical care as many distrust the health care system.

As members of the Chicago Chapter National Black Nurses Association, Calvin and Davis are working to decrease the prevalence of diabetes in the Chicago African American community by working with partners to provide education seminars, screening for detection of early signs of diabetes complications, referring participants with positive results to a primary care physician, maintaining continuous communication with participants and offering a diabetes support group.

Hispanic Community

Ms. Gonzalez discussed the importance of establishing trust when working with Hispanic patients in order to develop an ongoing relationship. Gonzalez provided simple steps that can be followed to aid in establishing trust: sit down to talk to the patient, make eye contact, use therapeutic touch, take time to answer questions, be honest when answering questions and involve the patient's family/caregivers. When communicating with patients who only speak Spanish, Gonzalez stated that

health care providers should use interpreters, access the knowledge level/needs of the patient, involve the patients family, answer questions in simple terms, provide written materials, use visual aids if applicable, listen, clear up any misconceptions, collaborate with other members of the patients' health care team and offer assistance, such as referrals to social services and home health agencies.

Buddhist Immigrant Community

Ms. Swart discussed addressing the health care needs of Buddhist patients with respect to their cultural customs and beliefs. Swart recommended contacting local cultural organizations, such as the Buddhist Council of the Midwest and Thai Nurses Association of Illinois, for information and resources when working with Buddhist immigrant patients.

The Urban Health Program will continue to sponsor an annual fall and spring cultural workshop. The fall 2007 workshop "Fictions of Caring: Rethinking Nurse Rivers and the Tuskegee Syphilis Study" presented by Professor Susan Reverby of Wellesley College will be held on Tuesday, October 16, 2007 at the UIC College of Nursing. See the upcoming events section on page four of this newsletter for further details. Please join us for this exciting event!

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Conversations with Trustee Dr. Frances Carroll by Bridgette Carol Williams, CON BSN Student

"I can't reach the world...but I can reach some people," said Dr. Frances Carroll, an African-American woman who was appointed by Governor Blagojevich to the Board of Trustees for UIC in 2003.

On Wednesday, April 11th, I was one of the students, faculty and guests who had the unique opportunity to dine and converse with Dr. Carroll. In the beginning of the dinner, Dr. Carroll prompted attendees to look at a generic job description for a university governing board member. She emphasized the last bullet point in the document, "Record of integrity, impartiality and fairness." She stated, "My credentials had to be impeccable [for the Board of Trustee position] and I did not know this until the head of the union told me."

Dr. Carroll asked the audience, particularly students, about the job duties of a trustee. She then asked questions about UIC. "Who is the student trustee for UIC? How old is UIC? When was it founded?" Out of more than 50 people who attended, only a handful could answer her questions. In the same breath she said, "Look it up."

Dr. Carroll did not appear surprised; she knew that academic courses in many of the majors do not talk about the role of a Board of Trustee member. She said the total number of trustees was 13 and the board was comprised of the governor, plus nine trustees and three student trustees. It was Dr. Carroll's mission to teach the audience the importance and structure of the Board of Trustees.

Intertwining the description of a Board of Trustee, Dr. Carroll told us about her many previous positions. She stressed her experiences working as Principal of the Cook County Juvenile Temporary Detention Center. Showing off spunk, Dr. Carroll entertained the audience with stories of her wit in efforts to communicate with underprivileged and underserved youth. "You know what the requirements are and be ready for the sacrifice," she said.

Dr. Carroll also emphasized the importance of working hard. "You're the best and the brightest....that doesn't mean you don't have to study," stated Dr. Carroll. As she spoke, she left the podium and walked over to students in the audience and looked at each one. "We can do nothing by ourselves today, so we must reach out and stick together." She stated that each student has to be responsible for his/her own work. Each student has to work hard to be successful. She pointed out that "we have to work harder than others."



From Left: Whitney Lynn (medical student), Wade Ivy III (public health student), Dr. Frances Carroll (U of I Board of Trustee member) and Bridgette Carol Williams (nursing student)

Carroll received her baccalaureate degree from Roosevelt University, her graduate degree from Chicago Teacher's College and her doctorate in education degree from the University of Sarasota in Sarasota Florida. Her teaching experiences include Chicago Public Schools, City Colleges of Chicago, Roosevelt University, Chicago State University and Governor's State University. Her current term for the University of Illinois Board of Trustee is 2005-2011. She is the only female African-American Board of Trustee member.

Mentoring New Nursing Graduates...Featured in Minority Nurse Magazine



The summer 2007 issue of Minority Nurse Magazine featured an article titled *Mentoring New Nursing Graduates* written by Venessa Lee, RN, MA,

CRNAC and Theresa Harris, RNC. The article discussed the saying in the nursing profession that "nurses eat their young"—referring to the way certain veteran nurses are said to treat new nursing graduates. Lee and Harris discussed their belief that this saying is not true and described a nurse as "someone who devotes his or her life to caring for other people's physical, mental, social,

spiritual and emotional health." "Nurses do this not only by taking care of their patients, but also by taking care of their co-workers. When we as nurses take care of our new graduates, we are functioning in the role of a mentor."

Lee and Harris went on to describe a mentor as one who has "a desire to nurture another person in a particular role." One must learn how to lead in order to lead new graduates, and it is a huge responsibility. A leader must decide what motivates the new nurse and consider factors, such as the person's learning style, response to stress and willingness to ask questions when something is unclear. Mentors need to have "the desire to edu-

cate others, along with the ability to share their knowledge and experience in a way that will be meaningful to the person they are mentoring," said Lee and Harris.

Lee and Harris also noted that nurses should not be required to train new graduates by their managers. This method of recruiting mentors is not beneficial to the mentor or new graduate. Nurses can "give back to each other in a loving way, by taking the time to work with new graduates as they help us get over the nursing shortage."

To read the entire article and more about what it takes to be a great mentor, visit www.minoritynurse.com.

I am Going to be a Midwife! by Kesha Eason, CON Graduate Entry Program Student



I took a trip in March 2007 to Eugene, Oregon for the Midwifery Today conference to delve deeper into my chosen field of nurse-midwifery. I was worried that I would not fit in and

that I would not be able to make conversation with the women at the conference. I made sure to read chapters on childbirth, prenatal care and care of the postpartum woman. I prepared for three full days of women-centered care.

Fortunately, when I arrived, I was immediately welcomed by warm hugs and smiling faces. On the first day, I met with several other aspiring midwives, and students from various other states. We discussed

our plans for future study, private practice and personal philosophies on midwifery care. I also met with another student from UIC, who would be my roommate for the trip. The two of us had a late lunch and studied the conference schedule for the following day. Since both of us are aspiring midwives, we were both eager to see as many exhibits as possible.

Throughout the conference, I had a chance to sit in on discussions about preventing post partum hemorrhage, embracing the calling to become a midwife, I learned about herbal and homeopathic therapies, and I learned that delivering breech babies outside of a hospital setting was commonplace among many midwives. It was thrilling to hear the birthing stories of the experienced midwives, both rural

and urban.

In a word, this conference was enlightening! In a few other words... since I simply cannot stop taking about it...empowering, inspiring, educational, encouraging, and life-changing. I made connections with other students and professionals both from Illinois, and other states. I found resources to help guide my journey and inform me about the history of the field. I plan to develop mentoring relationships that will aid in my professional and personal development. Finally, I would highly recommend this conference to any nursing student, aspiring midwife, or practicing midwife because it offers passionate exploration of midwifery with others dedicated to the total advancement of the field.

Get to Know the Republican Presidential Candidates by Sheon K. MacNeill, CON MS Student

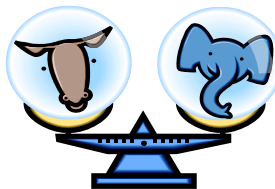
With the incumbent President George W. Bush being ineligible for re-election in 2008, and Vice President Dick Cheney decidedly not seeking the presidential nomination and not running for president, the Republican Party is burdened with selecting a candidate for 2008. Early emerging candidates for the republicans include Rudolph Giuliani and Mitt Romney.

Rudolph W. Giuliani (more commonly referred to as "Rudy") was born in Brooklyn, New York, on May 28, 1944. He is a graduate of Manhattan College and New York University Law School. The former US Attorney and former New York City Mayor (1994-2002) was named Person of the Year by *Time* magazine for his leadership following the September 11, 2001 attacks on America.

Giuliani has built a reputation as a law-and-order leader who is tough on crime. During his terms as mayor, overall crime was reduced by 56%, murder rates declined 66%, and New York City became the safest large city in America according to the FBI.

On the issues, Giuliani represents socially moderate views. He is pro-choice, pro-gay rights and pro-gun control. His views on health care are not clearly defined. However, he is married to a registered nurse, Judith S. Nathan.

Former Massachusetts Governor Mitt Romney officially announced his candidacy for president in February 2007. He may be most widely recognized for his contribution to a successful 2002 Salt Lake City Winter Olympics. As governor, he balanced the budget every year of his administration without raising taxes and increased economic growth by transforming deficits into surpluses. In 2006, Romney signed into law a market-based reform that ensures health care coverage for every Massachusetts citizen.



His three-part vision for America seeks to build a strong national defense, a strong economy and strong families with strong values. Romney, a social conservative, is pro-life and opposes same-sex marriages.

Mitt Romney was born March 12, 1947, in Michigan. He graduated from Brigham Young University and Harvard University where he earned a MBA, as well as a juris doctorate.

This article is Part II of an article included in the fall/spring 2007 UHP newsletter that featured some of the 2008 United States Democratic Presidential Candidates. The views of the profiled candidates are separate and independent. Duly note, this is not an endorsement for any candidate.

Diversifying the Nursing Workforce

In 1978, the University of Illinois at Chicago created the Urban Health Program (UHP) to recruit, retain and graduate students from groups underrepresented in the health professions, specifically African American, Hispanic and Native American students. Any student that self-identifies as a member of one of the above racial/ethnic groups is automatically a member of the College of Nursing Urban Health Program. The mission of the Urban Health Program is to improve the quality of health care services for medically underserved urban populations by expanding health profession education opportunities for underrepresented groups and others interested in serving medically underserved urban areas.

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UIC College of Nursing is ranked among the top 10 nursing schools in the U.S. and is one of the largest and most prestigious sources of nursing leadership in Illinois and beyond.

Degrees offered:

- BSN
- MS
- DNP
- PhD

Campuses:

- Chicago
- Peoria
- Quad Cities
- Rockford
- Urbana-Champaign

VISIT US ON THE WEB:
WWW.UIC.EDU/NURSING

UPCOMING EVENTS

Annual UHP Welcome Reception

For new and continuing nursing students

Wednesday, September 5, 2007

5:30-7:30pm, Leona's Restaurant

1419 W. Taylor Street, Chicago, IL 60607

Please RSVP to dtcarter@uic.edu

Welcome Week Open House & Mixer

For individuals interested in the BSN Program

Thursday, September 6, 2007

3-5pm, College of Nursing, 3rd Floor Lounge

Please RSVP to dtcarter@uic.edu

College of Nursing Information Sessions

GEP/BSN Program Information

Tuesday, Sept. 11, 2007, 6-8pm

Tuesday, Sept. 25, 2007, 6-8pm

Wednesday, Oct. 17, 2007, 12-2pm

Tuesday, Oct. 30, 2007, 6-8pm

Tuesday, Nov. 13, 2007, 6-8pm

Wednesday, Nov. 28, 2007, 12-2pm

Tuesday, Dec. 4, 2007, 6-8pm

All sessions are held at the Chicago campus

845 S. Damen Avenue, 1st Floor Lobby

BSN Personal Statement Writing Workshops

For fall 2008 applicants to the BSN program

Thursday, September 13, 2007, 4-6pm

Thursday, September 27, 2007, 4-6pm

Wednesday, October 10, 2007, 4-6pm

Location: College of Nursing, Room 165

Bring a draft of your personal statement!

Please RSVP to dtcarter@uic.edu

College of Nursing Annual Cultural Workshop

"Fictions of Caring: Rethinking Nurse Rivers and the Tuskegee Syphilis Study" presented by Professor Susan Reverby—Wellesley College

Tuesday, October 16, 2007, Reception: 4:30 to

5:30pm, Presentation: 5:30 to 7pm

College of Nursing, 3rd Floor Lounge

Contact Dawn Carter at dtcarter@uic.edu for more information.

Don't underestimate the power of a great personal statement when applying to the BSN program.

Attend a personal statement writing workshop and learn some tips to make your statement stand out.

**Do you have any suggestions for the next issue of the UHP newsletter or would you like to contribute an article?
If so, please contact Dawn Carter at dtcarter@uic.edu.**