

## **"Culture Counts" The Care of the Hispanic Patient**

Elida Greinel, APN/BC  
MS Specialty Clinic of New Mexico  
University of New Mexico Health Science  
Center

### **Objectives**

- To convey the importance of providing culturally sensitive care in a diverse population
- To provide background and examples that help build an understanding of the meaning and significance of culturally sensitive care

## Culture Counts Because ....

- Culture shapes the individual's perception of illness and disease
- Culture provide the foundation for belief related to healing and wellness

## Health Belief Systems

**Scientific/Biomedical**  
Life/health is controlled by  
Physical and biological processes  
That can be studied and manipulated

**Magic/Religious**  
The world (health is  
an arena in which  
Supernatural forces dominate  
fate (well-being)

**Holistic health**  
The forces in a natural balance  
Or harmony  
(to protect health)

## Culture counts because...

- Culture influences help seeking behavior and attitudes toward health services and health care providers
- Culture and language impact how patients access and respond to health care services

National Center for Cultural Competence, Elena  
Cohen & Tawara D. Goode

## Cultural Competence

- Definition:  
“The ability to function and to respond effectively to the needs of patients within the context of cultural differences”
- Understanding and incorporating culturally-founded belief system into the formulation of treatment and care.

## Cultural competence

- Health care providers must be cognizant and attempt to understand the patient's:
    - Socio-cultural background
    - The environment in which he/she lives
    - Linguistic barriers
- Awareness of one's own cultural values

## Care of the Hispanic/ Latino Patient



## The Care of the Hispanic/Latino Patient



## The Care of Hispanic/Latino patients



## The care of Hispanic/Latino Patient

- In 2010 there were 50.5 million Latino in the civilian population of the U.S.A.
- Hispanics are a heterogeneous group
- Definition of the term "Hispano/Latino":
  - a. People from Latin American descend
  - b. Spanish Speaking
  - c. Spanish surname
  - d. Place of birth

## Hispanic/Latino Origin

- **Definition of Hispanic or Latino Origin Used in the 2010 Census**
- "Hispanic or Latino" refers to a person of Cuban, Mexican, Puerto Rican, South or Central American, or other Spanish culture or origin regardless of race.

## The Hispanic Population: 2010

Table 3  
STATISTICAL PORTRAIT OF HISPANICS IN THE UNITED STATES, 2010  
**Racial Self-Identification Among Hispanics and Non-Hispanics: 2010**

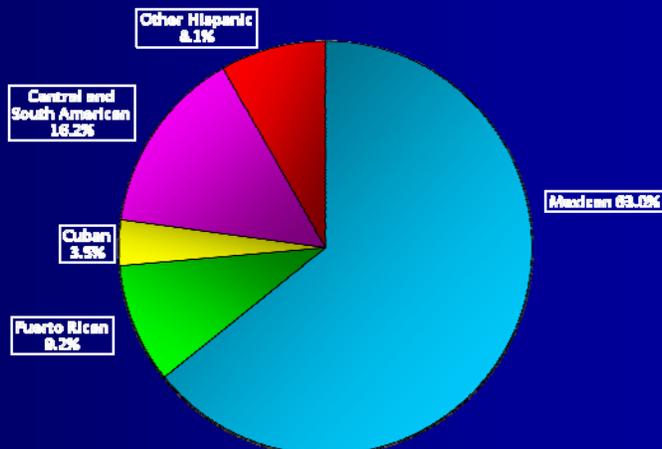
**Universe:** 2010 resident population

One race	TOTAL		HISPANIC		NOT HISPANIC	
	Number	Percent	Number	Percent	Number	Percent
	300,987,406	97.3	48,461,430	95.5	252,525,976	97.6
White	229,456,801	74.2	32,525,353	64.1	196,931,448	76.1
Black or African American	38,926,493	12.6	989,515	2.0	37,936,978	14.7
American Indian and Alaska Native	2,551,684	0.8	476,244	0.9	2,075,440	0.8
Asian	14,723,800	4.8	165,558	0.3	14,558,242	5.6
Native Hawaiian and Other Pacific Islander	493,703	0.2	32,599	0.1	461,104	0.2
Some Other Race	14,834,925	4.8	14,272,161	28.1	562,764	0.2
Two or More Races	8,362,283	2.7	2,268,140	4.5	6,094,143	2.4
<b>Total</b>	<b>309,349,689</b>	<b>100.0</b>	<b>50,729,570</b>	<b>100.0</b>	<b>258,620,119</b>	<b>100.0</b>

Source: Pew Hispanic Center tabulations of 2010 American Community Survey (1% IPUMS)

FEW HISPANIC CENTER PewResearchCenter

## Percent Distribution of Hispanics by Type: 2010



Source: Current Population Survey, March 2010

## Hispanic Demographics

- Hispanic are more geographically concentrated than non-Hispanic whites
- Hispanics are more likely than non-Hispanic to live inside central cities of metropolitan areas
- Hispanics are more likely than non-Hispanic Whites to be under age 18
- Hispanics live in family households that tend to be larger than those of non-Hispanic Whites

U.S. Census Bureau

## Hispanic Demographics

- More than two in 5 Hispanics age 24 and older have not graduated from high school
- Hispanics are much more likely than non-Hispanic Whites to be unemployed
- Hispanics are more likely than non-Hispanic Whites to live in poverty

U.S. Census Bureau

## Healers and other health practices among Hispanics

- Curanderismo:  
"An earthy, natural, grounded health care belief system that seeks to keep all of the elements of our being in balance"
- Curandera: Healer  
Tools for Healing:  
limpia  
platicas

## Curanderismo: Maladies

- Envidia: Envy
- Mal aire: - literally bad air  
(e.g., a chill that leads to an illness)
- Mal ojo: evil eye (negative energy directed through the eyes)

## Hispanic patients with MS

- Lack of culturally and linguistically proficient services and information for Latinos/Hispanics threaten their access to quality services and their disease management ability
- Lack of knowledge on how to navigate the health care system have jeopardize the care of Hispanics/Latinos MS care

NMS Hispanic/Latino Outreach Project

## Cultural stumbling blocks

- Judging other ethnic groups according to the values of one's own group
- Assigning negative attributes to other ethnic groups
- Viewing qualities/experiences of other ethnic groups as inferior
- Generalizations and stereotyping

## Conclusion

- In an increasing diverse care environment, cultural sensitivity can be essential to successful treatment
- Cultural sensitivity occurs when cultural diversity is recognized