Answer Guidance

# Chapter 40: Introduction to the global context of nursing

## Activity answer guidance

### Activity 40.1

 Reflect upon your health beliefs, those of your family, and those of the patients for whom you have cared.

 Are the majority of these based on scientific evidence, past experience, and long-held belief or tradition?

 How can you ensure that the care you deliver to a patient always respects their health beliefs?

#### Answer guidance:

*There is no template answer for points one and two as these are individual reflections.*

*You can ensure that the care you deliver to a patient always respects their health beliefs by asking the patient questions, listening to their views, and developing their prescription for care based upon this. So, following an APIE approach;*

 *When* ***Assessing*** *a patient’s needs ask them about their health beliefs just as you would do if you wanted to find information about any other issue.*

 *When* ***Planning*** *a patient’s care involves them deciding the goals they wish to achieve and how these are going to be achieved.*

 *When* ***Implementing*** *a patient’s care enables them to be an active partner in the process, so they are as fully involved as possible and understand all actions.*

 *When* ***Evaluating*** *a patient’s care ask the patient for their views on how successful their prescription for care has been.*

### Activity 40.2

Consider the health needs of refugees and asylum seekers and make a list of the core nursing values which need to be paramount in the care you deliver.

#### Answer guidance:

*You have been asked to consider the health needs of refugees and asylum seekers and make a list of the core nursing values which need to be paramount in the care you deliver.*

 *Malnutrition*

 *Communicable diseases*

 *Noncommunicable diseases*

 *Mental health conditions*

 *Maternal health*

 *Child health and immunisations*

 *Oral disease*

 *Musculoskeletal complaints*

 *Language barriers and cultural needs*

*Core nursing values: The NMC highlights the following core values:*

 *Fairness*

 *Kindness*

 *Ambition and pride in our work*

 *Collaboration*

### Activity 40.3

What information should you familiarise yourself with before you leave for an international placement?

What information sources would you need to consult in order to ascertain this information?

#### Answer guidance:

*Before leaving for an international placement you need to know everything you possibly can about the general area and the specific placement area, how it will be acceptable for you to behave and dress whilst you are in the area, who you are going to be supervised by, how you are going to travel, how much money you will need, what you need to take with you and what the possible risks are—especially relating to your health and safety.*

*To ascertain this information you need to discuss your plans with your tutor (many universities have comprehensive information/guides to help students who wish to undertake an international placement), consult guidebooks, websites (such as Foreign and Commonwealth, World Health Organisation, Nursing and Midwifery Council), visit a travel clinic for health advice, talk to individuals who know the area and discuss your plans with someone you trust to ensure you haven’t forgotten anything.*

## Case study answer guidance

### Case study 40.1: Nomsa

Nomsa is 25 and has two children, 3 years and 18 months, who have had three episodes of diarrhoea in the last 2 months. She is worried that germs in the water from the village water hole might be causing her children to become ill.

 What simple measure could you advise Nomsa to undertake before her family drinks the water?

#### Answer guidance:

*Make Nomsa aware that this is not a safe drinking source and will be the cause of diarrhoea. You could signpost Nomsa to safe water provision, for example, piped or bottled or a protected borehole. Contaminated water can lead to cholera, dysentery, typhoid, and polio. You could also advise them to boil their drinking water.*

### Case study 40.2: Maboh

Maboh is 31, lives in a rural village in the Southwest Province of Cameroon, West Africa, and relies on care delivered by his parents for feeding, washing, and moving. He communicates using simple words and gestures. Maboh often has epileptic fits, which his parents treat by holding his head above a pit latrine (open toilet) as is the local practice; the aroma from the ammonia is thought to act like “smelling salts,” helping to ‘bring him round’.

How could you encourage Maboh’s parents to treat his fits in a way that maximises his, and their safety?

#### Answer guidance:

*Cultural competence would be required. Many communities believe in traditional medicine and their thoughts and beliefs are not the same as yours. Never discount the merits of other people’s beliefs. Although some countries do still have a stigma surrounding epilepsy. Health promotion projects are underway in many developing countries around epilepsy. For example, holding “purple days” to raise awareness of the condition and its management. You could explore the understanding of Maboah’s parents and offer some health education in a culturally sensitive way, after developing a therapeutic relationship.*

### Case study 40.3: Theo

Theo is 24 and has just started the second year of his adult nursing course. He recently attended an information session run by his university about international elective placements where he found out that in his third year it is possible for him to undertake a placement in any clinical area he wishes.

For as long as he can remember Theo has wanted to work as a nurse for an international aid agency, but as he left school without any qualifications, this did not seem achievable. However, after being made redundant from his retail job he decided to return to college to gain the qualifications required to become a nurse. Theo has raised funds, over £15,000 to date, for Médecins Sans Frontieres since he learned about their activities when he was completing his access to the nursing course and is now very knowledgeable about their activities. Theo is very keen to undertake a placement in a developing country, as he feels this would enable him to increase his practical understanding of nursing in resource-poor environments. The opportunity of doing this during his nursing course seems to be too good an opportunity for him to miss.

At the information session Theo was told that he would need to pay for his return travel to the placement area, accommodation, travel, and living expenses whilst he was away, plus any inoculations/medications/health checks and visas required. He is concerned that he has only very limited funds and is aware that the injections required to ensure he remains healthy during his visit to a developing country, in addition to all the other costs, are likely to be expensive.

What are the first steps Theo should take to investigate whether it will be feasible for him to undertake an international placement?

#### Answer guidance:

1. *Talk to his tutor. He may be able to take part in a project that already exists between his university and a healthcare organisation in another country. Theo will also need to consider what he wishes to achieve from this experience, link this to the learning on his course and gain the support of his university before he goes. If there is not a project Theo could become involved in he should consider whether he has any links with other organisations that may be able to include him in a project. Some local NHS Trusts have ongoing relationships with healthcare professionals in other countries and many towns/cities are twinned with towns/cities in other countries (details of this will be available from the town/city hall). Theo also has existing links with Médecins Sans Frontieres so he should contact them. Finally, if Theo has friends or family living abroad they might be able to assist him to find and contact a placement area.*

2. *Decide exactly where he wants to go and then consider the impact of his visit on his host. Theo must be certain that his visit will be as positive for his host as it is for him before proceeding any further with his arrangements.*

3. *Work out the cost of everything he needs to finance for his placement. It may not be possible to be exact, but Theo needs a clear idea of how much money he will need.*

Are there any sources of funding that Theo could investigate to try to add to his limited amount?

1. *Before approaching any funding source Theo needs to think carefully about and write down exactly what the benefit of the international placement will be, considering the benefit in terms of the patients he cares for in the future, for him now, and during his nursing career and for any future employers. He needs to have a clear idea of how much money he needs and demonstrate that this experience is so important to him that he is prepared to fund as much of it as he is able.*

2. *Theo should talk to his tutor, who may be able to provide him with the details of financial assistance available from local sources, such as specific financial awards or grants he can apply for in his university, local NHS Trusts, or charitable organisations.*

3. *As Theo is a student member of the Royal College of Nursing (RCN) it would be sensible to also ask for their advice, as some RCN branches have funds available to their members.*

4. *There are also publications that Theo could consult which identify potential sources of funding. These are likely to be available in his university library. Examples of such publications are The Grants Register (published annually) by Palgrave Macmillan, The Directory of Grant-Making Trusts (published annually) by the Charities Aid Foundation, and Charities Digest (published annually) by Waterlow Professional Publishing.*

5. *Another possible source of funding Theo could investigate could be drug or medical equipment companies, UK companies that also operate in the country he wants to visit, or companies based where he is undertaking his nursing course.*

6. *Theo could also undertake some sponsored activities, such as baking cakes or putting to use any other marketable skill he has, to raise funds for his placement. If he does this, contacting his local radio station or newspaper, with the support of his university, would be an excellent idea, as they might be interested in reporting his* *plans, publicising any fundraising events he is undertaking, or even contributing to his fund.*