

Chapter 2. Culture

Multiple Choice

Identify the choice that best completes the statement or answers the question.

- ___ 1. Which of the following is not a function of culture?
- Guides the way we communicate
 - Determines our selection of health-care options
 - Determines what we can achieve
 - Guides our interpretation of illness
- ___ 2. The purpose of transcultural nursing is to:
- Decrease the need for hospitalization
 - Promote patient satisfaction
 - Increase home-care effectiveness
 - Promote dependency
- ___ 3. The way we view social concerns and problems in the culture is termed cultural:
- Beliefs
 - Values
 - Clarification
 - Sensitivity
- ___ 4. The way we greet each other within a culture is an example of:
- Folkways
 - Mores
 - Laws
 - Sanctions
- ___ 5. Race categorizes the person by:
- Religion
 - Physical characteristics
 - Disease susceptibility
 - Financial status
- ___ 6. The theory that there are no pure races is based on (the):
- Discovery of blood transfusion
 - Common blood groups
 - Contamination
 - Migration
- ___ 7. Learning about the patient's ancestry is termed cultural:
- Awareness
 - Sensitivity
 - Mores
 - Diversity

- ___ 8. The health-care worker who believes that his or her values and ways of life are superior to those of the patient is practicing:
- Ethnocentrism
 - Cultural awareness
 - Cultural sensitivity
 - Cultural mores
- ___ 9. When a person migrates to another country and takes on the practices of the dominant culture, this is considered:
- Assimilation
 - Individualism
 - Paternalism
 - Ethnocentrism
- ___ 10. A 60-year-old Hispanic patient is admitted to the hospital. When caring for this patient, you would be sensitive to his belief of:
- Ramadan
 - Hot and cold
 - Fasting
 - Paganism
- ___ 11. Which of the following cultural groups prefer same-sex health-care providers?
- Hispanics
 - African Americans
 - Asians
 - Arabs
- ___ 12. Downcast eyes during communication are a sign of respect in which of the following cultural groups?
- Asians
 - European Americans
 - Native Americans
 - Pacific Islanders
- ___ 13. A 70-year-old patient admitted to the nursing home speaks with a distinct accent. To determine his cultural or ethnic origin, you would:
- Assume this based on his accent
 - Assume this based on his name
 - Assume this based on his religion
 - Ask him directly
- ___ 14. In caring for patients from different cultures, the nurse must understand that culture is:
- Our learned pattern of behavior
 - The motivating principle behind all our thinking
 - Less dominant as we age
 - Irrelevant in planning a person's health needs
- ___ 15. Failure to understand and develop cultural awareness may lead to:
- A misperception of a person's feelings and responses

- b. Culturally congruent care
 - c. Effective cultural communication
 - d. Adaptation of a new culture
- ___ 16. Deeply embedded feelings that help individuals determine what is good or bad and right or wrong are referred to as:
- a. Mores
 - b. Norms
 - c. Folkways
 - d. Values
- ___ 17. Differences in skin color, as seen in different races, are thought to be the result of differences in:
- a. Climate and skin pigmentation
 - b. Diet and genetics
 - c. Exercise and skin pigmentation
 - d. Gender and genetics
- ___ 18. The best time to introduce racial and ethnic tolerance is at:
- a. Adulthood
 - b. Adolescence
 - c. Early childhood
 - d. Middle age
- ___ 19. Mrs. Gonzolas is 10 weeks pregnant, and she tells the nurse that she has not had a visit to a medical doctor. She explains that her people prefer to use a partera for pregnancy and delivery. Which of the following responses is most culturally sensitive?
- a. "You should have more confidence in our physicians on staff."
 - b. "I would strongly suggest that you consider using a medical doctor who has specialized in pregnancy."
 - c. "It is your decision, and please let me know if there is anything I can do to assist you."
 - d. "The maternal and infant mortality rates are lower in the United States compared to other countries that do not use trained medical doctors."
- ___ 20. The nurse notices that a Jewish patient on her unit is in his room lighting a Shabbat candle on Friday night. The culturally sensitive response by the nurse would be:
- a. "You are not permitted to have lit candles in this facility."
 - b. "The fire code prohibits anyone from doing this in his or her room."
 - c. "Didn't you realize that you could cause a serious fire in the facility?"
 - d. "Let me find out if you can light this candle in the chapel downstairs."
- ___ 21. The cultural group that tries to avoid direct eye contact with elders is:
- a. Arab
 - b. Asian
 - c. Native American
 - d. European

- ___ 22. A young, Jewish male is hospitalized following an auto accident. He sustained multiple fractures and bruises. One evening, the caregiver notes that he has not eaten his dinner meal of roast pork, vegetables, a roll and butter, salad, and milk. Which of the following statements is most appropriate?
- “I guess you don’t like this meal.”
 - “You need to eat your meat and drink the milk. The proteins will help you heal.”
 - “It must be difficult to be in the hospital and away from family and friends.”
 - “Do you follow Kosher dietary laws? If so, I will let the dietician know your special needs.”
- ___ 23. You would expect a female from which of the following cultures listed below to be more comfortable having a female physician examine her?
- Asian
 - Japanese
 - Arab
 - Latin American
- ___ 24. When caring for a patient from a different culture, the health-care worker should respect the fact that:
- An individual’s decisions are always determined by his or her culture.
 - Culture totally defines one’s health-care needs.
 - Food habits are always controlled by culture.
 - Male and female roles are often influenced by culture.
- ___ 25. The theory of transcultural nursing was proposed by:
- Jean Watson
 - Abraham Maslow
 - Jean Piaget
 - Madeline Lenninger
- ___ 26. Hispanic American culture is derived from which of the following groups of people?
- Central American
 - Native American
 - Indian American
 - Chinese American
- ___ 27. In which culture is talking loudly considered disrespectful?
- Central American
 - Native American
 - Indian American
 - Chinese American
- ___ 28. An example of cultural-specific care is evidenced when the nurse recognizes that the Orthodox Jewish client needs:
- Time to light candles on the Sabbath
 - To be assimilated into the melting pot
 - Evidenced-based information
 - Partnering with caregivers of similar beliefs

- ___ 29. A client refuses to have any chemotherapy to treat his confirmed malignancy. He tells the nurse that his family is bringing him some herbal potion that is used back in his country. He is convinced that this will cure him. The nurse's best response is:
- "This is the 21st century; we have better medicines here."
 - "Do you really want to die?"
 - "Can you describe what this potion is made of?"
 - "I doubt that some old remedy can really heal you."
- ___ 30. The nurse understands that cultural values and practices:
- Changes as the individual ages
 - Never change over time
 - Are inherited, genetic characteristics
 - Are passed down through generations
- ___ 31. The key to understanding how a client responds to illness is to understand his or her:
- Birth order
 - Response to stress
 - Culture
 - Response to aging
- ___ 32. Learning one's culture through observation or instructions from elders within the culture is called:
- Diffusion
 - Acculturation
 - Enculturation
 - Globalization
- ___ 33. An individual is able to learn about the culture he or she is born into because humans have the ability to think:
- Constructively
 - Reflectively
 - Individually
 - Symbolically
- ___ 34. Which of the following is a similarity found in all cultures?
- Political organization
 - Health practices
 - Social controls
 - Family size
- ___ 35. The nurse would expect that the greatest amount of change seen within a culture is the result of:
- Borrowed cultural practice
 - War
 - Peace
 - Famine
- ___ 36. The most important symbol in a culture is:
- Language
 - Art
 - Food

- d. Dress
- ___ 37. Which of the following gives a culture stability and security over time?
- a. Learned behavior
 - b. Integrated social patterns
 - c. Shared traditions
 - d. Adaptation
- ___ 38. The ability to learn a language is based on a person's:
- a. Culture
 - b. Biological makeup
 - c. Socialization
 - d. Religious practice
- ___ 39. Cultural competence requires that the health-care worker: (Select all that apply.)
- a. Learn about diverse cultures
 - b. Take on and practice the client's culture
 - c. Be critical of all aspects of minority cultural groups
 - d. Engage in continuous self-evaluation
- ___ 40. When teaching a new Hispanic mother how to change the diaper of and provide skin care to her newborn, the nurse finds a copper coin placed on the umbilicus. Which of the following should the nurse do next?
- a. Remove the coin and remain silent.
 - b. Leave the coin in place and remove it in the nursery.
 - c. Ask the mother about the meaning of the coin on the umbilicus.
 - d. Tell the mother that her baby can develop a serious infection from a dirty copper coin.

True/False

Indicate whether the statement is true or false.

- ___ 1. Gender roles remain constant across all cultures.
- ___ 2. Pain has both personal and cultural meanings and expressions.
- ___ 3. Religion and culture are the same.
- ___ 4. The nurse teaches health-care workers to be careful not to become ethnocentric.

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Answer Section

MULTIPLE CHOICE

1. ANS: C
Individual achievement is based on many factors—culture being just one of them.

PTS: 1
KEY: Integrated Processes: Nursing Process: Assessment | Client Needs: Psychosocial Integrity
2. ANS: B
Transcultural nursing reaches globally, in that it promotes the concept of “one world, many cultures.”

PTS: 1
KEY: Integrated Processes: Nursing Process: Planning | Client Needs: Psychosocial Integrity
3. ANS: D
To correctly view social concerns, one must be sensitive to the cultural dynamics of the people.

PTS: 1
KEY: Integrated Processes: Nursing Process: Planning | Client Needs: Psychosocial Integrity
4. ANS: A
Different cultures use different methods to greet one another. These methods are called folkways.

PTS: 1
KEY: Integrated Processes: Nursing Process: Implementation | Client Needs: Psychosocial Integrity
5. ANS: B
There are some distinctive physical characteristics common to each race.

PTS: 1
KEY: Client Needs: Physiological Integrity | Integrated Processes: Nursing Process: Assessment
6. ANS: D
Inbreeding and migration are thought to have eliminated anything such as a pure race.

PTS: 1
KEY: Integrated Processes: Nursing Process: Planning | Client Needs: Physiological Integrity
7. ANS: A
Cultural awareness refers to becoming familiar with another person’s ancestry and history. This helps one understand, not offend, another individual.

PTS: 1
KEY: Integrated Processes: Nursing Process: Planning | Client Needs: Psychosocial Integrity
8. ANS: A
Tolerance and understanding of someone’s culture and practice avoid ethnocentrism.

PTS: 1
KEY: Integrated Processes: Nursing Process: Implementation | Client Needs: Psychosocial Integrity

9. ANS: A
Assimilation is the practice of adopting new cultural practices common to other cultures.
- PTS: 1
KEY: Integrated Processes: Nursing Process: Planning | Client Needs: Psychosocial Integrity
10. ANS: B
Many Hispanics believe that illness is caused by an imbalance of hot and cold in the body.
- PTS: 1
KEY: Integrated Processes: Nursing Process: Implementation | Client Needs: Psychosocial Integrity
11. ANS: D
Many Arab patients prefer same-sex health-care providers. The preference is related to their modesty and religious beliefs.
- PTS: 1
KEY: Integrated Processes: Nursing Process: Planning | Client Needs: Psychosocial Integrity
12. ANS: A
Respect is a key component in the Asian culture, and it can be shown by not looking directly into another person's eyes.
- PTS: 1
KEY: Integrated Processes: Nursing Process: Assessment | Client Needs: Psychosocial Integrity
13. ANS: D
To be sure of a person's cultural background, one should ask and not assume.
- PTS: 1
KEY: Integrated Processes: Nursing Process: Implementation | Client Needs: Psychosocial Integrity
14. ANS: A
Understanding different cultures helps the health-care worker better understand how the patient views health and illness.
- PTS: 1
KEY: Integrated Processes: Nursing Process: Implementation | Client Needs: Psychosocial Integrity
15. ANS: A
The lack of cultural awareness may result in a misunderstanding of a patient's feelings and responses.
- PTS: 1
KEY: Integrated Processes: Nursing Process: Implementation | Client Needs: Psychosocial Integrity
16. ANS: D
Values are deeply embedded feelings that form the foundation and direction for one's actions and feelings.
- PTS: 1
KEY: Integrated Processes: Nursing Process: Assessment | Client Needs: Psychosocial Integrity
17. ANS: A
Theorists ascribe differences in skin color to adaptation to physical elements, such as climate, which increases skin pigmentation.

- PTS: 1
KEY: Integrated Processes: Nursing Process: Assessment | Client Needs: Physiological Integrity
18. ANS: C
To foster racial and ethnic tolerance, prejudice education should be introduced at an early age.
- PTS: 1
KEY: Integrated Processes: Nursing Process: Planning | Client Needs: Psychosocial Integrity
19. ANS: C
The nurse is correct to support the decision of the patient.
- PTS: 1
KEY: Integrated Processes: Nursing Process: Implementation | Client Needs: Health Promotion and Maintenance
20. ANS: D
The nurse tries to support the needs and practices of her patient.
- PTS: 1
KEY: Integrated Processes: Nursing Process: Implementation | Client Needs: Psychosocial Integrity
21. ANS: B
Asians consider direct eye contact with their elders as a disrespectful action.
- PTS: 1
KEY: Integrated Processes: Nursing Process: Planning | Client Needs: Psychosocial Integrity
22. ANS: D
It is important to determine and support the special cultural needs of all persons.
- PTS: 1
KEY: Integrated Processes: Nursing Process: Planning | Client Needs: Physiological Integrity
23. ANS: C
Modesty and certain beliefs would make a female physician preferred for a female Arab patient.
- PTS: 1
KEY: Integrated Processes: Nursing Process: Planning | Client Needs: Psychosocial Integrity
24. ANS: D
Male and female roles are influenced by cultural beliefs.
- PTS: 1
KEY: Integrated Processes: Nursing Process: Assessment | Client Needs: Health Promotion and Maintenance
25. ANS: D
Madeline Lenninger was credited with the theory of transcultural nursing.
- PTS: 1
KEY: Integrated Processes: Nursing Process: Assessment | Client Needs: Health Promotion and Maintenance
26. ANS: A
Hispanic Americans are a diverse group made up of several groups, including Puerto Rican, Mexican, and Central American people.
- PTS: 1
KEY: Integrated Processes: Nursing Process: Assessment | Client Needs: Physiological Integrity

27. ANS: B
Loud talking is considered rude by Native Americans.
- PTS: 1
KEY: Integrated Processes: Nursing Process: Planning | Client Needs: Psychosocial Integrity
28. ANS: A
Lighting candles on the Sabbath is a cultural-specific need of Orthodox Jews.
- PTS: 1
KEY: Integrated Processes: Nursing Process: Planning | Client Needs: Psychosocial Integrity
29. ANS: C
Caregivers must take into account a client's specific cultural remedies.
- PTS: 1
KEY: Integrated Processes: Nursing Process: Implementation | Client Needs: Psychosocial Integrity
30. ANS: D
Cultural values and practices are learned and passed down through generations.
- PTS: 1
KEY: Client Needs: Psychological Integrity | Integrated Processes: Nursing Process: Assessment
31. ANS: C
The key to understanding how a client will respond to illness and the sick role is learned within their cultural group.
- PTS: 1
KEY: Client Needs: Psychological Integrity | Integrated Processes: Nursing Process: Assessment
32. ANS: C
The process of learning one's culture from elders in the culture by instruction or observation is called enculturation.
- PTS: 1
KEY: Client Needs: Psychological Integrity | Integrated Processes: Nursing Process: Assessment
33. ANS: D
Humans, unlike animals, learn their culture because of their ability to think symbolically, meaning that humans have the ability to think of a tree even when it is not visible.
- PTS: 1
KEY: Client Needs: Psychological Integrity | Integrated Processes: Nursing Process: Planning
34. ANS: C
All cultures are similar in establishing social controls within the family unit.
- PTS: 1
KEY: Client Needs: Psychological Integrity | Integrated Processes: Nursing Process: Assessment
35. ANS: A
The greatest amount of change in a culture occurs when cultural traits are borrowed from another culture.
- PTS: 1
KEY: Client Needs: Psychological Integrity | Integrated Processes: Nursing Process: Assessment

36. ANS: A
A culture has many symbols, but the most important one is language. Culture is stored and transmitted through language.
- PTS: 1
KEY: Client Needs: Psychological Integrity | Integrated Processes: Nursing Process: Assessment
37. ANS: C
Shared traditions lend security and stability to a culture.
- PTS: 1
KEY: Client Needs: Psychological Integrity | Integrated Processes: Nursing Process: Assessment
38. ANS: B
The ability to speak a language is based on learning within the culture, but learning a language is based on the biological makeup or intellect.
- PTS: 1
KEY: Client Needs: Psychological Integrity | Integrated Processes: Nursing Process: Assessment
39. ANS: A
D
To be culturally competent, the nurse must learn about the client's culture and engage in continuous self-evaluation in order to be nonjudgmental.
- PTS: 1
KEY: Client Needs: Psychological Integrity | Integrated Processes: Nursing Process: Planning
40. ANS: C
Cultural values and practice are learned and have meaning for the individual that is passed down through generations; therefore, there is a meaning in every action. The nurse's first action is to learn why. The coin can be cleaned later.
- PTS: 1
KEY: Client Needs: Psychological Integrity | Integrated Processes: Nursing Process: Implementation

TRUE/FALSE

1. ANS: F
Different cultures have different gender roles.
- PTS: 1
KEY: Integrated Processes: Nursing Process: Planning | Client Needs: Psychosocial Integrity
2. ANS: T
Each person should be evaluated for his or her response and expression to pain, as it will vary with individuals and cultural background.
- PTS: 1
KEY: Integrated Processes: Nursing Process: Planning | Client Needs: Physiological Integrity
3. ANS: F
Religion is a specific system of beliefs and worship, whereas culture is learned patterns of behavior related to past generations.

PTS: 1 KEY: Integrated Processes: Nursing Process: Assessment | Client Needs: Evaluation

4. ANS: T

Health-care workers should not become ethnocentric and believe that their culture and values are superior to others.

PTS: 1

KEY: Integrated Processes: Nursing Process: Implementation | Client Needs: Psychosocial Integrity