

**Current Events Paper**

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In healthcare today there are many cultural issues that still impede proper care given to the community. One of the issues I found important to discuss is medication adherence and how it is influenced by cultural issues. To have proper medication adherence there are multiple factors that may influence a positive and progressive outcome. There can be communication bias, language barriers, cultural factors, and discrimination.

Communication bias and language barriers can play a role in the adherence to medication because when a patient does not fully understand the medication, they are at higher risk of not following the prescription and failing to have a progressive outcome. With the United States becoming a diverse country, and society there are more languages that are rising and with English being the main language being spoken, it can be difficult in some facilities to obtain the proper interpreter to relay the message so that the patient fully understands the instructions to the medication.

When it comes to cultural factors an influence that is major to the problem with medication adherence in the use of complementary and alternative medication use. In different cultures they will try to use non-medicine remedies to cure their illness, because it is in their beliefs. For example, in the Hispanic cultural they may use herbes, plant, and animal products to reduce their risk of being diagnosed with diabetes and they may also use this to treat diabetes. In Asian Americans they may use mediation and yoga to treat any pain which may be masking a disease process. Some herbal remedies that are used by patients may affect the mechanical process of a medication resulting in a failure to treat the diagnosed illness. Discrimination is still prevalent today, which is very heart wrenching. Discrimination has impacted the way patients feel and has impacted the care given by healthcare professionals due to their own biases and cultural incompetence.

The ethical concern with medication adherence can affect a person's autonomy, beneficence, nonmaleficence, justice, veracity and fidelity. With medication adherence, the patient taking the medication has the right to know the side effects of the medication, the mechanical process, and the proper instructions to the treatment plan. Without full disclosure the patient can be at risk of harm and violates the ethical principles.

When it comes to violating ethical principles, the healthcare professional can be held liable in a court case. This is where the legal and political concern starts to arise. A healthcare professional can be charged with battery and/or assault. For example, if a healthcare professional administers medication after a patient refuses or threatens to administer the medication and/or the need for the medication. The professional can also be charged with slander and libel. A tort that may occur can be slander and libel. This can happen when a healthcare professional says or writes defamation. When it comes to legal cases in lawsuits, political factors can affect the way the case goes too.

Social concerns with medication adherence in today's healthcare can come from the way the patient feels and how it might change their appearance, or emotions. Society can also create a negative outlook on medications. For example, if a person is taking any antipsychotic, antidepressant, anti-anxiety, etc. Society has made them think that if they take these medications, they must be mentally ill and psychotic. Thus, resulting in patients not wanting to take their medications to help them because of the reputation the medication may have. There are many factors that play into medication adherence in today's healthcare, and it is important that all are educated on the symptoms, mechanism of action, and what they might be contraindicated with. Patients should fully understand the medications they are taking and why they are taking it before consuming them.

Short term goals for my future career are to gain further knowledge on the fundamentals of nursing. I would like to obtain certifications, for example the CCRN. When it comes to starting my nursing job, my goal is to improve communication skills and become well educated on the floor I will be working on. The place of employment I have decided to work in is on the progressive care unit at Liberty Hospital in Liberty, Missouri. This unit is considered a critical care unit in their hospital, and I feel this will allow me to find my grounding as a nursing new graduate. After a year or two of nursing in the progressive care unit I would like to advance my skills and experience to become an ICU nurse. I would also like to become certified in injections, for example, Botox. I believe there are many benefits to injections. I would like to help those who have trigeminal neuralgia or migraines that they have a hard time finding remedies for. Even those who would like to have injections done to help with their own appearance and make them feel self-love for themselves.

Intensive care nursing has always been my interest in the medical field. This leads me to my long-term goal for my career that is to become a Doctor of Nursing Anesthesia Practice. Before going back to school to further my education, my goal is to become a preceptor and teach new nurses or those in nursing school to help them become comfortable in their position and allow them to grow their own knowledge. I find it as though the educators that are around you when going through school are very important and influential in many of the decisions you will make in your own career path. As I am still planning career goals and how to succeed in my path, I am very excited to begin the first step of becoming a Nurse and being able to perform the profession and become the professional I have dreamed of becoming since I was in grade school.

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