

Promoting Holistic Care by Advancing Cultural Competence of Chinese Nursing Students

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Abstract: China is a multi-cultural society with 56 ethnic groups and the total population is 1.35 billion; the different living conditions, socioeconomic factors, and cultural behaviors lead to their unique health problem. How to provide holistic care in a culturally diverse context is a challenge for nurses and nursing educators in Mainland China. If nursing students are to provide holistic patient care then nurse educators must design courses and pedagogic strategies that enhance student capacity to assess and address biological, psychological, social and spiritual needs. Chinese people have rich and diverse cultural beliefs and values and variety spiritual resource and spiritual journey, but they do not share private thoughts and feelings, and the topic of spiritual care is not easy to start. From Dr. Narayanasamy's studies, spirituality and cultural are integral to people's lives, in order to let Chinese students, understand more about spirituality and spiritual care, we as nursing educator start from culture and cultural competence. In our elective course Multicultural care, we start from culture which is familiar to culturally diverse people in Mainland China, and try to let nursing students develop their cultural awareness, reflect and discuss their pervious life cultural experiences, help them understand their own culture and spiritual needs and through sharing their cultural understandings and experiences, let them respect someone else's cultural and spiritual needs behind the culture, build their knowledge of cultural competence, practice their trans-cultural communication skills, then expand from culturally congruent care and spiritual care to fulfill the requirements of holistic nursing care.

Key words: culture, cultural competence; cultural care; holistic care