Teaching Students and Nurses Evidence-Based Recommendations for Culturally Sensitive Perinatal Care of Somali Immigrant Women

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**Keywords:**  
Somali immigrant new mothers, evidence-based practice and teaching culturally sensitive care

**References:**  

**Abstract Summary:**  
Educators and nurses will learn evidence-based recommendations for nursing care of Somali immigrant new mothers based on their values, beliefs, and practices. Recommendations address the following concepts: limitations of support due to separation from family, the importance of cultural/religious beliefs and practices, desired relationships with nurses, and fear of Cesarean section.

**Learning Activity:**

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<tr>
<th>LEARNING OBJECTIVES</th>
<th>EXPANDED CONTENT OUTLINE</th>
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<td>The learner will be able to examine the evidence related to culturally sensitive care for Somali immigrant new mothers.</td>
<td>I. History of Somali Diaspora A. The Somali people comprise the 3rd largest immigrant group in the world B. Providing holistic care includes care for special needs of immigrants II. Leininger’s Cultural Care and Universality Theory A. Provides framework for culturally sensitive care B. Provides a basis for teaching culturally sensitive care III. The Evidence for Culturally Sensitive Care to Somali Immigrant New Mothers A. Family and friends’ support 1. Loss of family support and traditional help and advice 2. Husband’s role has changed 3. Community often replaces missing family 4. Large groups of visitors can be a problem for the new mother B. Cultural and religious</td>
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The learner will be able to integrate recommendations for culturally sensitive care for Somali immigrant new mothers into nursing and patient education.

Recommendations for Administrators, Faculty, Clinical Educators, and Staff Nurses 1. Be aware of the loss of the usual support during the 40 day postpartum period 2. Discuss available social support resources 3. Go beyond performing tasks, establish relationships 4. Include husband in pre- and postnatal teaching 5. Discuss rationale for Cesarean section 6. Explain the difference between postpartum blues and postpartum depression

Slot:
A 05: Friday, April 8, 2016: 10:45 AM-12:00 PM