

Intercultural competence from nursing

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We live in a culturally diverse society and this carries an increase of foreign patients in the healthcare systems. In light of this reality, nurses need to adapt to face the new challenges of caring. Conflicts, hostility, bad practices and professional incompetence may arise if the needs of the patients with different habits and traditions are not well understood. Therefore, we need to learn to cope within the intercultural framework, by adopting skills to provide caring services that consider cultural diversity. This study contributes with a literature review, departing from the Transcultural Nursing of Leininger (1954) all the way to these days. The need to settle caring procedures that account for cultural variety is highlighted. The model of the Intercultural Competence is established as the main guideline to tackle the challenges that interculturality brings. It is based on encouraging the cognitive, behavioural, communicative and affective competences. That is to say, this model shows how to behave among different cultures and how to combine skills such as curiosity, tolerance and adaptability to others. In short, we need to target towards culturally competent and shared caring practices. Since the more we know about our patient's cultures and lifestyles, the higher is the quality of the performed nursing cares, positively affecting sickness-health processes.