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## Pediatric Health Discussion

I once cared for a 10-year-old patient diagnosed with asthma during my clinical experience. The patient's family was perceived by the healthcare staff as 'difficult' since they consistently questioned the treatment, insisted on using traditional herbal medicine, and refused certain medications. It became clear upon closer observation that cultural beliefs and values played a major role in their healthcare decisions. This is because the family belonged to a cultural group that highly valued natural healing and advice from community elders. For this reason, the family viewed reliance on pharmaceuticals as a potential harm. The cultural framework which the family relied on influenced their skepticism towards inhalers and preference for home-based remedies.

A major barrier to culturally competent care in nurse-pediatric patient relationship is communication gaps, especially when medical recommendations deeply conflict with cultural beliefs (Saifan et al., 2025). According to the events from the experience, limited health literacy and language differences added another layer of misunderstanding, making it challenging to establish trust (Al Shamsi et al., 2020). Nurses can therefore employ culturally sensitive communication strategies such as incorporating the family's practices into the care plan, if they are deemed safe. Consequently, nurses can foster mutual understanding and improve adherence and health outcomes by blending cultural traditions with evidence-based practice.

## References

- Al Shamsi, H., Almutairi, A. G., Al Mashrafi, S., & Al Kalbani, T. (2020). Implications of language barriers for healthcare: a systematic review. *Oman medical journal*, 35(2), e122. <https://doi.org/10.5001/omj.2020.40>
- Saifan, A. R., Tadros, E. M., Rawas, H., Al-Akash, H. Y., Alsulami, G. S., Almagharbeh, W. T., ... & Ahmed, F. R. (2025). Cultural and systematic barriers to communication between nurses and family members in the ICU. *BMC nursing*, 24(1), 804. <https://doi.org/10.1186/s12912-025-03417-x>