

## Week 1 Lab Manual Answers

### Chapter 2 Study Guide

1. The provisions of Title IV is for people with limited English proficiency who seek health care in settings such as hospitals, nursing homes, clinics, daycare centers, and mental health centers, services cannot be denied to them.
2. It first starts with cultural awareness by recognizing and understanding one's own culture. This must be discovered before you can understand other cultures. Once awareness is achieved, it will lead to cultural knowledge and cultural skills. This is gained by exposure to other cultures during your nursing career. This is how one gains the skills necessary to provide culturally appropriate care and care for people with many different backgrounds.
3. 1 learned from birth through processes of language acquisition and socialization. 2 shared by all members of the same cultural group. 3 adapted to specific conditions related to environmental and technical factors and the availability of natural resources. 4 dynamic and ever-changing.
4. The process of being raised within a culture and acquiring the norms, values, and behaviors of that group.
5. Biomedical or scientific theory- All events in life have a cause and effect. Naturalistic or holistic theory- Human life is only one aspect of nature and a part of the general order of the cosmos. Magicoreligious theory- The world is an arena in which supernatural forces dominate the fate of the world and those in it depends on the action of supernatural forces for good or evil.
6. Yin yang theory is which health exists when all aspects of a person are in perfect balance. All organisms and objects in the universe consist of yin and yang energy force. Yin energy represents female and negative forces. Yang energy represents male a positive forces. Yin foods are cold while yang foods are hot. An illness is treated with the opposite force. In the health care setting ice water is usually given to patients without asking. For someone who practices yin yang, they may only want a warm beverage if the reason for their stay is yin related.
7. Hot cold theory is the four humors of the body (blood, phlegm, black bile, yellow bile) regulate basic bodily functions and are describes in terms of temperature, dryness, and moisture. treatment consists of adding or subtracting cold, heat, dryness, or wetness to restore the balance of the humors. This is different from health care believes because an infection from bacteria is treated with antibiotics. If using the hot cold theory, the infection would be treated with the opposite food, medicine, and or beverage.
8. 1 meditation, 2 herbal remedies, 3 acupuncture, 4 yoga, 5 chiropractor.

# My Lab Manual Answers

**Thomas L. Naps**



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