

# Efficacy of a Cultural Educational Intervention to Increase Knowledge, Awareness and Self-reported Proficiency of Obstetric Nurses Giving Care to Laboring and Peripartum Somali Mothers in Louisville KY



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## Introduction

- As refugee populations engage with the American healthcare system, challenges are faced by both healthcare providers and the migrants. Cultural beliefs impact healthcare-seeking behaviors, especially those surrounding pregnancy and childbirth, and the medical system can be slow to learn about and adjust to such a variety of practices.
- Louisville, Kentucky is home to a large Somali population, recent Census data reports 10,000 Somali refugees. Research has shown that Somali women have a negative perception of the United Health Care system while pregnant and during childbirth. Additionally, healthcare providers in the US find it difficult to provide adequate obstetrics care for Somali women
- A study conducted in Columbus Ohio, summarized the root of the problems faced by providers as a lack of understanding of the culture and religious beliefs of Somali women.

## Hypothesis

**We hypothesize that:** Education tailored to healthcare nurses regarding culturally aware care of peripartum Somali patients and opportunities to reflect on experiences and current practices will result in increased interest in the topic, motivation to learn more and self-reported feelings of proficiency.

## Methods

### Recruitment:

- 84 Obstetric nurses at Norton Healthcare attended a free virtual Somali maternal care & cultural awareness workshop. Participation was mandated by the department supervisor; CEU credit was offered to nurses. However, participation in the study was voluntary.
- Demographics listed in Figure 1

### Workshop Objectives:

- To examine past experiences of maternal care to Somali families
- To discuss Somali cultural beliefs and practices that impact healthcare seeking behaviors
- To discover ways that healthcare providers can be advocates for culturally-sensitive care among Somali families

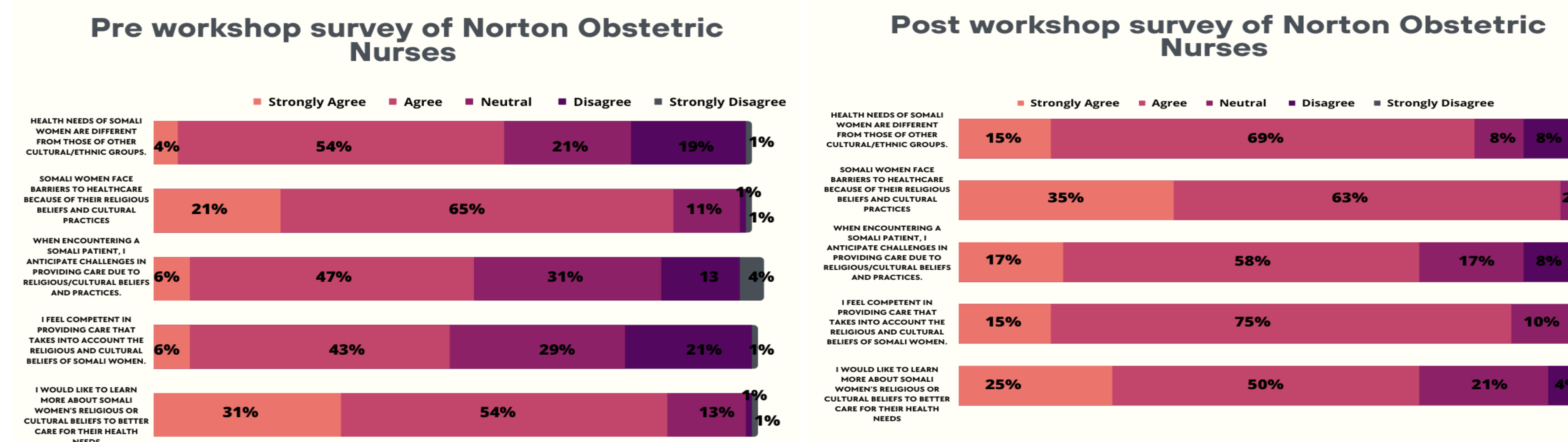
### Event structure:

- Before the workshop began, participants were given the opportunity to fill out a preworkshop survey, 72 were filled out to completion
- Afterwards, Somali healthcare workshop was presented by educators Dr. Kara Beth and Jessica Oliveras, RN.
- After the workshop, participants were offered the opportunity to fill out post workshop surveys, 48 were filled out to completion.

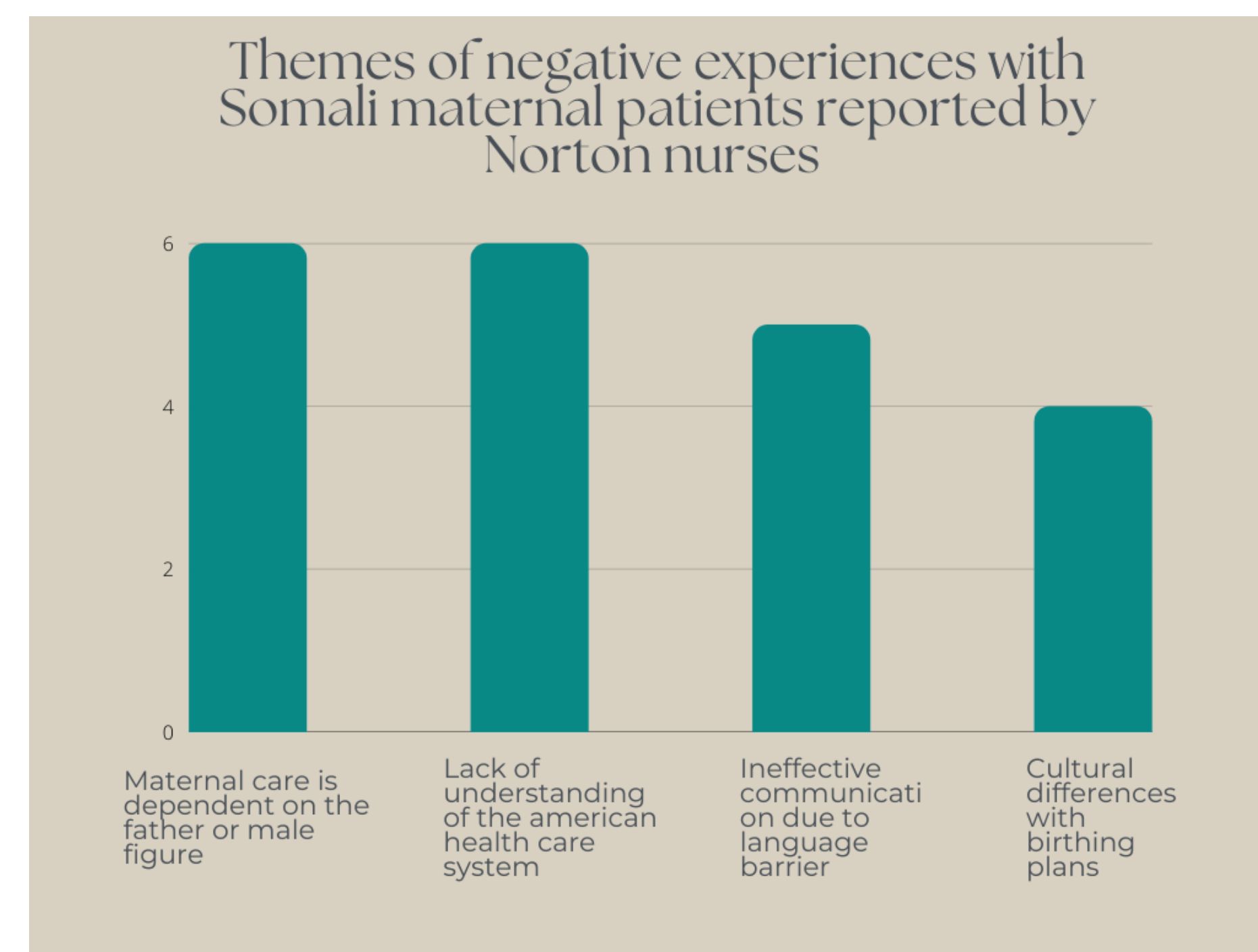
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## Results

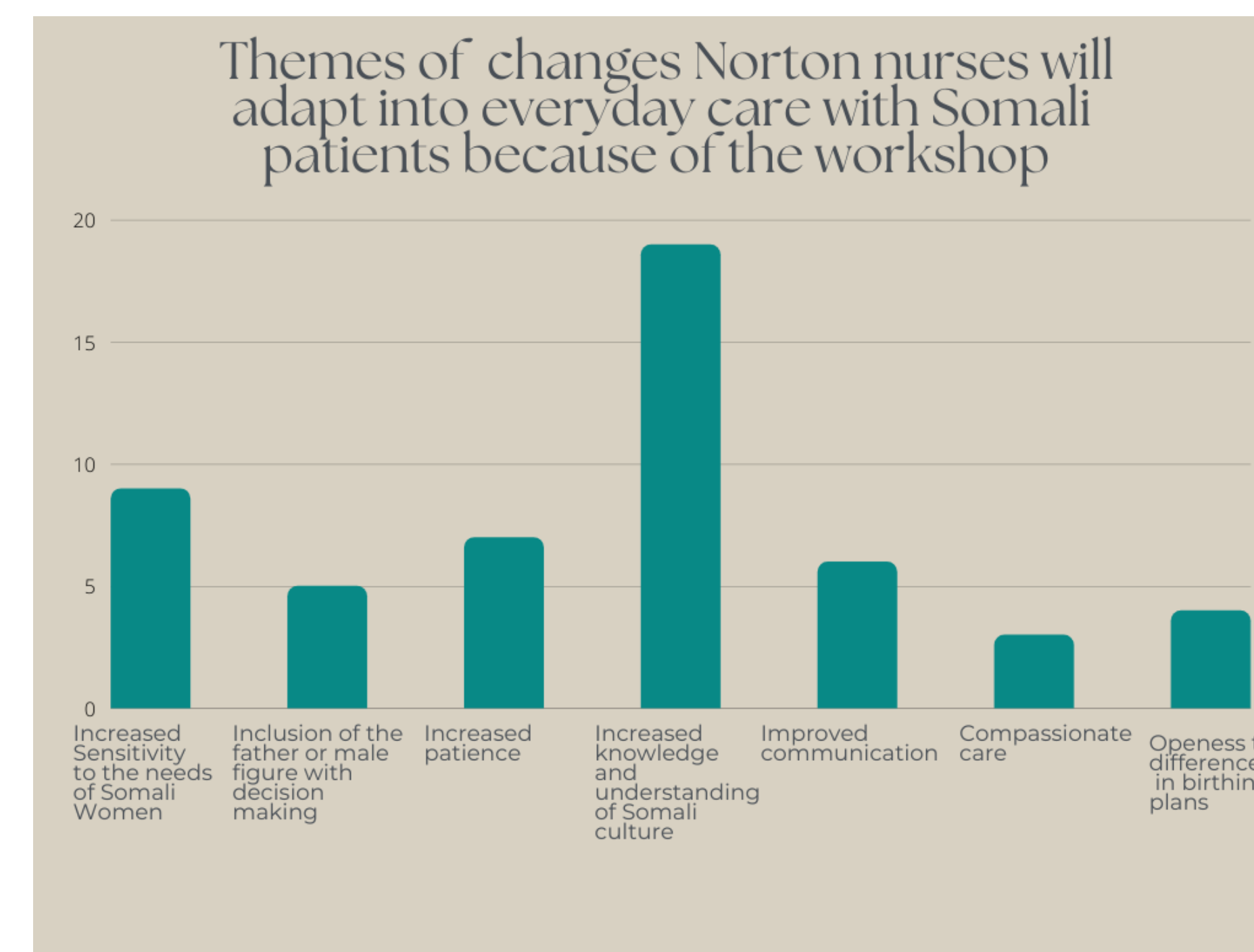
**Figure 2-** Data evaluating reported awareness, competency and understanding of Somali culture amongst Norton obstetric nurses pre and post workshop



**Figure 3-** Pre-workshop thematic analysis of open response questions answered by Norton obstetric nurses on negative experiences with Somali mothers at Norton Hospital, Louisville KY.



**Figure 4-** Post-workshop thematic analysis of open response questions answered by Norton obstetric nurses on changes they plan to adapt with their interaction with Somali mothers.



## Conclusion/Discussion

- The data above demonstrates self-reported feelings of proficiency due to the educational workshop. Prior to the educational workshop, nursing staff reported negative experiences with Somali mothers due to lack of understanding of Somali culture, cultural differences with birthing plans, and other factors (Figure 3). After the workshop, there was an increased number of nursing staff, those who had a negative experience and those who did not, who report an increased understanding of Somali care. After the module the nurses reported intention to implement changes like: improved communication, inclusion of the father or male figure with decision making etc, in their care with Somali patients. (Figure 4). 75% of nursing staff report competency in providing culturally competent care to Somali women (Figure 2).
- The results of this workshop indicate a successful completion of the first Somali cultural educational module in Louisville. There was an increase in number of nursing providers who indicated increased proficiency in providing competent health care for Somali women. Qualitative analysis of the data showed an increased understanding of Somali culture and religion. It also showed an increased willingness in nursing staff to be more patient and be more open to other forms of birthing plans that differ from that seen in the Somali culture.
- The success of this module indicates an interest and a need for cultural modules focused on improving self-proficiency and understanding of other cultures. It demonstrates that implementation of specific cultural modules can be beneficial in populations with high ethnic and diverse background.

**Figure 1-** Demographic data collected from participants. A total of 72 filled out the pre survey and a total of 48 filled out the post survey



## Future Study

- Research that involves education of Somali women and the community to explain the policies and culture associated with the American health care system
- Expanding this cultural workshop to involve healthcare students before they begin practicing.

## Acknowledgments

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