

# Transcultural Nursing Society

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#### A nurse with transcultural training and reflective practice for global health: the synergy of Leininger and Schön theories for professional practice

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We know that a professional nurse is called upon to practice in a wide spectrum of situations, fulfilling his role in "Global Health".

In the previous study, two Degrees Thesis in Nursing regarding the nurse's role in "reducing inequalities" demonstrated that the synergy of Leininger's theory of Transcultural Nursing together with Schön's theory of Reflective Practice, combined with the practical experiences (work- or volunteer-experience in developing countries) represents a relevant opportunity for personal and professional improvement. The caregivers and/or the patients also increased awareness of collaboration with nurses having different training paths, achieving interest in knowing health conditions. The experience is fruitful even when the synergistic combination of theoretical factors with practical experiences in the nursing population takes place in reception facilities, in developed countries. Indeed, Leininger's Theory develops nursing investigations through l'etnonursing, and during an action, according to Schön's theory, the processes of knowledge and learning come together and mix. Usually, the nurses who have carried out these experiences retained the theories of Leininger and Schön as fundamental.

These results prompted us to organize and prepare educational training and projects. During these last three years, the dissemination of the topic has been fostered among the Professional Association of Nurses of Florence-Pistoia (Italy) in collaboration with the Nursing Degree Courses teacher (University of Florence). In particular, the plan included: 1) professional refresher training courses (Continuing Medical Education (CME)) for nurses (three editions); around 50 participants showed a lot of interest in the topic of caring and transculturality, remaining intrigued and suggesting that it be proposed again. 2) publication of articles to spread and raise awareness of the nursing population (two Italian online sector magazines: *Nurse24* and *Infermieristicamente*). Other upcoming projects will be implemented, to promote and disseminate transcultural issues. Through university training, educational activities will be carried out with nursing students (seminars, interactive moments, etc.), and in collaboration with local associations, events will be organized. The involvement of linguistic-cultural mediators and their cooperation will be fruitful.

Within Florence University, the Global Health theme is also part of the objectives of the specific Centers (such as the **Center of Research - Professional Development**) regarding the new training and 'caregiving' concepts. Moreover, international projects might be engaged in the European University for Well-Being (EUniWell) context, joining different universities in an interdisciplinary, knowledge-based perspective. Finally, the cooperation could be expanded to the Local Health Authority of Tuscany Center. Through the synergy of the two theories, transcultural training aims to create moments in which the health professional has the opportunity to socialize embarrassment and internal experiences of discomfort. Certainly, thanks to the commitment to taking care of people, transmitting knowledge and health education, and promoting a vision of health based on human rights, the nurse participates significantly in the "reduction of inequalities", determining effective collaboration and communication both with patients and colleagues. This could be protected by a Code of Ethics for nurses, as already exists in several countries (e.g. Italy, Art. 7, 2019), strengthening this role at an international level.