

The physiological, psychological and cultural/spiritual factors that can influence a person's health status are so numerous that a person could write an entire paper on this much varied topic. Gender, age, education, ethnicity, religion, access to healthcare, social class and even a person's daily mood changes- effect ones choices concerning health. Enculturation and genetics have the most prevalent effect on one's health and the choices made thereafter.

A specific example of this is as follows: (no stereotype is implied, this is a generality on the topic)

This patient is a 65 year old man of Mexican-American decent. He is a smoker with a history of HTN and hypercholesterolemia. He is a faithful, religious man. He has full medical insurance through his employer and supports his family of five. He is educated with a Bachelors degree. He was brought up in a home with four brothers and sisters and lost his parents when he was 18, being the oldest sibling-he took on the role as provider-raising his brother and sisters. A present time our patient is having symptoms of SIRS after a bout of untreated bronchiolitis. He refuses to visit the MD as "they never helped my parents-I don't trust them". He is a very stoic gentleman. He is proud and "does not need the help of others"... "I have faith that my lord will take care of me". He will deny pain when it is obvious, he will refuse treatment due to lack of trust as well as personal denial. He will ignore his symptoms "it's just a bad cold". This will cause his SIRS to advance to Severe Sepsis. He has a syncope episode at work and someone calls 911. At this point our pt is now at the complete mercy of his caregivers as he requires rapid resuscitation with vasopressors, fluids and requires intubation. He is not responsive to the fluid resuscitation and his prognosis deteriorates to Septic Shock. There are immense ramifications to one's health due to of one's mental and physical history and belief systems.

The magnificence of nursing is to treat without judgment or prejudice!