**Social Justice**

Student’s name

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Course

Affiliate institution

Date

**Social Justice**

**Introduction**

Social justice in nursing practice is a concept that focuses on ensuring equitable and fair access to opportunities, resources, and care for all individuals regardless of their social, cultural, and economic backgrounds. In other words, social justice in nursing practice is an approach that strives to address the social determinants of health disparities and inequalities in healthcare( Anderson et al., 2009). This may include, but is not limited to, providing culturally sensitive, equitable, and responsive care for individuals from diverse backgrounds; advocating for policies and practices that reduce health disparities; engaging in research that seeks to identify and address inequities in health care; and engaging in community-based initiatives that promote health equity and social justice (Kosmicki, 2020). Ultimately, social justice in nursing must ensure that all individuals receive the care they need and deserve.

**Fundamentalism of Social Justice in Nursing Practice**

Social justice is an important concept and an integral part of the nursing profession. It is a concept closely related to nurses' values, beliefs, and attitudes and is based on respect for human rights and the equality of all individuals. Social justice is closely linked to nursing, as nurses strive to provide care to all patients without referring to ethnicity, race, socioeconomic status, gender, or sexual orientation. Nurses are responsible for advocating for their patients and ensuring that all individuals have access to quality care. This includes ensuring everyone has equal access to healthcare resources and addressing discrepancies in health outcomes often rooted in social injustice. Nurses are also responsible for advocating for the rights of their patients and ensuring that they are not discriminated against due to their race, gender, or other factors. It is also important for nurses to recognize their privilege and use it to advocate for social justice. This can include speaking up when they witness injustice, participating in protests, and engaging in policy change. These actions can help to create a more equitable and inclusive society and to ensure that all individuals have access to quality care regardless of their background or identity (Boutain, 2005).

**Relationship between Social and Diversity**

Social and diversity are two concepts that are closely intertwined. Social diversity refers to the variety of qualities, characteristics, and attributes people possess that make them unique. These qualities include socioeconomic status, race, gender, ethnicity, mental abilities, sexual orientation, religion, and physical abilities. In other words, social diversity is recognizing and celebrating individual differences within a society. On the other hand, diversity is the process of creating a culture of inclusion and acceptance that respects, embraces, and celebrates these differences. The understanding that each person has unique experiences, cultures, opinions, and perspectives should be respected and valued. Diversity is about creating an environment where everyone feels welcomed and where differences are embraced (Pacquiao, 2007). The relationship between social and diversity is clear: there can be no diversity without social diversity. Social diversity creates a foundation for diversity to flourish, allowing people with different backgrounds, cultures, and experiences to work together, respect each other, and collaborate on common goals.

**Patient and Family-Centered Care**

The concept of patient and family-centered care is one which recognizes the role of the patient and their family in the medical decision-making process. This approach is based on the belief that the patient and family are active decision-makers, not just passive care recipients. It is a collaborative model of care that respects the patient's values, beliefs, and preferences and recognizes the family's importance in providing emotional support and practical assistance. The relationship between patient and family-centered care is one of collaboration and mutual respect. The patient and family are valued as care experts and empowered to make informed decisions (Park et al., 2018). Nurses respect the family’s input and strive to provide the best possible care while accounting for the wishes of the family and the patient. Nurses also recognize that the patient and family are the key to a successful outcome and work with them to meet their needs. At the heart of the patient and family-centered care is the idea that healthcare should be tailored to the individual needs of the patient and their family. The patient and family are seen as partners in care and are supported in every step of the healthcare journey. They are involved in developing treatment plans and making decisions about their care. This partnership helps to ensure the best possible outcomes and helps to build trust between the patient and the healthcare provider.

As a nurse, I have had the opportunity to provide patient and family-centered care for various patients. One of my most memorable experiences was with a young woman diagnosed with a terminal illness. She was hospitalized for a lengthy period, and her family was constantly at her bedside. During this difficult time, I ensured her care was patient and family-centered. I worked with the patient and her family to develop a care plan that met her needs and respected their wishes. We discussed her care options and the goals she wanted to achieve. I also worked with her family to ensure they had the information they needed to make informed decisions about her care. I encouraged them to ask questions and took the time to listen to and answer their concerns. I also ensured the patient and her family had the resources to cope. I ensured they had access to psychological and spiritual support services and information about available community resources. I also ensured that the patient and her family had adequate time to spend together. In addition to providing care for the patient, I also worked to support her family. I provided emotional support and comfort to them during this difficult time and worked to ensure that they had access to the resources and information they needed. My experience with this patient and her family taught me the importance of providing patient and family-centered care. It showed me the power of compassionate care and how it can make a real difference in the lives of patients and their families. I am committed to providing this care to all my patients and their families.

**Barriers to Providing Social Justice Care to a Diverse Population**

1. Language barriers can be a major barrier to providing social justice care to a diverse population. If healthcare providers are familiar with the language of the population they are treating, it can be easier to understand patients' needs and provide adequate care (Piller, 2016).

2. Lack of cultural awareness: Healthcare providers need to be aware of the cultural background of their patients. With cultural understanding, addressing social justice issues in the care environment can be easier.

3. Limited access to care: For some populations, access to care can be limited. This can be due to a lack of insurance, transportation, or other socioeconomic factors. Access to care is necessary to provide social justice care.

4. Lack of education: Education is important in providing social justice care. Healthcare providers need to be educated on the needs of different populations to provide adequate care.

5. Unconscious bias: Unconscious bias can be a major barrier to providing social justice care. Healthcare providers must be aware of their biases and how they may impact the care they provide.

6. Power dynamics: Power dynamics can play a role in social justice care. Healthcare providers must be aware of their power and privilege and how it can affect their care.

7. Health disparities can be a major barrier to providing social justice care. Various factors, including race, gender, and socioeconomic status, can cause health disparities.

8. Environment: The environment can also hinder providing social justice care. The physical environment of a healthcare facility or community can impact its ability to provide adequate care.

**Conclusion**

In conclusion, social justice in nursing practice is an important concept that should be embraced and supported by nurses in their daily practice. It entails providing equitable care for all patients, regardless of race, ethnicity, gender, sexual orientation, age, ability, socioeconomic status, or any other factors that may contribute to health disparities. Social justice in nursing involves recognizing and addressing the root causes of health disparities, such as poverty and access to quality care, and advocating for better healthcare policies and systems to meet the needs of underserved and vulnerable populations. It also involves providing culturally competent and trauma-informed care that respects the dignity of the patient and their individual needs. Nursing professionals should strive to create a supportive and inclusive healthcare environment that promotes social justice and addresses the inequities in the healthcare system. This can be achieved by implementing policies and procedures that promote diversity, equity, and inclusion, as well as providing quality and equitable care to all patients. Ultimately, it is through the commitment of nurses to social justice that long-term changes can be made to improve health outcomes for all.

**Recommendations**

1. Develop and implement community health education programs to increase public awareness of available health services and resources.

2. Provide free or low-cost health screenings and vaccinations.

3. Expand access to health care services in underserved areas by providing transportation and financial assistance.

4. Increase access to healthy foods and promote healthy eating habits through nutrition education, cooking classes, and community gardens.

5. Create safe, accessible areas for physical activity, such as neighborhood parks and walking trails.

6. Provide mental health services and counseling to individuals and families in need.

7. Establish partnerships with local organizations and businesses to support community health initiatives.

8. Advocate for policy change to ensure equitable health care and resource access.

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