This week's recommended Health and Wellness Activity:

**Mindful Breathing Meditation**

---

**6 Ways Nurses Can Improve Cultural Competency at Work**

1. **Educate yourself and then continue that education.**
   
   Education is key, said Nikeldah Whatley-Lein, who is a licensed clinical psychotherapist and the system director for Behavioral Health Services at Northside Hospital in Atlanta. This includes learning about how minorities are at a higher risk of developing many types of illnesses as well as the discrimination that they face in their daily lives.

2. **Assess your own cultural competency.**
   
   Minoritynurse.com suggests using an online cultural competence self-assessment tool to determine your own strengths and weaknesses when caring for patients who come from different cultures.

3. **Ask questions.**
   
   "Come in with a blank slate, not making any assumptions," Baker suggested. A single patient can represent several different cultures, and health care providers need to find out what’s important to them. Ask about everything from spiritual and cultural practices to ways they may be using to combat certain symptoms, she added.
May is National Nurses Month

MFP Alum Dr. John Lowe, PhD, RN, FAAN, Professor, Endowed McKenzie Chair for Health Disparities Research, Director, Center for Indigenous Nursing Research for Health Equity, Florida State University, discusses nursing recognition.
COVID-19 Racial/Ethnic Disparities:

Racism Declared a Public Health Crisis in Ohio’s Most Populated County

The Striking Racial Divide in How Covid-19 Has Hit Nursing Homes

LGBTQ Americans are getting coronavirus, losing jobs. Anti-gay bias is making it worse for them.

Many Pacific islands are untouched by COVID-19. Its arrival could be disastrous

STOP COVID-19 XENOPHOBIA
CLICK HERE TO REPORT ASIAN AMERICAN HATE CRIMES DUE TO COVID-19 MISINFORMATION.

Submit your application for the minority fellowship program cohort 2020-2021 by May 30, 2020

What do you think of today’s e-newsletter? We’d love to hear your thoughts, questions, and feedback: mfp@ana.org.

Enjoying this e-newsletter? Forward to a colleague! They can sign up here.

Stay connected! Follow us on social media.