

STRATEGIES FOR PRACTICING CULTURAL HUMILITY



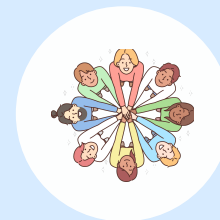
WHAT IS CULTURAL HUMILITY?

According to the Centers for Disease Control and Prevention, cultural humility is a lifelong process focused on self-reflection and personal critique, acknowledging one's own biases.

WHY IS CULTURAL HUMILITY IMPORTANT?

Cultural humility assists health care professionals connect to diverse patients with respect, self-awareness, and sensitivity. Practicing cultural humility also promotes a patient-centered approach to treatment and helps strengthen the patient-practitioner relationship.

HOW CAN I PRACTICE CULTURAL HUMILITY?



ACKNOWLEDGE IMPLICIT BIASES

- Implicit biases are when we are unaware that our biases affect our decisions and judgements.
- Acknowledge that staff biases, including your own, can negatively affect patient interaction.

KNOW YOUR COMMUNITY

- Ask your patients about their background and culture in a respectful manner.
- Learn about patients' ethnicities, native language, and core values.
- Identify barriers to vaccination (cost, transportation, belief systems, etc.).

STRATEGIES FOR PRACTICING CULTURAL HUMILITY



BE MINDFUL OF CULTURAL DIFFERENCES OR PREFERENCES

- Cultural differences and preferences may affect vaccine confidence or treatment.
- Consider integrating patient preferences into the treatment plan, such as rituals, religious or spiritual customs, and traditions.
- If family members are involved, confirm with the patient what information is to be shared.



CONFIRM PATIENT UNDERSTANDING

- Ask the patient if they felt understood, have questions, or would like more information before deciding to vaccinate.
- Have translation services available.



ESTABLISH A COLLABORATIVE RELATIONSHIP WITH PATIENTS

- Explain the differences between the collaborative and traditional approaches to care.
- If the patient is willing to work collaboratively, help them become comfortable with making health care decisions and communicating their wants and needs.



BE ATTENTIVE TO OFFICE PRACTICES

- Employ staff who warmly welcome patients upon arrival and ask them what pronouns they use.
- Make sure staff keep consistent messaging about the importance of immunizations.
- Provide education opportunities for staff about cultural humility.

Scan the QR code for a study on cultural humility.



Visit the CDC's website to learn more:
cdc.gov/globalhealth/equity/guide/cultural-humility.html