

On-the-spot access to culturally competent patient care

Tips for Understanding Cultural Patterns and Avoiding Stereotyping

CultureVision is a resource for people interested in developing cultural knowledge and asking thoughtful questions. It is a starting point for growing in cultural knowledge, which, along with the development of awareness and skills in understanding cross-cultural communication, are vital tools on the path toward culturally appropriate care. In order to find success on this path, one also needs cultural humility.

Cultural humility has been defined as a lifelong self-reflection and self-critique and is an essential component to improving quality of patient care.

In an encounter between two persons from different cultures, it is important to remember that the difference in perspectives comes from two directions – not just one. It is strongly encouraged that, in encounters with people whom you consider to be ‘different’ from you, you focus not only on your patient’s cultural norms, but particularly also on your own.



Health Equity

Avoiding stereotyping while exploring cultural knowledge often requires:

- A willingness to develop self-awareness about one’s own assumptions, beliefs, expectations, and attitudes
- An ability to define your own personal culture based on your own experience, including: ethnic background, religion, race, gender and socioeconomic status.
- An attitude of respect toward diverse points of view
- A curiosity about how your own values might (or might not) be seen as “the norm”

In offering CultureVision as a starting point, our goal is for the resource to be used as a tool towards the understanding and broadening of perspectives. For more information, login today! Check out the new video section of CultureVision, featuring a detailed video tutorial on overcoming stereotyping.

If we cannot now end our differences, at least we can help make the world safe for diversity.

-John F Kennedy

Challenge Questions

1. According to an analysis of five surveys completed between the years of 2004 and 2010, what percentage of the population identify themselves as gay, lesbian, or bisexual.
a) Between 1.7% and 5.6%
b) 0.3%
c) 8.2%
2. The LGBT population has a particular need for culturally competent care for several reasons. Which one(s) are correct?
a) They are less likely to have insurance
b) 50% have reported having to educate their providers
c) 28% report experiencing harassment
d) All the above
3. The term “intersex” refers to...
a) A person born with ambiguous, absent and or combined genitalia and reproductive organs
b) A person who has had their genitalia removed
c) A person who has had their genitalia removed and replaced with the genitalia of the opposite sex
4. Transgender Day of Remembrance occurs on which day of the year?...
a) January 27th
b) November 20th
c) December 10th

The first 5 employees that find the answers in the CultureVision app and email them to Health.Equity@nrhmc.org wins 2 free movies passes. (Can only win once every 6 months.)