



Cultivating Cultural Humility: A Lightning Presentation

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Goals for Active Learning

- **Students**

- Develop an awareness of cultural differences and gain knowledge and appreciation for various cultures.
- Utilize newly formed skills to search for and appraise scholarly sources.

- **Faculty**

- Assist learners in developing cultural humility, teamwork and collaboration, effective communication skills, and critical thinking.

Population and Sub-Populations

Ethnic/Religious

- Amish, Chinese, Haitian, Jehovah Witness, Hispanic, Muslim, African American

Non-Ethnic Cultures

- Homelessness, LGBTQ+, Mental Health, Poverty, Deaf, Blind, Incarcerated

Chinese Culture

Social Organization

Family is very important in Chinese culture. The culture values family and believes family provides a sense of identity and strong support. In the culture, older men are considered the highest rank. The culture believes the oldest male in the household are in charge and the women take care of the children and cook.



Gender Issues:

Traditional Chinese families believe in having a patriarchal household where the oldest male makes decisions. The wife's duty is to only care for the children and cook. Traditionally males are more valuable than females. Many females are still expected to not work and care for the family.

Communication

Chinese culture is particular on verbal and nonverbal communication. The culture focuses on less words and finds nonverbal communication more important than verbal communication.

Verbal Communication

- Be mindful of how to address one another. The culture expects to address one another with courtesy.
- The use of first names can be disrespectful. Asking questions can be interpreted as impolite.
- Oftentimes, communication is more reserved and quiet.
- Many do not express emotions when communicating.

Nonverbal Communication

- Eye contact expresses emotions.
- Be mindful of how long the eye contact engages. Prolonged eye contact is disrespectful especially if making eye contact with an authority figure.
- Silence and an impassive expression portrays respect.

Religious Beliefs

- 3 prominent religions: Confucianism, Taoism, and Buddhism. The religions fuse together and impact society.
- Confucianism is the righteousness values for humans to live a peaceful life.
- Taoism focuses on spiritual elements in life regarding the universe and nature.
- Buddhism is acquiring knowledge while developing self.

Spiritual Healing

Spiritual healing is integrated into all components of the culture such as the use of acupuncture and herbs for pain.



Language Barriers to Education

The dialect and different pronunciations make communication difficult. The education system within the Chinese culture generally educates the youth on the English language. However, many of the elderly generations have not been educated on the English language.

Customs Involving Food and Dietary

Customs

Chinese culture makes sure to have a balance of cold and hot temperatures in the body.

Use chopsticks instead of a fork for solid foods.

Meals consist of rice, meat, vegetables, noodles, steamed buns and soup at the end of the meal.

Hot pots are used to cook food and are very popular.

Cultural Values

- National symbol is the dragon, which provides strength, power, and wisdom.
- Value harmony, righteousness, honesty, and loyalty.
- Respect for one's parents and grandparents are very important.
- The color red is a color for celebration and is seen as lucky.
- Family is important.
- Wearing good luck items such as jade will bring good luck and good health.



Views of Health, Illness, and Death

The culture believes in having a “saving face”, showing little to no emotion when sick. Showing pain may be considered weak.

The culture views the illness as an imbalance in Yin and Yang.

Medications are only taken until the symptoms disappear and share medication within the family.

The culture may not want blood drawn or have a procedure done out of fear of weakening the body and wanting to keep the body intact.

If there is a terminal illness, the may family want the patient to not know about the conditions.

The culture believes dying at home can bring bad luck and the spirit may get lost.

When death occurs, the culture requests certain cloths and amulets be placed on the body.

Health Risk With Chinese Culture

The Chinese culture's health risk comes from lack of treatment. The culture believes the Yin and Yang, which is the balance of internal and external factors. These beliefs are often accompanied by traditional Chinese medicine that often fails to adequately treat and prevent diseases or illnesses.

The elderly Chinese are at risk to develop preventable or treatable diseases such as cardiovascular disease and diabetes.



5 Health Solutions For Sensitive Care

1. Attempt to identify relationships between traditional Chinese medicine and Western medicine.
2. Acknowledge how vital family is to the Chinese culture. Patients will often include family in almost all decisions.
3. Chinese patients may be reluctant to say no, as it is sometimes seen as rude in the Chinese culture.
4. Eye contact is seen as rude within the culture. Avoid eye contact or prolonged eye contact when speaking within the Chinese culture.
5. Many Individuals of the Chinese culture view illness as a part of nature. It is vital to understand this idea as it will be difficult to convey treatment options at time.

Stigmas

Criminal offenders experience the use of various stigmas against them. Being labeled as a stigmatized person can have many psychological effects and impair physical and mental functioning.

Incarcerated individuals experience stigmas even after being released from prison.

For example:

- The right to vote
- Access to housing
- Access to financial aid
- Employment
- Community involvement



Health Risks

- Higher risks of morbidity and mortality
- Chronic and noncommunicable diseases
 - Hypertension, diabetes, asthma
- Communicable diseases
 - Hepatitis, HIV, TB
- Mental health issues
- Substance abuse

5 suggestions for culturally sensitive care

1. Avoid bias when treating current or previous criminals/convicts
2. Be sensitive to the numerous losses during incarceration.
3. Consider and assess educational background for efficient patient understanding.
4. Be aware of technology access. Patients may not have technological resources.
5. Be sensitive to differing religious and spiritual beliefs, do not make assumptions.

The Prison Population



- 2.3 million people are incarcerated
- U.S. has more people incarcerated than any other nation
- Property, drug, and violence are the major reasons for incarceration
- Over 550,000 people are locked up without being sentenced or convicted for a crime

Healthcare

Studies have shown that those who are incarcerated have a higher risk for viral infections, chronic illness and mental illness, and most of the time, proper care is not received. Results from a nationwide survey of randomized facilities suggests:

- 38.5% reported at least one chronic illness in federal prisons
- 7.7% did not undergo examination after a serious injury in federal prisons

Access to healthcare is worse in local facilities rather than state and federal facilities. Some inmates reported that upon entry into prison, care for a chronic illness was discontinued. Correctional healthcare is inadequate and difficult to receive.



Challenges in Treatment

- **Prison Environment**

The prison environment encourages non-caring behaviors in a system designed to punish inmates. Being “pro-inmate” is considered inappropriate, this makes filling the nursing role as the patient advocate complicated.

- **Safety**

Nurses rely on correctional officers to ensure their safety. Officers must be present at all times, totally eradicating patient confidentiality. This may deter inmates from disclosing important medical information.

- **Policies**

Strict policies prevent nurses from providing caring treatment limiting normal humanistic interactions such as touch.

- **Societal Views**

There is a negative stigma around correctional nursing and is not greatly valued in society. This makes funding limited. Because of this correctional medical facilities may lack significant resources such as supplies, educational material, and interpreter services.

Social Organization



Within in correctional facilities exist a separate society with its own cultural architecture that includes:

- Language and abbreviations
- Inmates of diverse backgrounds

Within the correctional facilities exists inmates of all different backgrounds including ethnicity, race, place or origin.

- Hierarchy and organizational structure.

The hierarchy of prison staff outlines degrees of authority and power over inmates. Additionally classes of rank, popularity, and power exist within inmates as well.