

PRACTICING CULTURAL HUMILITY TO Empower Your Patients



Cultural Identity

1

Identify your own cultural identities.



2 Background

Find out how your own background contributes to your connection with your patients.



3 Reactions

Look at your initial reactions with your patients, specially those who are culturally different from you.

Input

5



4

Pay attention to how much you value input from your patients.



Patient Identity

Find out how you can make space for your patients to speak about their own identities.



6 Listening

Identify what you learn about yourself by listening to your patients.

Identify Barriers

Work with your patients and other members of their healthcare team to help them identify barriers that are preventing them from accessing effective and equitable care.

7

Identify Resources

Work with your patients and other members of their healthcare team to find resources to help them overcome their existing barriers to accessing effective and equitable care.

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