CULTURAL COMPETENCY TRAINING
TRAINING GOALS

> Define culture and cultural competence
> Benefits of clear communication
> Person-Centered Planning
> Address health care for refugees and immigrants
> Reflect on strategies when working with seniors and people with disabilities
CULTURE AND CULTURAL COMPETENCE
> **Culture** refers to integrated patterns of human behavior that include the language, thoughts, actions, customs, beliefs, values, and institutions that unite a group of people.

> **Cultural competence** is the capability of effectively dealing with people from different cultures.

> Adapted from [http://minorityhealth.hhs.gov](http://minorityhealth.hhs.gov)
HOW DOES CULTURE IMPACT THE CARE THAT IS GIVEN TO PATIENTS?

> Culture informs:
  > concepts of health and healing
  > how illness, disease, and their causes are perceived
  > the behaviors of patients who are seeking health care
  > attitudes toward health care providers

Adapted from: http://minorityhealth.hhs.gov
Culture defines health care expectations:

- who provides treatment
- what is considered a health problem
- what type of treatment
- where care is sought
- how symptoms are expressed
- how rights and protections are understood
CLEAR COMMUNICATION: THE FOUNDATION OF CULTURALLY COMPETENT CARE
CLEAR COMMUNICATION BENEFITS

There are many benefits to have clear communications with patients. The diagram below indicates the improvements and positive results of clear communication.

- Reduce Malpractice Risk
- Improve Safety & Adherence
- Improve Office Process Saves Time & Money
- Physician & Patient Satisfaction
Below are techniques to effectively communicate with your patients and/or their family members.

> Inform the interpreter of specific patient needs
> Hold a brief introductory discussion
  > Your name, organization and nature of the call/visit
  > Reassure the patient about confidentiality
> Allow enough time for the interpreted sessions
> Avoid interrupting during interpretation
> Speak in the first person
> Speak in a normal voice, try not to speak fast or too loudly
> Speak in short sentences
> Avoid acronyms, medical jargon and technical terms
> Face and talk to the patient directly
> Be aware of body language in the cultural context
Person Centered Planning is an ongoing problem-solving process used to help people with disabilities plan for their future. In person centered planning, groups of people focus on an individual and that person's vision of what they would like to do in the future. This "person-centered" team meets to identify opportunities for the focus person to

- Develop personal relationships
- Participate in their community
- Increase control over their own lives
- Develop the skills and abilities needed to achieve these goals.

These individuals take action to make sure that the strategies discussed in planning meetings are implemented.
The following slides will help you effectively communicate with your patients; included are examples of patient concerns and how you may better communicate. There are also samples of how to determine what these concerns are and how to address them.

In the sections marked **Here’s What Patients Wish Their Health Care Provider Knew…** are examples of behaviors that you may see from patients who may not communicate effectively.

In the sections marked **Here’s What Health Care Providers Can Do….** are suggestions to help health care providers improve their communication with their patients.
Here’s What Patients Wish Their Health Care Provider Knew...

- I tell you I forgot my glasses because I am ashamed to admit I don’t read very well
- I don’t know what to ask and am hesitant to ask you
- When I leave your office I often don’t know what I should do next
- I am not able to make important decisions by myself
- I am more comfortable with a female doctor
- It’s important for me to have a relationship with my doctor
- I use botanicals and home remedies but don’t think to tell you

Here’s What Health Care Providers Can Do....

- Use a variety of instruction methods
- Encourage questions & use Ask Me 3™
- Use Teach Back
- Confirm decision making preferences
- Office staff should confirm preferences during scheduling
- Spend a few minutes building rapport
- Ask about the use of home remedies & healers
CULTURAL COMPETENCE: REFUGEES AND IMMIGRANTS
Refugees and Immigrants may:

- not be familiar with the U.S. health care system.
- experience illness related to life changes.
- practice spiritual and botanic healing or treatments before seeking U.S. medical advice.
Here’s What Patients Wish Their Health Care Provider Knew...

- My expectations do not align with U.S. managed care
- I’m bewildered by requirements to visit multiple doctors
- I wonder why I have diagnostic testing before a prescription is written

Here’s What Health Care Providers Can Do....

- Inform patients they may need follow up care
- Explain why a patient may need to be seen by another doctor
- Emphasize the importance of medication adherence
COMMON OFFICE EXPECTATIONS

Here’s What Patients Wish Their Health Care Provider Knew Knew...

- I have different expectations about time
- I prefer to have someone of the same gender
- I’m going to bring friends or family. They want to help make decisions

Here’s What Health Care Providers Can Do....

- Upon arrival, inform patient about the wait time
- Accommodate a doctor or interpreter of same gender
- Confirm decision makers at each visit
Here’s What Patients Wish Their Health Care Provider Knew...

I’ve had different experiences in refugee camps

My experiences have caused me to be suspicious

I fear my health information will be released to the community

Here’s What Health Care Providers Can Do...

Explain confidentiality

Ensure that staff adhere to your policies

Make HIPAA forms easy to understand, in preferred languages
CULTURAL COMPETENCE: SENIORS AND PEOPLE WITH DISABILITIES
Here’s What Patients Wish Their Health Care Provider Knew...

- Neuro-cognitive processing ability impaired
  - Pain
  - Stroke
  - Hypertension, Diabetes
  - UTI, Pneumonia
- meds: can affect cognition
  - Pain medication
  - Anti-depressants
  - Interactions

Here’s What Health Care Providers Can Do...

- Be aware
  - Slow down
  - Speak clearly
  - Use plain language
  - Recommend assistive listening devices
- Obtain thorough health history
Here’s What Patients Wish Their Health Care Provider Knew...

- 12% of active caregivers may have their own limitations
- 16% of working seniors are also caregivers
- Caregivers report more stress, higher likelihood of depression

Here’s What Health Care Providers Can Do...

- Ask about caregiver responsibilities and stress levels
- Offer caregiver support services
Here’s What Patients Wish Their Health Care Provider Knew...

Patients with dementia may need a caregiver

Older adults suffer more losses
- May be less willing to discuss feelings
- High suicide rates for 65+

Here’s What Health Care Providers Can Do...

Communicate with patient & caregiver

Assess for depression, dementia/cognitive ability
VISUAL IMPAIRMENT

**Macular degeneration:**
- Problems: reading, depth perception, contrast, glare, loss of independence
- Solutions: decrease glare, bright indirect lighting, bright, contrasting colors, LARGE, non-serif fonts

**Diabetic retinopathy:**

**Cataract:**

**Glaucoma:**
HEARING IMPAIRMENT

Here’s What Patients Wish Their Health Care Provider Knew...

Presbycusis: Gradual, bilateral, high-frequency hearing loss
- Consonant sounds are high frequency
- Word distinction difficult
- Speaking louder does NOT help

Here’s What Health Care Providers Can Do...

Face patient at all times
- Speak slowly and enunciate clearly
  - Do not use contractions
  - Rephrase if necessary
  - Do not cover your mouth
  - Reduce background noise
    - Air conditioner, TV, hallway noise etc.
    - Audible Solutions- offer listening devices
PHYSICAL IMPAIRMENT

Here’s What Patients Wish Their Health Care Provider Knew...

- Pain & reduced mobility is common due to:
  - Osteoarthritis
  - Changes in feet, ligaments and cushioning
  - Osteoporosis
  - Stroke

Here’s What Health Care Providers Can Do...

- Keep hallways clear
- Lower exam tables
- Add grab bars/railings
- Use exam rooms nearest waiting area
- Offer assistance – transfers, opening sample bottles, etc.
- Recommend in home accessibility assessment
REFERENCES

Culture and Cultural Competency

Clear Communication: The Foundation of Culturally Competent Care

Cultural Competence: Refugees and Immigrants

Cultural Competence: Seniors and People with Disabilities
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TRAINING COMPLETION

Thank you for reviewing the Cigna-HealthSpring CarePlan Provider Cultural Competency Training.

If you are ready to take the quiz and acknowledge completion click CONTINUE.

If you would like to review the training again prior to taking the quiz, then review the presentation again from the beginning slide.