

Resources for Cultural Competency

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General Culture and Health Care Resources

[APTA Minority Affairs List of Cultural Competency Resources](#). Johnette Meadows and the Office of Minority Affairs have developed an excellent set of resources related to culture and cultural competence including [The Blueprint for Teaching Cultural Competence](#) in Physical Therapy Education.

[The Rehabilitation Service Provider as Culture Broker: Providing Culturally Competent Services to Foreign Born Persons](#) by MA Jezewski and Paula Sotnik.

[DiversityRx](#) is an organization and website where policymakers, healthcare providers, and consumer representatives can find resources to learn about language and cultural competence in health care, design better programs and policies, and network with colleagues and experts.

The Health Resources and Services Administration [HRSA](#) of the US Department of Health and Human Resources provides numerous culturally competency resources for healthcare providers including assessment tools for cultural competence.

[American Medical Student Association](#) offers numerous resources related to health and health care of specific racial / ethnic groups as well as other resources.

[Champlain Valley Area Health Education Center: Cultural Competency for Health Care Providers](#) is an excellent example of a resource created for a specific geographic area. It identifies the people groups in residence in the area, a synopsis of the immigration patterns and cultural belief systems, and a starting point for asking questions which will lead to the provision of cultural competent care.

[The Center for the Health Professions](#) out of the University of California, is committed to helping healthcare organizations and providers improve their ability to meet CLAS standards. They offer a number of resources, including [Toward Culturally Competent Care: A Toolbox for Teaching Communication Strategies](#).

[The National Center for Cultural Competence](#) at the Georgetown University for Child and Human Development offers numerous resources including the [Cultural Competence Health Practitioner Assessment](#) and [Bridging the Cultural Divide in Health Care Settings: The Essential Role of Cultural Brokers Programs](#)

[The Boston Healing Landscape Project](#) offers cultural competency in US health care best practice recommendations with examples and resources.

[Cultural Clues](#) is a site sponsored by the University of Washington Medical Center and provides cultural information relevant to healthcare encounters for various ethnic groups. They also include considerations for end-of-life care.

[The National Council of La Raza's Institute for Hispanic Health](#)

[The Hmong Health Information Project](#)

[Transcultural Nursing Society](#) seeks to provide nurses and other healthcare professionals with the knowledge base necessary to ensure cultural competence in practice, education, research, and administration.

[Cultural Medicine](#) has a collection of culture-related resources and numerous links including interpreters, patient education materials in multiple languages and palliative care considerations.

[The Center for Cross Cultural Health](#) is an organization out of Minnesota committed to addressing health needs of its diverse communities. Most recent activity is 2004. They have an example of cultural competency training modules with topics and objectives.

Mandates and Formal Reports Related to Culturally Competent Care

[The Joint Commission](#) has numerous reports including the 2007 report, [Hospitals, Language, and Culture: A Snapshot of the Nation](#). Check out their website for the latest on accreditation standards related to culturally and linguistically appropriate healthcare.

[The HHS Office of Minority Health Cultural Competency Site](#) offers a number of valuable resources related to cultural competence and health disparities as well as the [National Standards for Culturally and Linguistically Appropriate Services \(CLAS\) in Health Care](#).

Cultural Competency Training Programs

The American Medical Association offers two CME courses online. [Educating Physicians on Controversies and Challenges in Health: Health Care Disparities Among Racial-Ethnic Minority Patients](#) and [Strategies to Improve Communication with Latino/Hispanic Patients](#).

[Think Cultural Health](#) offers cultural competency curriculum modules for various healthcare professionals from the US Department of Health and Human Services Office of Minority Health, as well as other resources related to cultural competency.

[XCulture](#) Cross Cultural Health Care Program (CCHCP) offers many resources including a recent report entitled, “Reflections on the CLAS Standards: Best Practices, Innovations and Horizons. They also offer cultural competency training programs.

[Medscape Cultural Competency Training Program](#) is entitled “Cultural Competency in Healthcare: A Clinical Review and Video Vignettes from the National Medical Association.

[Doctors in Touch](#) offers a 3 hour self-study CME course.

Language / Interpretation Services

[National Council on Interpreting in Health Care](#) is a multidisciplinary organization whose mission is to promote culturally competent professional health care interpreting.

[International Medical Interpreters Association](#) originated in Massachusetts and serves to certify medical interpreters. The website offers a variety of resources related to cultural and linguistically appropriate services.

[The 24 Languages Project: Consumer Health Brochures in Multiple Languages](#)

[Ethnomed](#) contains patient education resources in a variety of languages as well as other cultural resources.

[Healthy Roads Media](#) is a website that contains free health education materials in a number of languages and in a variety of formats

[Language Identification Flash Cards](#) are available at this website from the US Bureau of the Census. These are helpful to identify the language spoken.

[MedlinePlus Language Materials](#) include health-related materials in multiple languages.

Research and Grant Resources

The Agency for Healthcare Research and Quality of the US Department of Health and Human Resources presents numerous resources including a recent report, [Setting the Agenda for Research on Cultural Competence in Health Care](#).

[California Pan-Ethnic Health Network](#) out of California provides links to cultural resources as well as links to potential funding agencies such as the Commonwealth Fund, the Kaiser Foundation, the California Endowment, and the Robert Wood Johnson Foundation.

Cultural Competency Assessment Tools

The Cross Cultural Adaptability Inventory (CCAI) available through Vangent at <http://www.vangent-hcm.com/Solutions/PerformanceManagement/OrganizationalSurveys/CCAI/>

The Inventory for Assessing the Process of Cultural Competence Among Healthcare Professionals-Revised (IAPCC-R[®]) and the Inventory for Assessing the Process of Cultural Competence Among Healthcare Professionals-Student Version (IAPCC-SV)[®] available at <http://www.transculturalcare.net/>.

Resources for Teaching Cultural Competence

Books and Chapters In Books

Communicating with cultural sensitivity. In: Davis CM, editor. Patient Practitioner Interaction. Thorofare, NJ: Slack, Inc.; 1998. p. 159-78.

Bonder B, Martin L, Miracle AW. Culture in clinical care. Thorofare, NJ: Slack, Inc.; 2002.

Drench ME, Sharby N, Noonan AC, Ventura SH. Cultural aspects of therapeutic care. 2nd ed. Pearson Prentice Hall; 2007.

Galanti G. Caring for patients from different cultures: Case studies from american hospitals. 3rd ed. Philadelphia, PA: University of Pennsylvania Press; 2004. *Case studies of cross-cultural misunderstandings and how they can be avoided. There are chapters on such topics as communication, pain, religion, dietary practices, birth, death, family, men and women, staff relations, and folk medicine. A complete index to the 172 case studies,*

cross-referenced by ethnic group and topic, is included along with an extensive bibliography.

Lattanzi JB, Purnell LD. Developing cultural competence in physical therapy practice. Philadelphia, PA: F.A. Davis; 2006.

Leavitt RL. Journey to cultural proficiency. Thorofare, NJ: Slack, Inc.; 2010.

Leavitt RL. Culture in rehabilitation: From competency to proficiency. Royeen M and Crabtree J, editors. Cranberry, NJ: Pearson/Prentice Hall; 2006.

Leavitt RL. Cross-cultural rehabilitation: An international perspective. Philadelphia, PA: W.B. Saunders; 1999.

Luckmann J, Nobles S. Transcultural communication in health care. Delmar Thompson Learning; 2000.

Reynolds PJ. Developing cultural competence through service learning. In: Leavitt RL, editor. Cultural Competence: A Lifelong Journey to Cultural Proficiency. Thorofare, NJ: Slack, Inc.; 2010.

Articles

Babyar SR, Sliwinski M, Krasilovsky G, Rosen E, Thornby M, Masfield J, J. Survey of inclusion of cultural and gender issues in entry-level physical therapy curricula in new york state. J PHYS THER EDUC. 1996 1996;10(2):53-62.

Bender DG, Gelsomino MJ, Huijbregts PA, Zalewski KR. Culture and critical care/developing cultural competence in physical therapy practice. Phys Ther. 2006 08;86(8):1169-73.

Black JD, Purnell LD. Cultural competence for the physical therapy professional. J PHYS THER EDUC. 2002 2002;16(1):3-10.

Clouten N, Homma M, Shimada R. Clinical education and cultural diversity in physical therapy: Clinical performance of minority student physical therapists and the expectations of clinical instructors. PHYSIOTHER THEORY PRACT. 2006;22(1):1-15.

Dupre A, Goodgold S. Development of physical therapy student cultural competency through international community service. J CULT DIVERSITY. 2007 2007;14(3):126-34.

Ekelman B, Dal Bello-Haas V, Bazyk J, Bazyk S. Developing cultural competence in occupational therapy and physical therapy education: A field immersion approach. J Allied Health. 2003 2003;32(2):131-7.

Gulas CJ. Establishing the reliability of using the inventory for assessing the process of cultural competence among healthcare professionals with physical therapy students [dissertation]. Saint Louis University; 2005.

Lazaro RT, Umphred DA. Improving cultural diversity awareness of physical therapy educators. J CULT DIVERSITY. 2007 2007;14(3):121-5.

Leavitt RL. Developing cultural competence in a multicultural world, part II. Physical Therapy Magazine. 2003;11(1):56-68.

Leavitt RL. Developing cultural competence in a multicultural world, part I. Physical Therapy Magazine. 2002;10(12):36-48.

Musolino GM, Feehan P. Enhancing diversity through mentorship: The nurturing potential of service learning. J PHYS THER EDUC. 2004 2004;18(1):29-42.

Panzarella KJ. Beginning with the end in mind: Evaluating outcomes of cultural competence instruction in a doctor of physical therapy programme. Disabil Rehabil. 2009 07;31(14):1144-52.

Romanello M. Integration of cultural competence in physical therapist education. J PHYS THER EDUC. 2007 2007;21(1):33-9.

Shore S. A curricular model of cross-cultural sensitivity. J PHYS THER EDUC. 2007 2007;21(2):53-9.

Thomas KJ, Reigart EB, Trickey BA. An interdisciplinary service learning experience in geriatrics for occupational and physical therapy students. Gerontol Geriatr Educ. 1998 12;19(2):81-9.

Video / DVD Resources for Teaching Cultural Competence

1. Geri-Ann Galanti DVD, ***Patient Diversity: Beyond the Vital Signs*** by CRM Learning. 30 minute presentation of various health-related cultural challenges in a hospital setting. The vignettes are effectively interwoven in an engaging manner and present numerous points for follow-up class discussion.

2. ***Communicating Effectively through an Interpreter*** by The Cross Cultural Health Care Program available at: <http://www.xculture.org/catalog/index.php?cPath=22>

3. Developing cultural competency [videorecording] / written and directed by Marion Karpinski.

Publisher: [S.I.] : Healing Arts Communications, c2002.

Description: 1 videocassette (40 min.) : sd., col. ; 1/2 in.

Series: Home care companion video collection. Communication ; 4

Summary: Discusses culturally competent health care, which embraces each individual's cultural beliefs, values, and customs, rather than imposing one standard of behavior and belief upon everyone. Explores how cultural beliefs and values affect the quality of health care. Topics include beliefs about illness and disease, gender roles, sexual orientation, personal and social space, touch, communication styles, time orientation, the use of gestures, appropriate forms of address, language differences, literacy, diet, and the importance of cultural assessment tools.

4. Various episodes from the FX series, 30 Days (immigration, Gay/straight, wheel chair episode) <http://www.fxnetworks.com/shows/originals/30days/>

5. Frontline PBS site: A Class Divided (the Blue eye, Brown Eye piece) <http://www.pbs.org/wgbh/pages/frontline/shows/divided/etc/view.html>.

It is about an Iowa schoolteacher who, the day after Martin Luther King Jr. was murdered in 1968, gave her third-grade students a first-hand experience in the meaning of discrimination. This is the story of what she taught the children, and the impact that lesson had on their lives.

6. Film by Lee Mun Wah, ***Color of Fear***. Examines the pain and anguish that racism has caused in the lives of North American men of Asian, European, Latin and African descent. Out of their confrontations and struggles to understand and trust each other emerges an emotional and insightful portrayal into the type of dialogue most of us fear, but hope will happen sometime in our lifetime.

7. Film by Shakti Butler, ***Mirror of Privilege: making whiteness visible***.

Features the up close and personal stories of white activists and their ongoing journeys of transformation. Participants will talk about being unconscious about their learned and internalized sense of white supremacy. They will share what was required and what actions they took to move through the common first stages of denial, defensiveness, guilt, fear and shame into making solid commitments towards ending racism. The video uses art, theatre, movement, photographs and music to amplify stories that share richly varied experiences and life processes informed by deep reflection and social justice action.

8. Harvard IAT's "Project Implicit " <https://implicit.harvard.edu>. Presents validated tests that reveal bias on a variety of topics.

Additional Websites and Readings Pertaining to Teaching Culture & Health

Exploring Illness Across Time and Space:

<http://www.sas.upenn.edu/~robert/about.html>. This web site is designed to explore how the experience, diagnosis, and treatment of illness has changed over time. By exploring sets of symptoms, this site seeks to show some of the multitudinous ways illness has been understood by humans.

Carrie McLaren, "How Advertising Can Wreck Your Health":

http://www.stayfreemagazine.org/archives/16/advg_health.html. A thought-provoking article on the influence that advertising can have on the perception of health.

The Indigenous Healing Tradition in Calabria, Italy

http://www.stanleykrippner.com/papers/Calabria2004Rev_1B_.htm

Pennsylvania Dutch powwowwing or *brauche*

<http://www.esoteric.msu.edu/VolumeIV/Powwow.htm>

Jewish Healing

<http://www.jewishhealing.com/>

Lustig, M. W., & Koester, J., (Eds.). (2006). Cultural biases and intercultural communication. *Among us: Essays on identity, belonging, and intercultural competence* (2nd ed.). Boston: Pearson/Allyn andBacon. p. 157

https://netfiles.umn.edu/users/brien002/053107_RiskComm7200/CulturalBiases.pdf

Sandman, Peter M. (1994). Risk Communication. *Encyclopedia of the Environment*, Ruth A. Eblenand William R. Eblen (Eds.). Boston: Houghton Mifflin. Pp. 620-623. Available at

<http://www.psandman.com/articles/riskcomm.htm>

Littlefield, R., & Cowden, K., & Hueston, W. (2007). 10 Tips for public health professionals when interacting about crisis and risk with Native and New Americans. North Dakota: Institute for Regional Studies, North Dakota State University. Available at: <http://risk-crisis.ndsu.nodak.edu>.

Littlefield, R. (2006, June 19-23). Message testing for risk and crisis communication with diverse publics: Identifying appropriate strategies for minimizing exposure to disease and public health hazards. International Communication Association, Dresden, Germany.

https://netfiles.umn.edu/users/brien002/053107_RiskComm7200/Littlefield-MsgTesting.doc

ECHO Broadcast: Mass Dispensing of Medicine, August 2006. *Watch any language except English*

Khmer link: <http://www.echominnesota.org/index.cfm/p/tvArchive/l/km/tvID/23/>
Somali link: <http://www.echominnesota.org/index.cfm/p/tvArchive/l/so/tvID/23/>
Vietnamese link:
<http://www.echominnesota.org/index.cfm/p/tvArchive/l/vi/tvID/23/>
Spanish link: <http://www.echominnesota.org/index.cfm/p/tvArchive/l/es/tvID/23/>
Hmong link: <http://www.echominnesota.org/index.cfm/p/tvArchive/l/hmn/tvID/23/>
Lao link: <http://www.echominnesota.org/index.cfm/p/tvArchive/l/lo/tvID/23/>

Lustig, M. W., & Koester, J., (Eds.). (2006). Cultural patterns and intercultural competence. *Among us: Essays on identity, belonging, and intercultural competence* (2nd ed.). Boston: Pearson/Allyn and Bacon. p. 63-72.

https://netfiles.umn.edu/users/brien002/053107_RiskComm7200/CulturalPatterns.pdf

Lustig, M. W., & Koester, J., (Eds.). (2006). The nature of cultural identity. *Among us: Essays on identity, belonging, and intercultural competence* (2nd ed.). Boston: Pearson/Allyn and Bacon. p. 3-8.

https://netfiles.umn.edu/users/brien002/053107_RiskComm7200/CulturalIdentity.pdf

Websites and Readings on Native American Culture and Health:

<http://www.ewebtribe.com/NACulture/health.htm>
<http://www.hanksville.org/NAresources/indices/NAknowledge.html>
<http://www.native-languages.org/home.htm>
http://www.healthandhealingny.org/tradition_healing/native-history.html

Readings for African culture and health:

African Traditional Healing: <http://www.mamiwata.com/articles1.html>
Interview with Malidoma Some: <http://www.context.org/ICLIB/IC34/Some.htm>
Healing Wisdom of Africa: <http://www.schoolofwisdom.com/Malidoma/>

Readings for Latin American culture:

http://soundprint.org/radio/display_show/ID/288/name/Curanderismo:+Folk+Healing+in+the+Southwest

Readings for Hmong culture:

1. <http://www.hmongnet.org/>
2. <http://www.garyyiale.com/>

Website on Cultural Appropriation and Cultural Respect:

<http://www.hanksville.org/sand/stereotypes/gonzales.html>

Bibliography for Books Related to Culture & Health

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2. Catterson-Lindahl, J. (2005). *On my Swedish island*. New York: Tarcher/Penguin.
3. Du Bois, W. E. B. (1996) *The souls of black folk*. New York: Penguin Books. (First published in 1903.)
4. Fadiman, A. (1997). *The spirit catches you and you fall down: a Hmong child, her American doctors and the collision of two cultures*. New York: Farrar, Strauss and Giroux.
5. Mehl-Madrona, L. (1998). *Coyote medicine: lessons from Native American healing*. New York: Fireside.
6. Müller-Ebeling, C., Rätsch, C., Storl, W. (2003). *Witchcraft medicine: healing arts, shamanic practices, and forbidden plants*. Rochester, VT: Inner Traditions.
7. Somé, P. M. (1994). *Of water and the spirit: ritual, magic and initiation in the life of an African shaman*. New York: Penguin Books.
8. Somé, P. M. (1999). *The healing wisdom of Africa: finding life purpose through nature, ritual, and community*. New York: Tarcher/Putnam.
9. Gehrke-White, Donna. *The Face Behind The Veil: The Extraordinary Lives of Muslim Women in America*. New York: Citadel Press, 2006.