

NC Department of Health and Human Services
NC Home Care Aide Curriculum

Module 5
Culture
July 2021

1

OBJECTIVES

1. Explain what makes up a person's culture
2. Realize the importance of respecting a patient's culture
3. Provide care to a patient without inhibiting the patient's cultural values and beliefs

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2

CULTURE

- U.S. Cultural Diversity
- As a home care aide, you will care for patients from a different culture than your own



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3

Everyone Is Part Of A Culture



- A person's culture is made up of values, beliefs, and customs that set them apart from a different group



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4

Moving From One Culture To Another


Assimilation	Acculturation
	

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5

DANGERS OF STEREOTYPING


- Within any new culture, there is a wide range of behaviors and beliefs
- It is important as we work with our patients that we do not stereotype or generalize



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6

HANDOUT #1
Health Care Beliefs, Pain, and Food Practices



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7

CULTURE AND HOME CARE
So, what does all of this have to do with home care?




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8

YOUR PATIENT AS YOUR GUIDE (1)

- One's culture will also affect the kinds of decisions they make related to their illness/care




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9

YOUR PATIENT AS YOUR GUIDE (2)

- Families may be part of the decision making




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10

Other Cultural Issues To Consider

- Be aware of other cultural issues such as gender, view of older adults, experiences such as war or poverty, or local cultural group with sense of community and resources.
- Share information you learn with other team members. Do not assume they know what you know.




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11

Cultural Rules For Routine Interactions (1)

- Diverse cultures have different everyday rules for eye contact.
- Learn and respect the rules. Share the rules with the team.




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12

Cultural Rules For Routine Interactions (2)

- Touch as an everyday interaction can have a profound effect
- How we touch in the United States may not be acceptable for all ethnic groups




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13

TIPS TO IMPROVE CARE AND TEAMWORK

- Ask questions
- Seek opportunities to learn more about issues of culture.
- Do not stereotype. Each person is an individual.
- Develop an attitude of respect and tolerance.
- Become aware of your values and behaviors.
- Be willing to negotiate.




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14

ACTIVITY #1

Case Studies




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15

Culture

- Addressing and respecting cultural differences will increase trust, leading to better and more satisfactory care for patients and their families.
- We are better prepared to serve patients when we prepare ourselves to respect their hearts and their minds.
- Becoming culturally knowledgeable is an opportunity for our growth as individuals as well as within our profession.



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