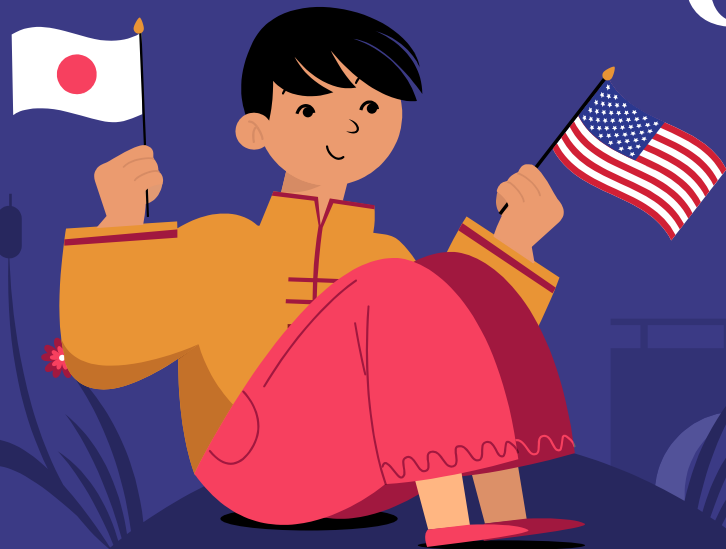


# Cultural Competency in Healthcare:

A Focus on Asian American Populations

*Grace Ou*





# Cultural Competency:

“Delivering effective, quality care to patients who have diverse beliefs, attitudes, values, and backgrounds. This practice requires systems that can personalize health care according to cultural and linguistic differences”



Tulane University, 2021



# Factors Shaping Patient Care

Race and Ethnicity

Cultural Beliefs and Practices

Socio-Economic Status

Health Literacy

Education Level

Access to Healthcare

Geographic Location

Language and Communication Barriers

Historical and Systemic Inequalities

Environmental and Housing Conditions

Psychosocial Factors



# Impacts on Patient Care

- 1) Patients' ability to access care and resources
- 2) How patients perceive symptoms and health conditions
- 3) When and how patients seek care
- 4) Patients' expectations of care
- 5) Patients' preferences regarding procedures or treatments
- 6) Patients' willingness to follow doctor recommendations or treatment plans
- 7) Who patients believe should participate in making healthcare decisions

# Traditional Medicine Practices

## East Asia

Herbal prescriptions  
Acupuncture  
Moxibustion  
Cupping therapy  
Massage  
Naprathay  
Tai Chi

## South Asia

Ayurveda  
Yoga  
Meditation  
Naturopathy  
Homeopathy  
Sowa Rigpa  
Siddha  
Unani


## South East Asia

Massage therapy  
Jamu  
Unani  
Acupuncture  
Herbal prescriptions  
Cupping therapy  
Moxibustion  
Ayurveda




# Tension Between Western & Traditional Medicine

## Western Medicine



Evidence-based  
methodology, technology,  
surgery, pharmaceuticals,  
clinical treatment of  
symptoms

## Traditional Medicine



Rooted in cultural beliefs,  
holistic views of  
health/wellbeing, restoring  
balance in the body, mind,  
and spirit



How do we, as future healthcare providers,  
prescribe treatment plans without  
compromising a patient's beliefs?



# ✦ Navigating Real-World Scenarios as a Provider



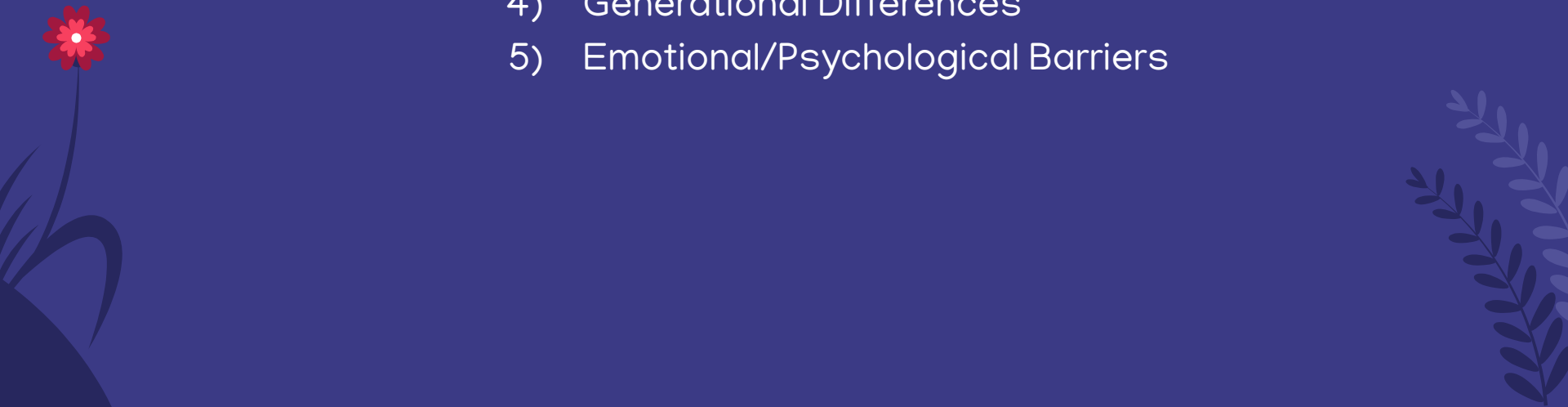
- 1) Acknowledge the strengths of both systems
- 2) Understand the deep trust and cultural connection patients have with these practices
- 3) Educate without dismissing
- 4) Make the patient feel heard and understood
- 5) Emphasize importance of disclosing







# Communication Barriers

- 1) Language Barriers
  - 2) Health Literacy
  - 3) Cultural Differences
  - 4) Generational Differences
  - 5) Emotional/Psychological Barriers
- 



Why is it crucial that we, as future  
healthcare providers, actively implement  
culturally competent practices?






# Health Disparities in Asian American Communities




19.4% of Asian adults compared to 12.9% of whites report being without a usual source of health care. Cambodians and Vietnamese are three times more likely to skip doctor visits due to cost compared to all Asians or U.S. residents.



Higher disease incidence: The incidence of breast cancer among AAPI women increased from 87.0 to 97.8 cases per 100,000 women from 1990 to 2001, a growth rate that has increased faster than any other racial/ethnic group.

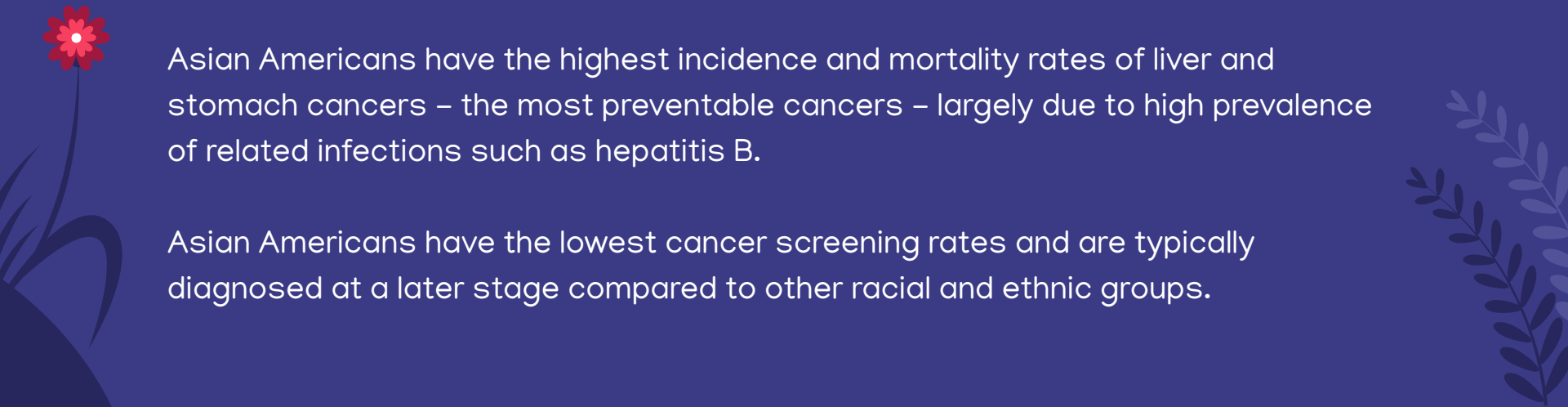
The incidence of breast cancer among AAPI women increased from 87.0 to 97.8 cases per 100,000 women from 1990 to 2001, a growth rate that has increased faster than any other racial/ethnic group.





# Health Disparities in Asian American Communities

Asian Americans have a high prevalence of the following conditions and risk factors: chronic obstructive pulmonary disease, hepatitis B, HIV/AIDS, smoking, tuberculosis, and liver disease. Contributing factors include infrequent medical visits, language and cultural barriers, and lack of health insurance.



Asian Americans have the highest incidence and mortality rates of liver and stomach cancers – the most preventable cancers – largely due to high prevalence of related infections such as hepatitis B.

Asian Americans have the lowest cancer screening rates and are typically diagnosed at a later stage compared to other racial and ethnic groups.



# Health Disparities in Asian American Communities

Asian Americans are less likely than any other racial or ethnic group to get mental health treatment, and are least likely to see themselves as needing treatment.



Suicide is one of the leading causes of death for Asian Americans--those aged 20–24 have the highest suicide rate and Asian Americans have the highest suicide rate among females of all racial and ethnic groups aged 65–84.





# Practical Strategies in Providing Culturally Competent Care



# Culturally Competent Care: Key Strategies

- 1) Self Reflection & Accountability
- 2) Education / Knowledge
- 3) Communication Skills
- 4) Be Open to Traditional Practices
- 5) Culturally Relevant Preventative Care

★ CULTURAL HUMILITY !!!



## Cultural Humility:

Recognize the limits of your knowledge of others. Adapt a mindset of LIFELONG learning and self-evaluation.







# Cultural Competent Care: Outcomes

## 1) Better Patient Health Outcomes

Six studies revealed that cultural competence training intervention significantly increased the cultural competence level of healthcare providers (Govere, 2016)



## 2) Increased Patient Satisfaction

Five studies demonstrated that cultural competence training of healthcare providers was significantly associated with increased patient satisfaction (Govere, 2016)

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