

Cultural Competence and Diversity in

Cultural Competence and Diversity in Healthcare

1. Introduction

- Cultural competence is the ability of providers to deliver effective care across diverse cultural, linguistic, and social backgrounds.
- It improves communication, trust, and health outcomes.

2. Key Concepts

- **Cultural competence:** awareness, knowledge, and skills to work respectfully across cultures.
- **Cultural humility:** ongoing self-reflection and recognition of one's own biases.
- **Health disparities:** preventable differences in health outcomes among population groups.

3. Barriers to Equitable Care

- Language differences and limited health literacy hinder understanding.
- Implicit bias and stereotyping can affect diagnosis and treatment.
- Distrust rooted in historical and structural inequities.

4. Strategies for Providers

- Use professional interpreters rather than family members.
- Apply patient-centered communication and ask about beliefs and preferences.
- Tailor health education to cultural values and practices.

5. Significance

- Culturally competent care increases adherence, satisfaction, and safety.
- It supports the ethical principle of justice and reduces disparities.