

Strategies For Practicing Cultural Humility



What is Cultural Humility?

Cultural humility is a lifelong process focused on self-reflection and personal critique, acknowledging one's own biases.

Why is Cultural Humility Important?

Cultural humility assists health care professionals connect to diverse patients with respect, self-awareness, and sensitivity. Practicing cultural humility also promotes a patient-centered approach to treatment and helps strengthen the patient-practitioner relationship.

How Can I Practice Cultural Humility?



Acknowledge Implicit Biases

- Implicit bias is when we are unaware that our attitudes affect decisions and judgments.
- Recognize that staff biases, including your own, can negatively impact patient care and communication.



Know Your Community

- Ask your patients about their background and culture in a respectful manner.
- Learn about patients' ethnicities, native language, and core values.
- Identify barriers to vaccination (cost, transportation, belief systems, etc.).

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Be Mindful of Cultural Differences or Preferences

- Cultural differences can affect vaccine trust and care choices.
- Include patient preferences—like cultural, religious, or family practices—in the care plan.
- If family is involved, confirm with the patient what information can be shared.



Confirm Patient Understanding

- Ask the patient if they felt understood, have questions, or would like more information before deciding to vaccinate.
- Have translation services available.



Establish a Collaborative Relationship wth Patients

- Explain the differences between the collaborative and traditional approaches to care.
- If a patient is open to working together, support them in making choices and expressing their needs and preferences.



Be Attentive to Office Practices

- Ask staff to warmly welcome patients and ask for their pronouns.
- Make sure staff consistently communicate the importance of immunizations.
- Provide staff with cultural humility training.



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Scan the QR code to learn more, or visit the National Foundation for Infectious Diseases website at: bit.ly/4eSe381

