Every health care provider must be aware of the factors that cause each individual to be unique. This assignment will help you learn these factors.

**INSTRUCTIONS**: Read Ch. 6 on Cultural Diversity. Answer the following questions, to best complete each statement.

- 1) Define Culture.
- 2) List the four (4) basic characteristics of culture.
- 3) A classification of people based on national origin and or culture is...

A classification of people based on physical or biological characteristics is...

The Difference among the people resulting from cultural, ethnic and racial factors are...

- 4) Do you think the United States is a multicultural society? Why or why not?
- 5) Label each of the following statements as a bias, prejudice, or stereotype.
  - a. All fat people are lazy
  - b. Chemotherapy (treatment with drugs) is much better than radiation to treat cancer.
  - c. Herbal remedies are a waste of money
  - d. All teenagers are reckless drivers.
  - e. He must be really stupid because he does not know how to use the internet.
- 6) Identify four (4) ways to avoid bias, prejudice, and stereotyping.
- 7) What is holistic care?

- 8) Identify four (4) areas of cultural diversity.
- 9) Identify the following types of family organization.
  - a. Father is the authority figure.
  - b. Family consists of mother, father, and two children.
  - c. Parents, children, and grandparents all live in one home.
  - d. Mother is the authority figure.

10)Identify the culture(s) that may have the following health care beliefs.

- a. Illness is caused by an imbalance between yin and yang
- b. Wearing an Azabache will treat disease.
- c. Health is a balance between "hot and cold" forces.
- d. Tolerating pain is a sign of strength.
- e. Males make decisions on the health care of the family.
- f. Shaman or medicine man is the traditional healer.
- g. Health can be maintained by diet, rest, and exercise.
- 11) Are spirituality and religion the same? Why or why not?
- 12)Why is it important for a health care provider to be aware of the beliefs about death in different religions?
- 13)Name two (2) religions that may prohibit blood transfusions.
- 14)A person who does not believe in any deity is a/an \_\_\_\_\_\_. A person who believes the existence of God cannot be proved or disproved is a/an\_\_\_\_\_\_.
- 15)List (6) ways to respect the cultural diversity by appreciating and respecting the personal characteristics of others.

16) How would you respond to the following situations?

a. You work as a dental assistant and attempt to explain preoperative (before surgery) instructions to a patient who is scheduled for oral surgery. He has limited English-speaking abilities and is nodding his head yes, but he does not seem to understand the instructions.

b. You work as a surgical technician and prepare a patient for surgery. When you tell her she must remove all jewelry, she says she never removes her cross necklace.

c. You work as an electrocardiograph technician, and a patient has given you permission to perform an electrocardiogram. As you start to position the electrocardiogram for each of the leads, the patient becomes very tense, pulls his arm away, and appears anxious and very nervous.

d. You have just started working as a geriatric assistant. As you prepare to bathe a patient, she tells you that she will wait until her daughter arrives and that her daughter will help her with her bath.