



A Guide To Culture Competency Training Resource

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Why This Training?

For Quality Improvement
project (QIP)



This QIP is part of my PG
Certificate First Contact
Practitioner Course.

Project Information

Title: Improving levels of Cultural Competency among physiotherapist caring for patients from diverse cultural and ethnic minority backgrounds.

Research question: Does cultural competency training produce a measurable change in the self-assessment of participant's awareness, knowledge and skills related to the care of patients from diverse cultural and ethnic backgrounds?

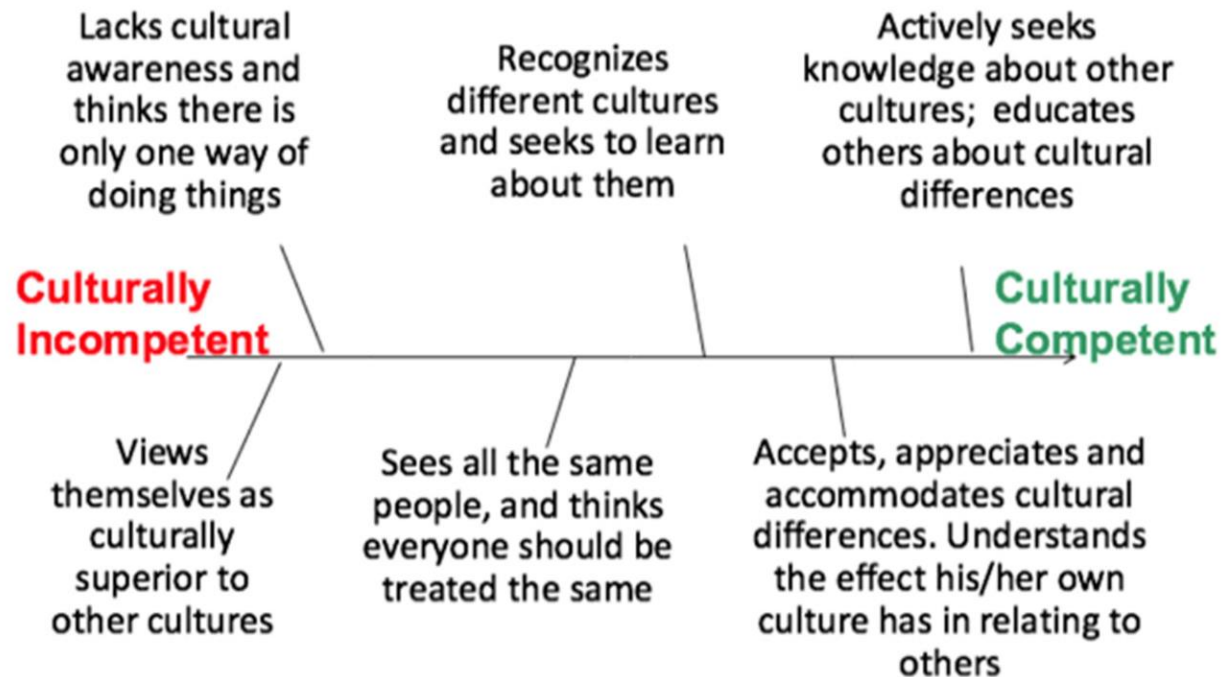
Need For Culture Competency ?

In the United Kingdom, as demonstrated in other countries, the growth of various ethnic communities and linguistic groups, each with their own cultural traits and health profiles, presents a complex challenge to healthcare practitioners and policy makers in terms of achieving equitable access to healthcare.

To address health inequalities, providers must develop culturally competent practice that is mindful of the values, beliefs and practices of every patient.

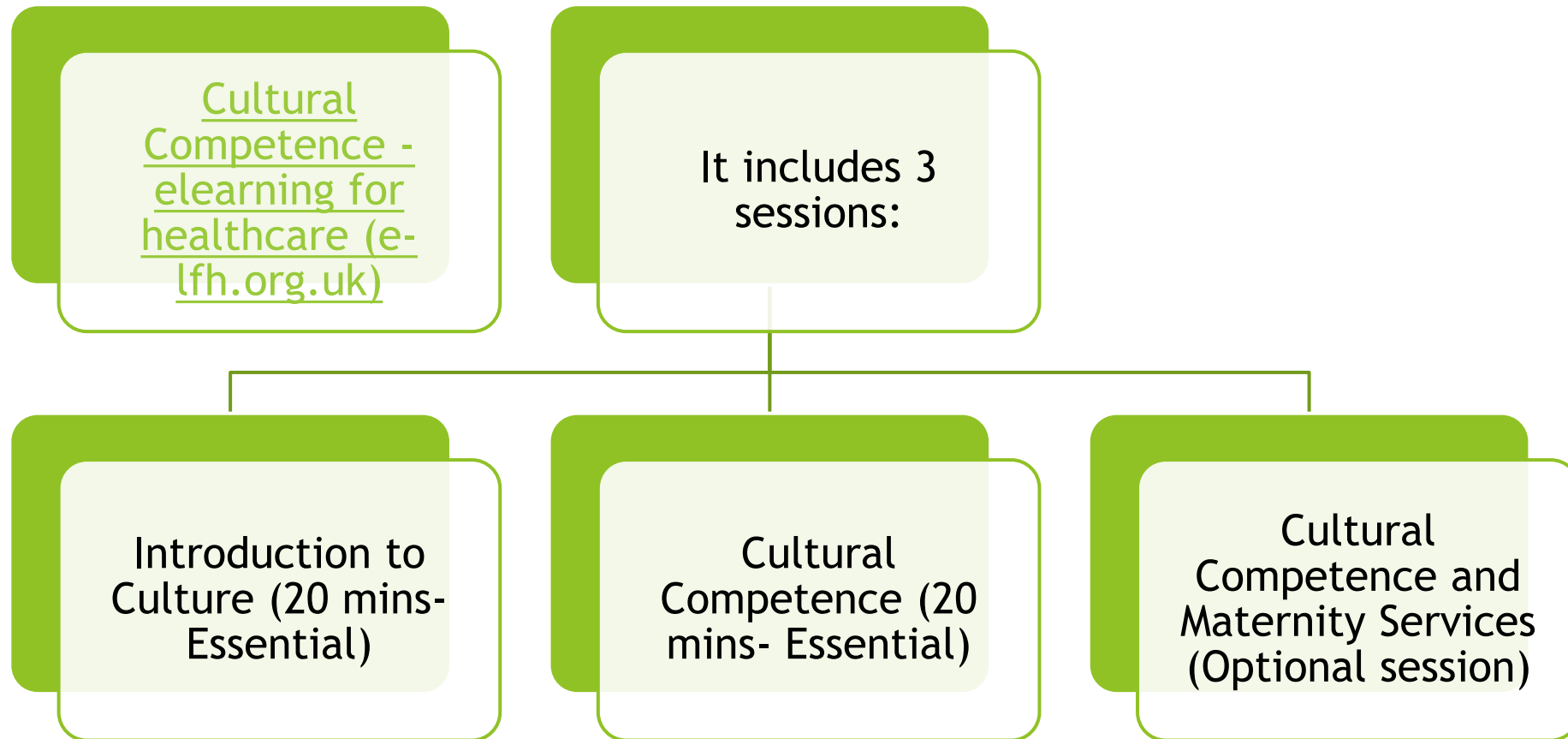
Training in 'cultural competence' has originated as a response to managing the complexity of a culturally diverse UK patient population.

Process of Gaining Cultural Competence



Resource1: Cultural Competence eLearning

(click below link)



Introduction to Culture (20 mins session)

Having completed this session you will be able to:

- ▶ Explain why 'culture' is important to health professionals in modern Britain
- ▶ Describe what constitutes culture
- ▶ Describe how culture can impact individuals' values, beliefs, behaviours and decision-making
- ▶ Explain how culture can impact care and treatment decisions
- ▶ Describe the difference between cultural norms and harmful traditional practices

Cultural Competence (20 mins Session)

Having completed this session you will be able to:

- ▶ Describe the key components of a culturally competent service
- ▶ Describe what being culturally competent in your area of work means
- ▶ Explain why health professionals have a responsibility to develop an awareness of diverse cultures
- ▶ Explain the importance of self-awareness and the impact your own prejudices, beliefs, values and cultural roots have on your interactions and care of patients who are not from your own social and cultural group
- ▶ Describe the impact of making assumptions based on individuals' cultural background or behaviour in particular circumstances
- ▶ Explain what is meant by the term 'cultural safety'

Resource2: Culture and Pain Talk

- ▶ Culture and Pain talk by Mohammad Shoiab- Virtual in-service training organised by Leeds community NHS Trust on 13th October 2022
- ▶ H:\MSK Physiotherapy\Training, Education & Development\IST repository of past presentations\Oct 2022 - Culture & Pain; Biopsychosocial screening & assessment\Culture & Pain slides - 14-10-2022 Leeds.pdf
- ▶ H:\MSK Physiotherapy\Training, Education & Development\IST repository of past presentations\Oct 2022 - Culture & Pain; Biopsychosocial screening & assessment\Leeds Community MSK Service Training Morning-20221013_083220-Meeting Recording.mp4



Adobe Acrobat
Document

Additional Resource: Research Papers for further reading!!



Adobe Acrobat
Document



Adobe Acrobat
Document



Adobe Acrobat
Document

Culture Competency Self-Assessment (CCSA) Form



Microsoft Word
Document

