Culturally Sensitive Palliative Care
Part I: Self-Reflection

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Learning Objectives

1. Define culturally sensitive palliative care.

2. Describe how health care provider’s personal knowledge and attitudes impact the approach to culturally sensitive care.

3. List the critical elements important in palliative care.

4. Identify strategies for collaboration and consultation in promoting improved end-of-life care.

5. Recognize the importance of assessing and supporting caregivers.
Culturally Sensitive Palliative Care is...

The care of a person who is living with a progressive, far-advanced disease for whom the focus of care is comfort and sustained quality of life ...
Palliative Care

- Person-oriented – not disease oriented
- Not primarily concerned with life prolongation (nor with life shortening)
- Not primarily concerned with producing long-term disease remission
- Holistic in approach and aims to address all the client’s problems, both physical and psychosocial
Palliative Care

- Multidisciplinary/interprofessional in its approach to cover all aspects of care
- Dedicated to the quality of whatever life remains for a person
- Not limited to just people living with cancer
Culturally Sensitive Palliative Care includes an awareness of a person’s culture ...

- The customary beliefs, social forms, and material traits of a racial, religious or social group

- The characteristics of everyday existence (a way of life) shared by people in a place or time
Culturally Sensitive Palliative Care realizes that **culture** is ... 

- Influenced by technology & resources
- Generally unexpressed and rarely discussed at a conscious level
- Influenced by the role changes of women
- Handed down from one generation to another within their value/beliefs systems
Culturally Sensitive Palliative Care realizes that culture is ...

- Learned from birth through language and socialization
- Dynamic and always in a state of change
- Adopts in an ongoing way to the environment, social and historical context
Culturally Sensitive Palliative Care is also mindful that, for a person’s well-being, ...

- Culture, spirituality and health are inextricably intertwined
- Culture, spirituality and health are not separate components
Culturally Sensitive Palliative Care is also mindful that, for a person’s well-being, (cont.)...

***Special Note:

✔ All people of particular culture do not agree to a common cultural pattern of responses.

✔ Cultures do change over time.
Critical elements of Cultural Sensitivity in Palliative Care...

- **Listen and watch for:**
  - A person’s personal preference: cultural, spiritual, religious
  - Body language and other non-verbal communication
  - Avoid assumptions about those I serve and ask ‘them’ about their culture/traditions
Critical elements of Cultural Sensitivity in Palliative Care...

- **Listen for and:**
  - Provide culturally appropriate health promotion materials
  - Understand the ‘kinship’ web including family members and extended members in the circle of care
  - Avoid cultural ignorance and hurtful actions
Elements of Collaboration and Consultation in Promoting End-of-Life Care

Be mindful that end-of-life care needs to be...

• Respectful
• Culturally sensitive
• Holistic to the whole unit of care
  – Physical
  – Emotional
  – Mental
  – Spiritual
  – Social
Assessment and Support for the Caregivers ...

... needs to be \textbf{ongoing}

... needs to be \textbf{holistic} to the whole \textbf{UNIT OF CARE}

[physical, emotional, mental, spiritual, social]
Appraise Individual/Personal Knowledge

As Health Care Professionals:

- Be aware of and accepting of cultural differences
- Have self-awareness of my own culture/traditions
- Seek to learn and to understand another’s culture
My knowledge and attitude will impact my approach to culturally sensitive care ...

*Spirituality vs. Religion*
References & Resources


References & Resources
