

1. Explain the difference between culture, ethnicity and race.

Culture -

Ethnicity -

Race -

2. Explain the difference between cultural assimilation and acculturation.

Assimilation -

Acculturation -

3. Identify 5 ways to avoid bias, prejudice and stereotyping.

1.

2.

3.

4.

5.

4. Families may be nuclear, extended, patriarchal, matriarchal, etc. Give 2 examples of how family organization may affect health care.

1.

2.

5. Identify 3 questions a health care provider could ask to learn about a patient's family structure and related preferences.

1.

2.

3.

6. Approximately \_\_\_\_\_ of the U.S. population under the age of 65 speak a language other than English at home.

7. Briefly explain how each of the following cultures feel about personal space and touch:

Arabs -

Latin Americans -

Asian Americans -

Cambodians -

Vietnamese -

8. Briefly explain how each of the following cultures feel about eye contact:

European Americans -

Asian Americans -

Native Americans -

Hispanic & African Americans -

Muslim women -

9. Give 2 examples of how gestures may be viewed differently by people from different cultural backgrounds.

1.

2.

# Lesson 8 Worksheet

Name \_\_\_\_\_

1. 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 harmony between man and nature:
- d. health is a balance between "hot and cold" forces:
- e. evil spirits or evil "eye" cause illness:
- f. lack of cleanliness causes illness:
- g. pain must be accepted and endured silently:
- h. tolerating pain is a sign of strength:
- i. males make decisions on the health care of the family:
- j. shaman or medicine man is the traditional healer:
- k. health can be maintained by diet, rest, and exercise:

2. Why is it important for a health care provider to be aware of the beliefs about death in different religions? Give 4 specific examples.

