

Cultural Sensitivity in End of Life Care

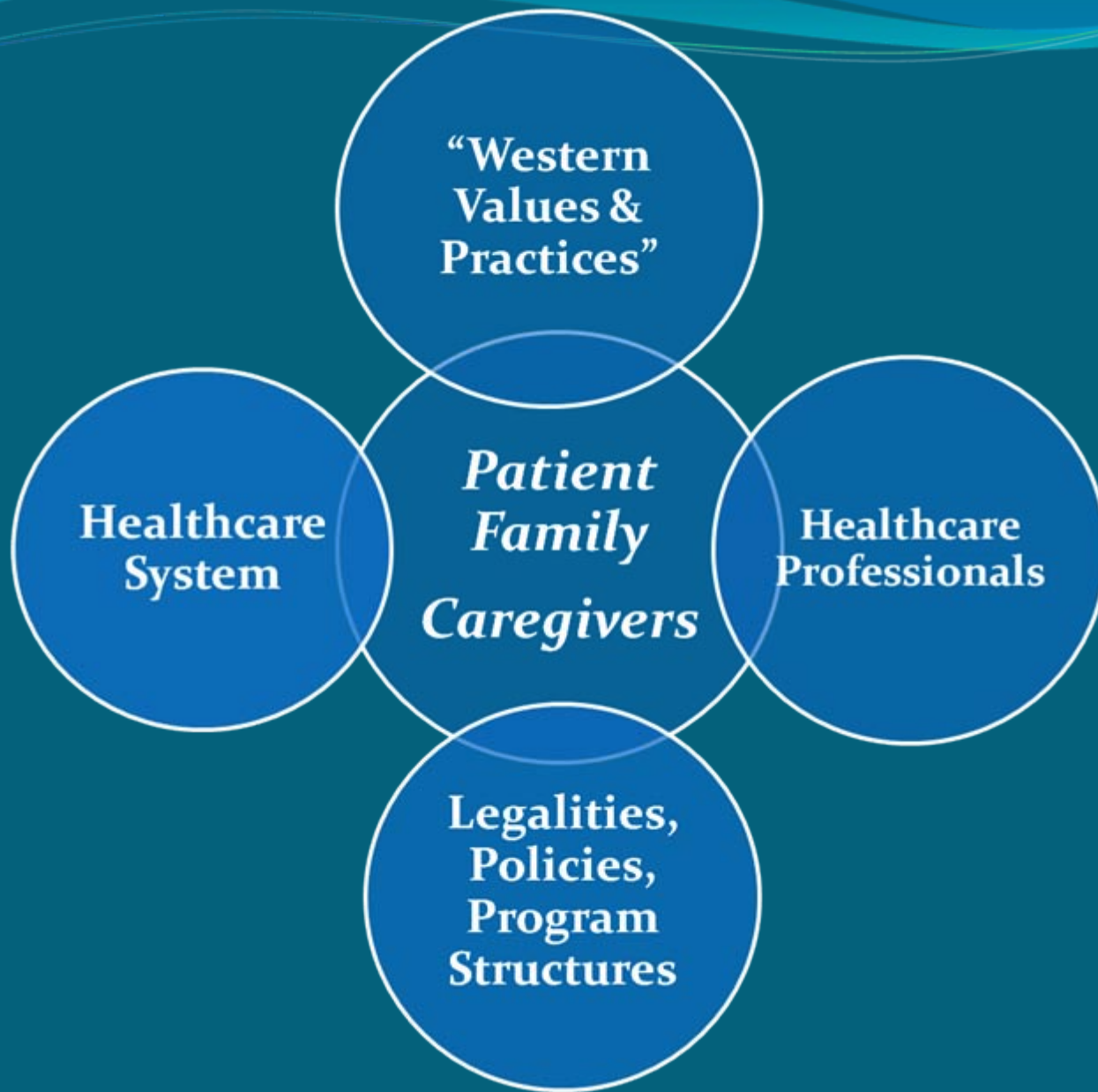
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Learning Objectives

- Understand significance of Culture in EOL Care
- Identify core values that improve cultural sensitivity
- Describe cultural nuances in EOL care
- Consider culturally sensitive interventions in renal

Considerations About Culture

- Maps of Meaning through which people understand the world
- Strong determinant of peoples views of life, death, illness and how decisions should be made
- Misperception of culture as “foreign” and a “barrier”
- The reality of Canada
- If we truly respect diversity:
 - Moral responsibility to respect peoples differences and values especially at end of life
- First Step is to understand our own cultural values and beliefs





Interfacing Cultures

"Western"

Autonomy

Personal Rights

Self Responsibility

Low Context

Truth Telling

Informed Consent

Planning

Internal Locus of Control

"Eastern"

Interdependence

Family Involvement

Shared Responsibility

High Context

Protection of Patient

Expert Knows & Decides

Deal with Things as Needed

External Locus of Control

Locus of Control

WHICH IS YOUR ——— LOCUS OF CONTROL?

"I make things happen."

"look what I can do!"



"I can determine my future."

Internal locus of control

You make things happen.



"There is nothing I can do about my future"

"why bother?"

"why does everything happen to me?"

External locus of control

Things happen to you.

Problematic Areas in Cross-Cultural EOL Care

- Marginalising Cultural and Contextual Information
- Secular Focus
- Focus on Autonomy
- Truth Telling and Negative Focus

Cultural Context & Health

- Culture affects health outcomes
- Language & education backgrounds
- Context: person & family, life events, immigration, acculturation experiences
- Reference point of “old country” health system & professionals; ?Mistrust ?Private pay
- Transition of customs, values, beliefs, practices to “new country”
- Intergenerational differences

Culture & Meaning



- How does one see disease, sickness, disability?
- Meaning of pain, suffering (?redemption, karma)
- Meaning of remedies, procedures, medications
- Fear of being a burden, process of dying, death
- Obligations to self, family, “God” or “Higher Power”
.....what happens after??
- Meaning of “Giving- up”? or “Ending Life”?

Culture & End of Life



- How will information be shared or “managed”?
- Participation in decision making & care planning
- Spirituality or personal preferences
- Rituals & beliefs near or after death (organ donation, transition of soul, treatment of body)
- Mourning rituals, grief & bereavement practices
- Unspoken assumptions, hopes & expectations



Interventions

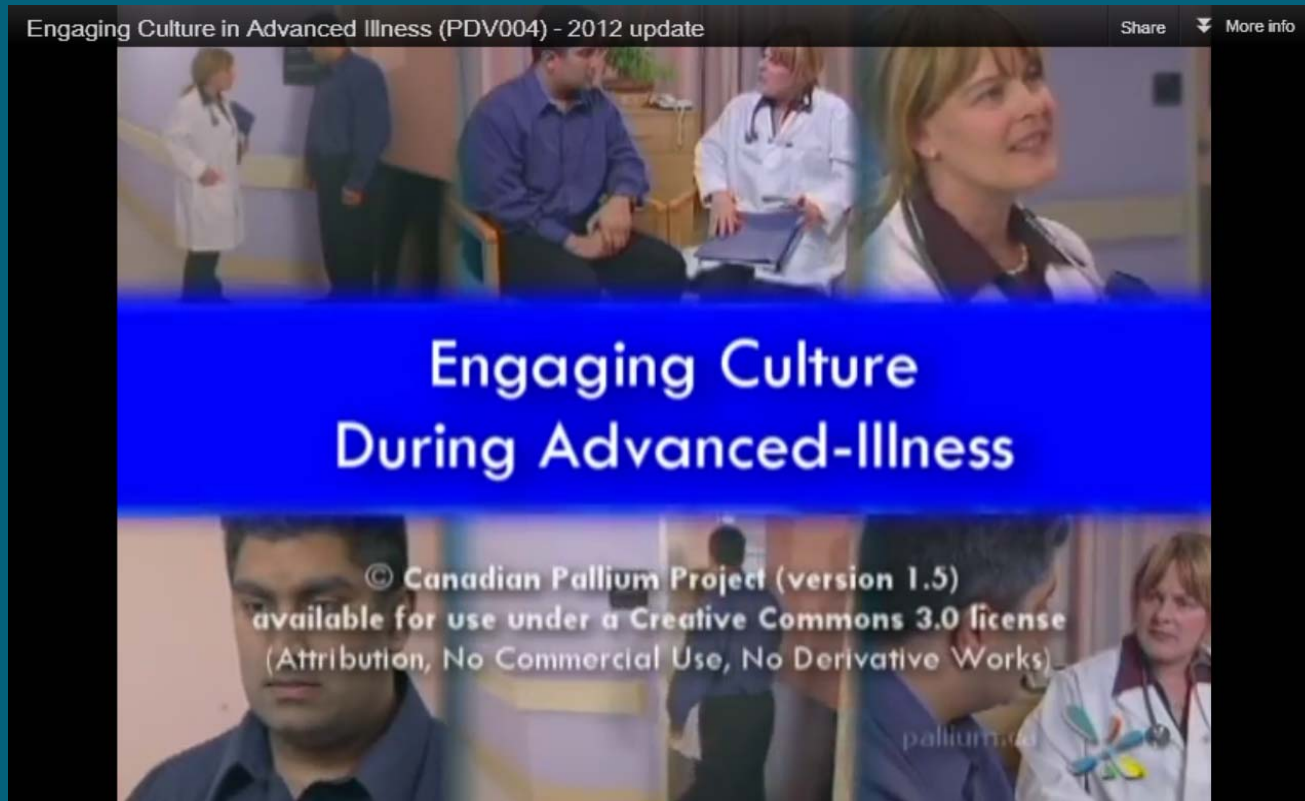
- Maintain Cultural Integrity & Cultural Humility
- Respect for diversity & open communication
- Language without jargon (eg: consent = your choice & decision)
- Allow space for customs, beliefs, values
- Inquiry approach; keep judgments in check
- Work in partnership for goals, decision making
- Educate on interventions, policies, health system
- Acknowledge ethical dilemmas, conflict & differences
- Be open to negotiate, accommodate & be flexible

Program Implications



- Awareness of our own cultural backgrounds & biases
- Cultural training & advancing institutional culture
- Use of translation & interpretation services
- Awareness of power differences & systemic barriers
- Policies, practices that are “culturally sensitive”
- Onus is on healthcare providers /system but educate and support pt/family so we work in partnership

Reflective Discussion Video

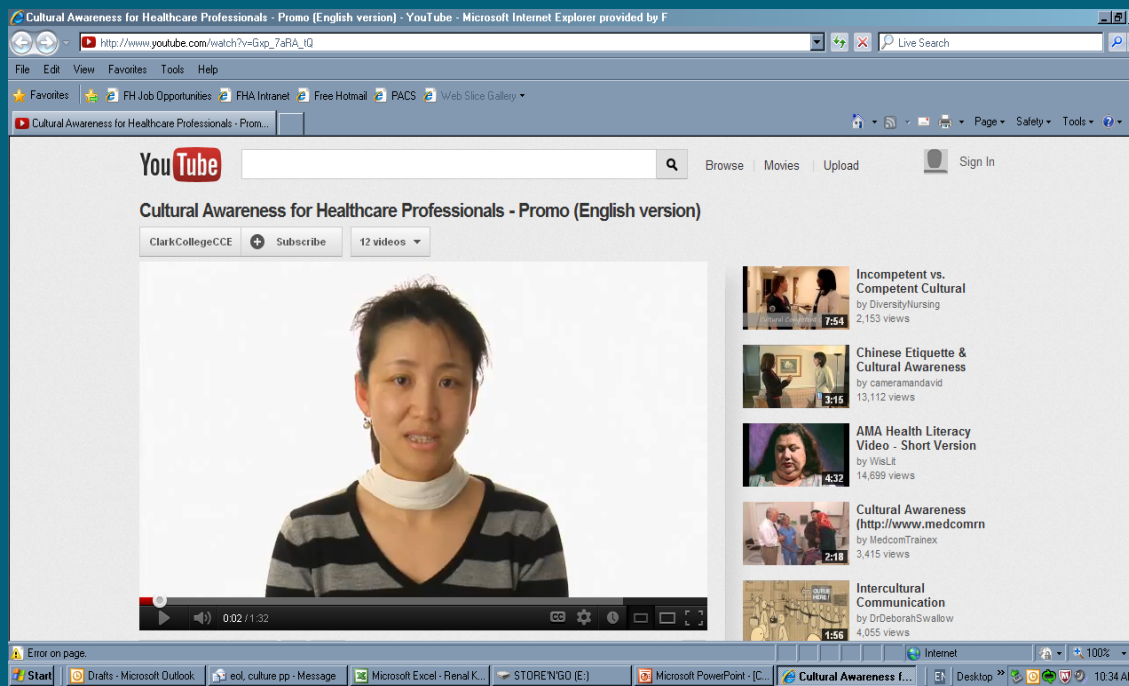


<http://www.youtube.com/watch?v=Ip6SNKsuJ5E&feature=plcp>

Questions & Discussion



We are all Cultural Beings



http://www.youtube.com/watch?v=Gxp_7aRA_tQ

References

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