**Background:**
Ensuring safe and quality healthcare for all patients requires healthcare providers to understand how each patient's sociocultural background affects his or her health beliefs and behavior.

**Cultural Attributes:**
- Religion
- Ethnicity(Race)
- National origin
- Gender

**How to Assess:**

**Culturally Sensitive Informed Care:**
In multicultural and minority populations, the issue of communication may play an even larger role because of behavioral, cognitive, linguistic, contextual, and cultural barriers that preclude effective patient-provider communication.

**How to Improve Cultural Competence:**

1. **Determine**
   - Determine your cultural effectiveness.

2. **Find out**
   - Find out each patient's cultural background.

3. **Recognize**
   - Recognize that culture extends beyond skin color.

**Cultural Competence: Have I "ASKED" Myself the Right Questions?**

<table>
<thead>
<tr>
<th>Awareness</th>
<th>Am I aware of my personal biases and prejudices towards cultural groups different than mine?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skill</td>
<td>Do I have the skill to conduct a cultural assessment and perform a culturally-based physical assessment in a sensitive manner?</td>
</tr>
<tr>
<td>Knowledge</td>
<td>Do I have knowledge of the patient's world view and the field of biocultural ecology?</td>
</tr>
<tr>
<td>Encounters</td>
<td>How many face-to-face encounters have I had with patients from diverse cultural backgrounds?</td>
</tr>
<tr>
<td>Desire</td>
<td>What is my genuine desire to &quot;want to be&quot; culturally competent?</td>
</tr>
</tbody>
</table>