

Diversity, Equity, and Inclusion (DEI) Training Program

Cultural Beliefs and Traditional Home Remedies

Integrity

Accountability

Collaboration

Trust

Respect

Learning Objectives

1. Recognize how culture impacts members experience with healthcare.
2. Identify how to improve delivery of healthcare when serving our members with diverse cultural backgrounds.

Culture and Beliefs in the Healthcare System



What is Culture?

- ➔ It is the shared ideas, meanings, and values acquired by individuals as members of society
- ➔ Culture can have a great impact on health literacy and health outcomes.



Culture influences the following:

- ➔ Perceptions and definitions of health and illness
- ➔ Preferences
- ➔ Language and cultural barriers
- ➔ Stereotypes

Culture Influences on the Healthcare System

Perceptions and Definitions of Health and Illness

- Culture affects how individuals interact with providers and their adherence to treatment.
- Culture influences how individuals understand their health status and comprehend options for diagnoses and treatments.

Preferences

- Cultural norms influence preferences for type of care (e.g. home vs hospital deliveries), provider gender, and decision-making.

Language and Cultural Barriers

- Language gaps can lead to miscommunication, mistrust, and adverse effects on healthcare quality and patient safety.
- Differences in languages and underlying concepts may lead to problems with health-related communication.

Stereotypes

- Implicit or explicit bias can result in misdiagnosis and inequitable treatment.
- Higher implicit bias among health care providers is associated with disparities in treatment recommendations, pain management, and empathy.



Source: Health Literacy: A Prescription to End Confusion.
<https://www.ncbi.nlm.nih.gov/books/NBK216037/>

Source: Eliminating Explicit and Implicit Biases in Health Care: Evidence and Research Needs
<https://pmc.ncbi.nlm.nih.gov/articles/PMC9172268/#R60>



Stanford
MEDICINE

Source: Culturally-Based Health Beliefs
https://geriatrics.stanford.edu/culturemed/overview/knowledge_fund/belief_systems.html

Carenet Health

Source: Why breaking language barriers is key to achieving health equity
<https://carenethealthcare.com/why-breaking-language-barriers-is-key-to-achieving-health-equity/#:~:text=Language%20barriers%20can%20further%20compound,instructions%20and%20receive%20appropriate%20treatment.>



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Culture and Beliefs in the Healthcare System

- How does culture influence health beliefs?
 - Cultural health beliefs affect how people think and feel about their health and health problems
 - Influences when and from whom they seek health care
 - Influences how they respond to recommendations for lifestyle change, health-care interventions, and treatment adherence
- How does Cultural Competence help?
 - Improves interpersonal skills for effective patient care that can be realized only when comprehension, understanding, and meaning are inherent in the process.



Traditional Home Remedies



For centuries, people have turned to traditional healers, home remedies and ancient medicinal knowledge to address their health and well-being needs.



Various systems of traditional medicine being used around the world include acupuncture, herbal medicines, indigenous traditional medicine, homeopathy, traditional Chinese medicine, naturopathy, chiropractic, osteopathy, ayurvedic and Unani medicine.

Traditional Home Remedies



Curanderismo

- A diverse folk healing system of Latin America.
- A holistic system, used for physiological and social maladjustments.
- Herbal remedies, spiritual cleansing rituals, and traditional massage techniques like *sobadas*



Chinese Medicine

- Traditional Chinese medicine (TCM) has evolved over thousands of years.
- TCM practitioners use various psychological and/or physical approaches as well as herbal products to address health problems.
- Acupuncture, tai chi, and herbal products.



Indigenous Healers

- Traditional healing that encompasses a range of holistic treatments is used by indigenous healers.
- There are individual tribal differences but there are also shared health beliefs and interventional strategies, including a health promotion foundation that embraces bio-psycho-socio-spiritual approaches and traditions.
- Herbs, manipulative therapies, ceremonies, and prayer are used in various combinations to prevent and treat illness.



Source: Complementary, Alternative, or Integrative Health:
What's In a Name?

<https://www.nccih.nih.gov/health/complementary-alternative-or-integrative-health-whats-in-a-name>

Source: Indigenous Native American Healing Traditions
<https://pmc.ncbi.nlm.nih.gov/articles/PMC2913884/>



Source: Traditional Chinese Medicine: What You Need To Know

<https://www.nccih.nih.gov/health/traditional-chinese-medicine-what-you-need-to-know>

Source: Curanderismo and Latino Views of Disease and Curing

<https://pmc.ncbi.nlm.nih.gov/articles/PMC1011018/?page=4#supplementary-material1>



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Curanderismo

- For most Latinos in the U.S., *curanderismo* serves as a complementary measure of health and is utilized for common health issues like:
 - Gastrointestinal problems
 - Diarrhea
 - Diabetes
 - Musculoskeletal pain and injuries
 - Insomnia
 - Fever
 - Weight loss
 - Substance use
 - Emotional distress
- These ailments are treated according to the curandera's judgment and according to the typical rules of the community and culture.
- The patient-healer relationship is important and influential in both treatment and recovery.



“Curandero” Painting © Mario Gonzalez Chavajay

Traditional Chinese Medicine (TCM)

- Traditional Chinese Medicine (TCM) is gaining popularity in the U.S. for its complementary approach to health and wellness.
- TCM have been the subject of many clinical studies and scientific reviews. For example:

Acupuncture

- Acupuncture stimulates the release of the body's natural painkillers and affects areas in the brain involved in processing chronic pain such as low-back pain, neck pain, osteoarthritis/knee pain, and carpal tunnel syndrome. It also may help reduce tension and migraine headaches.

Tai Chi

- Tai chi may improve balance and stability in older people and those with Parkinson's disease, reduce pain from knee osteoarthritis, help people cope with fibromyalgia and back pain, and promote quality of life and improve mood in people with heart failure.

Chinese Herbal Products

- Chinese herbal products have been used for medical problems, including stroke, heart disease, mental disorders, and respiratory diseases (such as bronchitis and the common cold).



Source: Traditional Chinese Medicine: What You Need To Know

<https://www.nccih.nih.gov/health/traditional-chinese-medicine-what-you-need-to-know>



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Indigenous Healers

Traditional Healing Herbs



- **Nodding Onion**
 - The Cherokee used the juice to treat colds, sore throats, hives, kidney problems, and liver complaint
- **American Bellflower**
 - Leaves and roots were used to relieve coughs including whooping cough and tuberculosis.
- **Wild Geranium**
 - Used by the Cherokee, Choctaw, Haudenosaunee, Menominee, Meskwaki, and Ojibwa for medicinal purposes, including for relief from a sore mouth, as a laxative, as an antiseptic, and as an emetic.

Traditional Healing Manipulative Therapies



- Sweat Lodges can enhance and improve mental health and reduce substance use disorders (SUD) in Indigenous populations.
- They differ in rituals and traditions depending on location, territory, and cultural practices.

Traditional Healing Ceremonies



- A holistic approach to reducing pain and stress while improving the quality of life.
- This holistic approach to treatment underlines the idea that the wellness of the individual is inseparable from harmony within the family and community and pride in one's heritage.
- They can include prayer, chants, drumming, songs, stories, and the use of a variety of sacred objects.

Sources:
Native Voices: Native Peoples' Concepts of Health and Illness
https://irp.nih.gov/system/files/media/file/2022-01/catalyst_v22i5_0.pdf
Medicine Ways: Traditional Healers and Healing
<https://www.nlm.nih.gov/nativevoices/exhibition/healing-ways/medicine-ways/key-role-of-ceremony.html>
Indigenous Native American Healing Traditions
<https://pmc.ncbi.nlm.nih.gov/articles/PMC2913884/>



Sources:
Herbs of Native Americans
<https://cornellbotanicgardens.org/explore/gardens/herbs-of-native-americans/>
The Sweat Lodge Ceremony: A Healing Intervention for Intergenerational Trauma and Substance Use
<https://ojs.lib.uwo.ca/index.php/iipj/article/view/7544/6188>





Traditional Home Remedies

- For millions, especially those living in remote and rural areas, it continues to be the first choice for health and well-being, offering care that is culturally acceptable, available and affordable.

Culturally Competent Care



- Respect and understand what remedies or cultural practices members use to build trust, improve care coordination, and care planning.
- Integrate members culture beliefs into their healthcare for better health outcomes.

Source: NIH

Why it Matters

01

Cultural factors can affect health and health care, such as language, communication styles, beliefs, attitudes, and behaviors.

02

Culture influences how members seek, understand, and trust healthcare.

03

Culturally competent care is fundamental in reducing disparities.



Thank you for
taking the
**Cultural Beliefs
and Traditional
Home Remedies**
training.