

Cultural humility

TEST YOUR KNOWLEDGE BY COMPLETING THIS MULTIPLE-CHOICE QUIZ

1. Cultural humility offers nurses a way in which to:

- a) Ensure all patients are treated in the same way in their practice and organisations ☐
- b) Ensure equality, equity and inclusion in their practice and organisations ☐
- c) Ensure patient diversity does not influence their decisions ☐
- d) Ensure societal expectations are reflected in their care ☐

2. A definition of cultural humility is:

- a) The avoidance of unintended physical or emotional harm in healthcare ☐
- b) To ensure everyone in healthcare has equal opportunities ☐
- c) An awareness of how people's culture can affect their health behaviours and using this awareness to cultivate sensitive approaches in treating patients ☐
- d) The standard of care expected by the Nursing and Midwifery Council, the nursing profession and the public ☐

3. As a concept, cultural humility stems from:

- a) Cultural competence ☐
- b) Cultural diversity ☐
- c) Cultural needs ☐
- d) Cultural context ☐

4. Which of the following could be regarded a microaggression?

- a) Disparaging remarks on your choice of profession ☐
- b) Judgemental comments about your body or patients' bodies ☐
- c) Demeaning statements about your accent ☐
- d) All of the above ☐

5. Which statement is true?

- a) The concept of family can be fluid and non-binary ☐
- b) Definitions of family do not vary ☐
- c) A family must be composed of people who are related to each other ☐
- d) A family must include two parents ☐

6. A family-centred approach considers that the needs of the child and family are met most effectively when:

- a) The healthcare system is placed at the centre of care planning ☐
- b) Patients are treated the same, regardless of their needs and family dynamics ☐
- c) Parental participation is discouraged ☐
- d) The healthcare system supports the family to meet their child's needs by involving them in the plan of care ☐

7. Which of the following is not a protected characteristic under the Equality Act 2010?

- a) Marriage and civil partnership ☐
- b) Gender reassignment ☐
- c) Language ☐
- d) Disability ☐

8. Which of the following should leaders practise to challenge discriminatory practice and promote cultural humility?

- a) Reflection on their own bias ☐
- b) Role modelling of authentic, respectful and inclusive leadership styles ☐
- c) Incorporating emotional intelligence into daily life ☐
- d) All of the above ☐

9. Supporting cultural humility in healthcare settings would involve the nurse:

- a) Providing all patients with identical information ☐
- b) Being sensitive to patients' and their families' values and customs ☐
- c) Asking closed questions ☐
- d) Referring any patient concerns to management ☐

10. Mindful intercultural communication can most accurately be described as:

- a) Recognising dominant cultures ☐
- b) Providing specific environments for people of similar backgrounds ☐
- c) Being aware of differing values and customs when talking to people from diverse groups ☐
- d) Acting as a role model to people who reflect your cultural background ☐

How to complete this quiz

This multiple-choice quiz will help you to test your knowledge. It comprises ten questions that are broadly linked to the CPD article. There is one correct answer to each question.

» You can test your subject knowledge by attempting the questions before reading the article, and then go back over them to see if you would answer any differently.

» You might like to read the article before trying the questions.

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Further multiple-choice quizzes are available at rcni.com/cpd/test-your-knowledge

This multiple-choice quiz was compiled by Ruth Williams

The answers to this multiple-choice quiz are:

1. b 2. c 3. d 4. d 5. a 6. d 7. c 8. c 9. b 10. c

This activity has taken me ___ minutes/hours to complete. Now that I have read this article and completed this assessment, I think my knowledge is:

Excellent ☐ Good ☐ Satisfactory ☐ Unsatisfactory ☐ Poor ☐

As a result of this I intend to: _____