Transcultural Assessment Model

Self-Assessment

**Rewrite with an example of cultural strengths contributing to health care.**

In preparation for Lesson 1 Short Answer, please complete the following self-assessment. Please record your responses either on paper or in a Word document for future reference, although you will not be required to provide your complete assessment. The six categories correspond to the six cultural phenomena as described by Giger and Davidhizar. You will be expected to use associated key terminology in formulating your response to the short answer prompt.

**Communication:**

Have I ever experienced misunderstandings due to spoken words or body language? Have I ever been discriminated against on the basis of age, sex, gender, race, ethnicity, religion, mental health, learning disabilities or other factors?

**Time Orientation:**

When making decisions about important things, am I more likely to do things the way they always been done in my family or culture (past orientation), or do I tend to “live for the moment?” (future orientation) or do I plan for the future (future orientation)? How are my health care choices impacted by my time orientation?

**Space:**

What are my personal space needs related to physical touch, eye contact, and conversational distance? Can I recall a circumstance in which my space needs were in conflict with someone else’s in a way that was uncomfortable for one or both of us?

**Social Organization:**

What is the relative priority I place on the following relationships: my spouse, parents, and other family members; my religious or spiritual community; my coworkers and boss; my friends or other casual acquaintances? Who would I feel is the most appropriate person to help me make medical decisions? How have my views changed as I have moved through different stages of life?

**Environmental Control:**

What superstitions do I hold regarding health and wellness? On a scale of 0-10, how much control do I believe I have over my degree of health? What complimentary/alternative approaches to health care do I use to prevent or cure illness? What environmental factors do I perceive as impacting my health, such as exposure to toxins, walkable neighborhood, access to nutritious food, etc.?

\*\*This assessment is based on Michelle Critchfield’s “Six questions: how student nurses utilize the transcultural assessment model for self-reflection” which appeared in *RN Idaho* vol. 37, No. 4, Mar/Apr 2015 page 9.