

Cultures, Values and Health

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**What do you
love to do?**









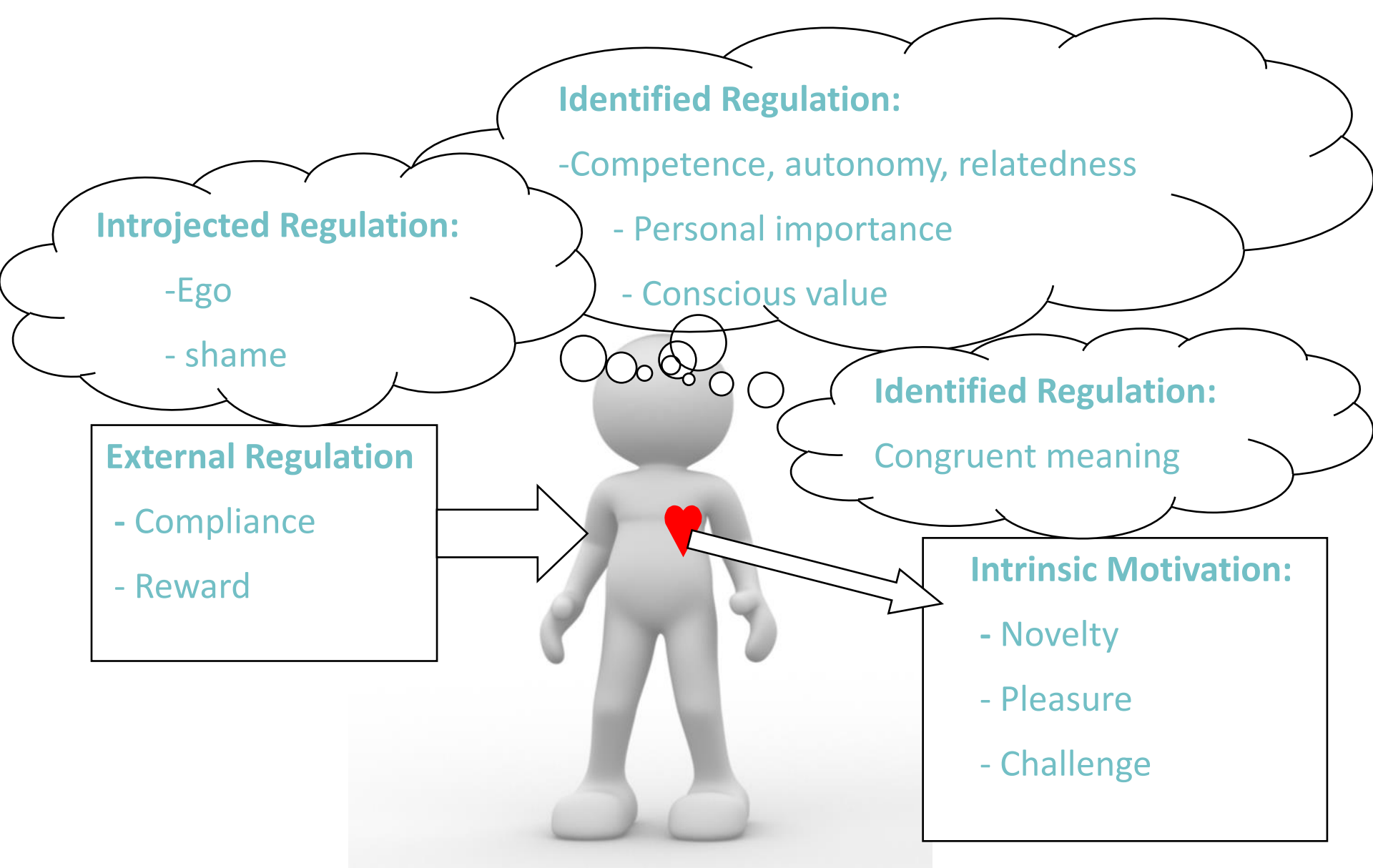












Self Determination Theory

Deci and Ryan



Chaos

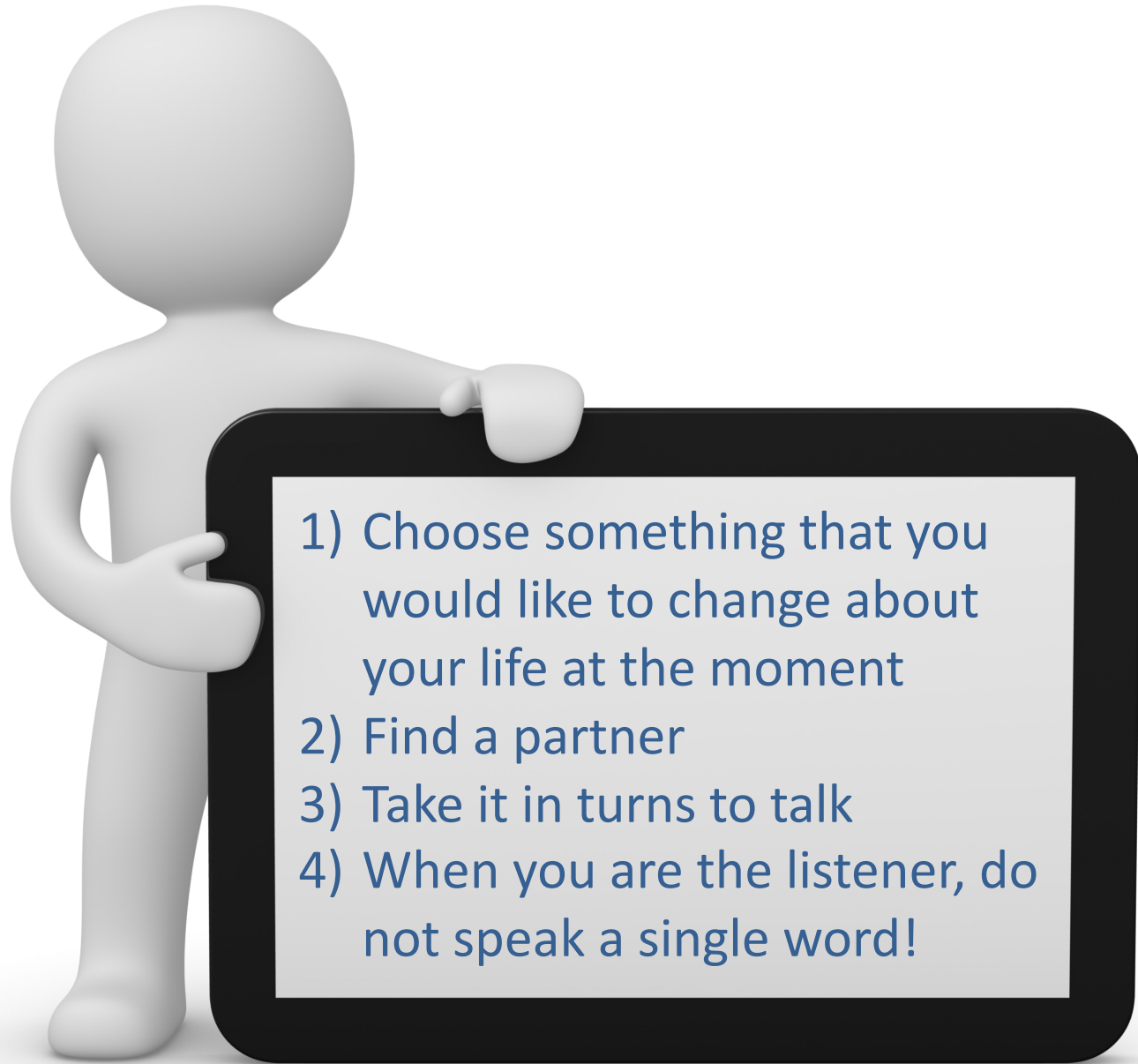
Chaos and Complexity

*sensitive to
initial
conditions*

variable
and
difficult to
predict

*complex dynamic
system that involves
multiple component
parts that interact in a
nonlinear fashion*

*quantum small in
→ large output*



- 1) Choose something that you would like to change about your life at the moment
- 2) Find a partner
- 3) Take it in turns to talk
- 4) When you are the listener, do not speak a single word!

The Spirit of MI

- Genuine interest in the client's experience and perspectives
- Non-judgmental (involves a willingness to suspend an authoritative role)
- Respectful of client's autonomy
- Collaborative, not prescriptive
- Focus on client's capacity

Aims for the session

- Think about culture and how an MI-approach might be useful in working with diverse populations
- Is MI a useful approach for everyone?

Cultures in your work

- Which cultures do you interact with as part of your current work?
 - Organisational cultures
 - Generational cultures
 - Religious, social and ethnic backgrounds

Cultures in your work

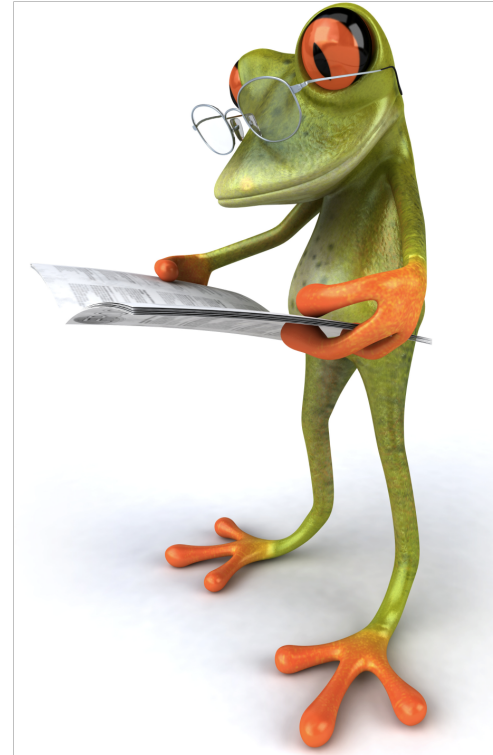
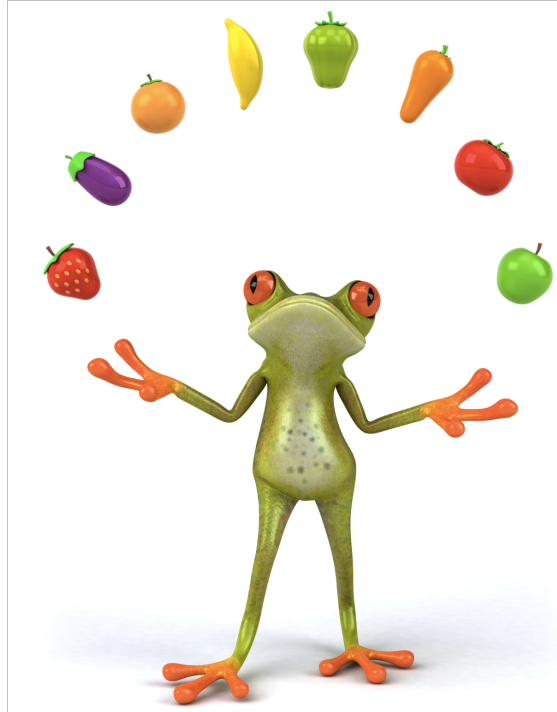
- What challenges do you face as a result of these cultures?
- What helps you interact with different cultures?

Step 1:

- Find partner

Step 2: Think of a change

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禪



Step 3

- Decide who is going to be the speaker
- Speaker sit with your back to the screen

then

- Tell your partner what you want to change!

Step 4: Listener only...

- **Advise** your partner why it's good to change!
- **Tell them why** change is good
- **Tell them how** they can make the change
- **Tell them what will happen** if they don't change

BE MEAN AND SAY THAT THERE WILL BE TERRIBLE CONSEQUENCES (use your imagination) IF THEY DON'T CHANGE!!

Step 5

- Swap places

Step 5: AVOID doing these

- Advise
- Warn
- Persuade
- Fix



Step 6: Listener asks...

- **Tell me what you want to change**
- **Why do you want to make this change?**
- **If you did decide to make this change, what might you do in order to succeed?**
- **What are the three best reasons for you to do this?**
- **How important is it for you to make this change on a scale of 0-10 with 0 being not important at all and 10 being very important. (Follow up question ‘Why not lower?’)**

Roadblocks

- Ordering, directing, or commanding
- Warning or threatening
- Giving advice, making suggestions
- Persuading with logic, arguing, or lecturing
- Telling clients what they 'should' do
- Disagreeing, judging, criticising, or blaming
- Agreeing, approving, praising
- Shaming, ridiculing, or labelling
- Interpreting or analysing
- Reassuring, sympathising, or consoling
- Questioning
- Distracting, humouring, or changing the subject



TWELVE ROADBLOCKS TO LISTENING
Thomas Gordon 1972

Roadblocks

- In pairs: both people will play both roles
- Speaker: “Discuss something you feel two ways about”....(that you are comfortable in sharing)....that is important to you.
- Speaker: explain this dilemma
- Listener: fit in as many roadblocks as possible!
- Have some fun with it but remember not to go too hard on them!

Thurrock, NE London



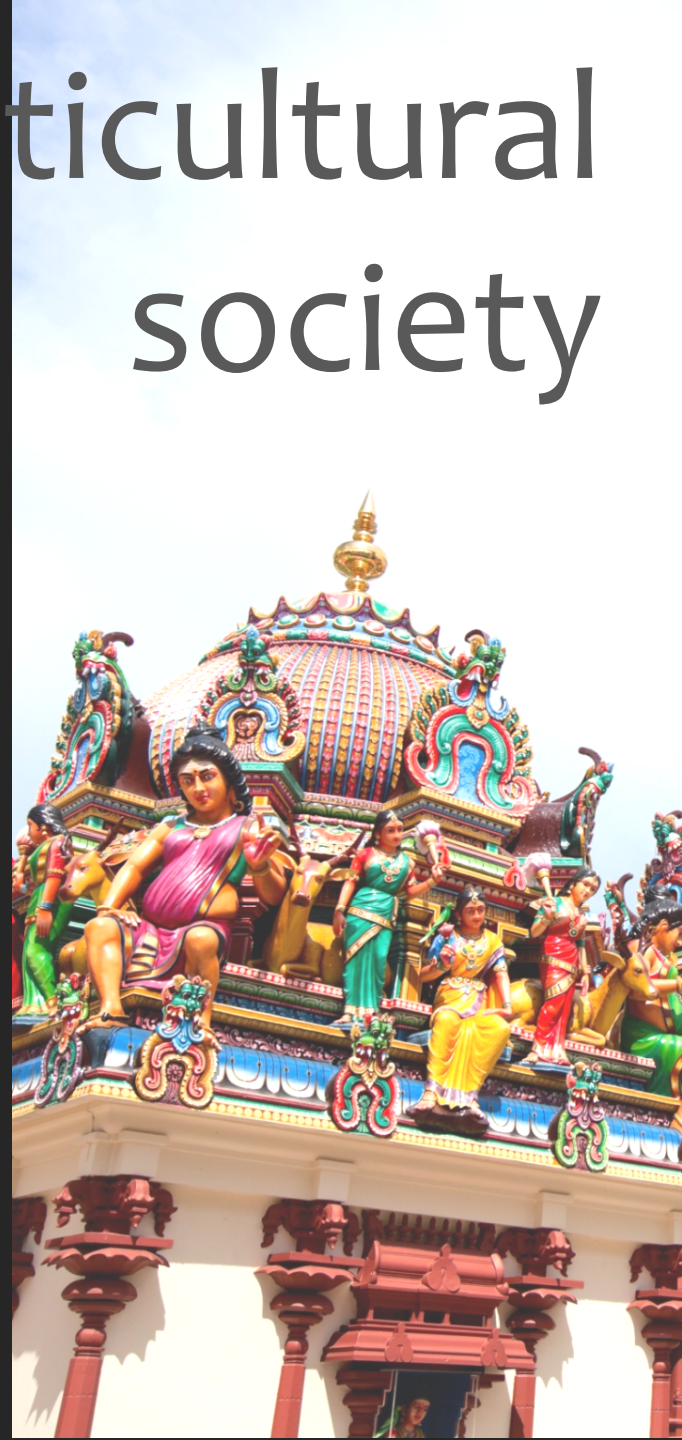
Thurrock

- Increase in 1000% in BAME residents since 2002
- Increase in diversity of population
- Lack of uptake of available services
- Language barriers
- Understanding of unfamiliar systems



Singapore

Multicultural society





Local medical traditions
coexist with western
medicine



5 Cs



Selamat pagi

வணக்கம்

你

Hello

好

Selamat pagi

今日は

السلام عليكم

Mabuhay

வணக்கம்

你好

Bonjour

नमस्ते

สวัสดี

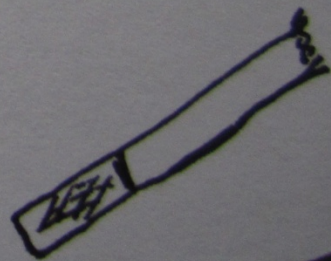
Hello

Привет

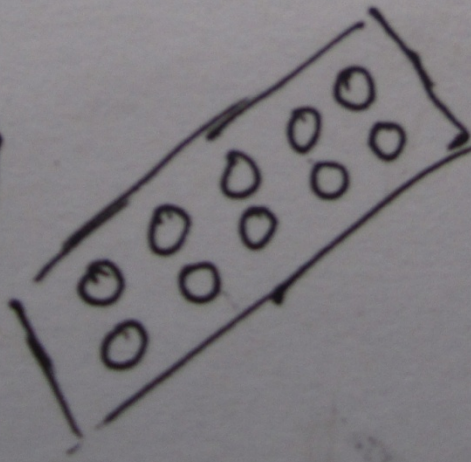
好

Selamat siang

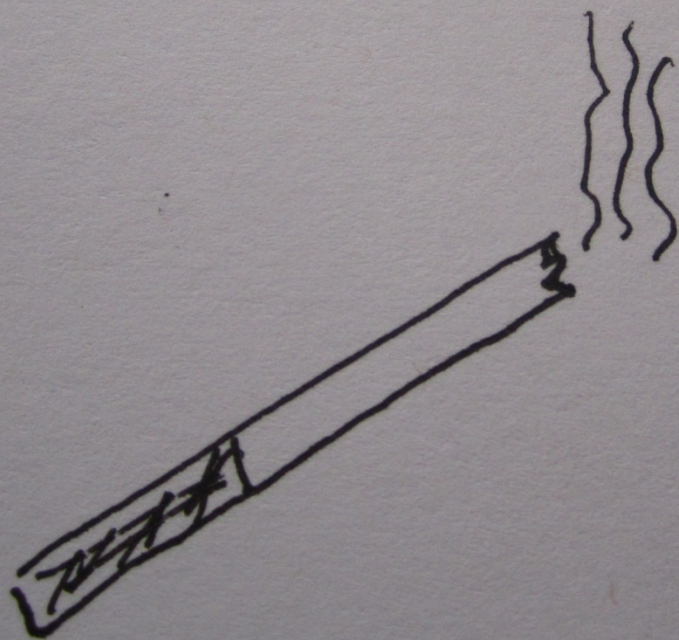
I smoke for so long already,
can't quit smoking now because
once I quit, I will die.
my GP also said the same.



Saya sudah tua , tak lama
lagi akan mati . Tak payah bazir
duit beli ubat mahal - mahal .



我都这么老了，很快就
要死了，没有必要戒烟





Themes

Provision of Healthcare

Time

- Institution vs patient needs

Training

- Time too short
- Implementing training is difficult
- Limited support and high expectations

Personal Development

- Surprise that it worked
- Existing skills with evidence
- Second language practice and success
- Personal stress lowered

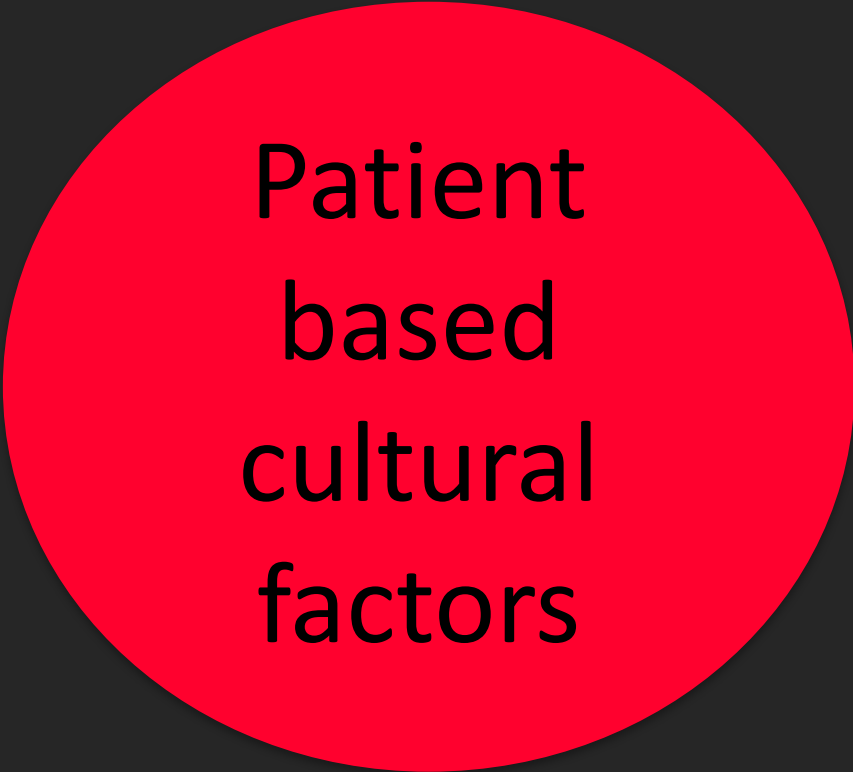
Themes

Patient Expectations

- Approaches to listening
- Expectations of professions
- Clinical encounter time
- 'The Lecture'

Patient Demographics

- Languages spoken
- Education level
- Local cultural values



Patient
based
cultural
factors