

✓	Degree of Acculturation
	How strictly does the patient/family adhere to the belief/values/practices of their culture of origin?
	Is the patient/family traditional (maintains ways of culture of origin)? Acculturated (understands and is able to move in/out of old/new culture)? Assimilated (has internalised the new culture's norms)?
✓	Religion/Spiritual Needs
	Are there spiritual practices that nurses can help the patient to keep (e.g. special prayer times)?
	Are there religious articles that the patient likes to use, wear, or keep close?
	Are there special rites/blessings for the sick? Is there a Spiritual leader/healer the patient finds helpful?
	Are there dietary prescriptions or restrictions that should be kept?
✓	Language & Communication
	What language is the patient most comfortable speaking?
	The patient has a right to a medical interpreter. Would the patient like one?
	Is the patient able to read (in English or preferred language)?
✓	Patient's Explanation of Health Problem
	What do you call the problem you are having? (use the patient's term instead of 'the problem' when making the rest of the questions)
	When & how did the problem begin? Why do you think the problem started when it did?
	What do you think caused the problem? Why do you think you developed this problem and not someone else? What might others in your family/community think is wrong with you?
	Do you know someone who has had this problem? What happened to that person? Do you think this will happen to you?
	What are the chief problems this condition has caused you? What problems has it brought into your life? What do you think will happen?
	What do you fear most about the problem? How serious is the problem? Do you think it is curable?
	How have you treated the problem so far? What have you done to feel better? Have you tried remedies like herbs or remedies from your homeland?
	How do you/your family/your community members think the problem should be treated? Who in your family/community/religious group can help you? Are you consulting other healers?
✓	Non Verbal Communication Patterns
	Is eye contact considered polite or rude?
	Is personal space wider/narrower than norms?
	When, where and by whom can the patient be touched?
	What is the meaning behind certain facial expressions and hand/body gestures?
	Is special meaning attached to loud or whispered conversations?
✓	Etiquette & Social Customs
	How would you like to be greeted and addressed by our staff?
	What behaviours are expected of guests? Taking shoes off? Accepting food or drink?
	Is punctuality important?
	Is it polite to engage in 'small talk' before getting down to business?
	Should discussions be direct and forthright or subtle and indirect?
	What topics are not acceptable? Is it appropriate to share emotions and feelings? To discuss reproduction, sexual or elimination issues? To discuss the possibility of negative outcomes?

✓	Health/Illness Issues
	Are there health problems that carry a stigma in the culture?
	Are there culture-bound illnesses (i.e. illnesses that are only identified within the culture)?
	Are there tests/procedures/treatments that violate cultural norms?
	In past experiences with the healthcare system, what has the patient found helpful? Offensive? Confusing?
✓	Life Span Rituals/Practices
	What beliefs, values, and practices surround life events (birth, ageing, death)?
	When the patient has a terminal illness, should one 'tell the truth' or 'maintain hope'?
✓	Biophysical/Risk Factor Validation
	Are there genetic variations or endemic disorders frequently encountered within the patient's group?
	Do members of the culture commonly engage in practices that are harmful?
✓	Pain Assessment
	Does the patient tend to be stoic or expressive when in pain?
	What does pain mean to the patient?
	Is pain generally described in quantitative or qualitative terms?
	Is the numerical scale continuing?
	What is the patient's attitude about taking pain medications?
	What is the worst pain you have ever had? How did you cope with it? How did you treat it? How well did the treatment work?
✓	Nutrition Assessment
	What is eaten and when is it eaten? Perform a 2 day diet recall
	Are there dietary patterns that may be in conflict with the plan of care (e.g. fasting)?
	Is there potential for food/drug interactions with the traditional foods?
	What foods are thought to promote health? What foods are considered good for sick people?
	Does the patient ascribe to the cold/hot theory of disease and treatment?
	Are there religious food prescriptions and restrictions?
✓	Medication Assessment
	What is the patient's attitude toward Western medications? Are they valued or distrusted?
	Could there be genetic variations in the way the patient responds to medication?
	Are there traditional remedies such as herbs, teas, or ointments that the patient uses?
✓	Daily (Health) Practices & Routines
	Are there special ritual/practices associated with bathing, toileting, hair/nail care?
	Are there gender/age/social class restrictions on who can help a person with ADLs (Activities for Daily Living)?
	How important is modesty? How is modesty shown?
	Are there special morning/evening rituals or practices that are important to the patient?
✓	Psychosocial Assessment
	Who is considered family? What impact does the illness have on the family?
	Who is the head of the family? Who makes decisions for the patient?
	With whom should we discuss your care? Is there someone who helps you make decisions?
	How will family members be involved in the patient's care?
	Who helps when you are sick? How do they help you? How would you like them to help you?
	What health/support services are available through the patient's cultural community?

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