# **Cultural Humility in Physician Communication**

Jenna Eisen, PhD; Lauren DeCaporale-Ryan, PhD; Jessica Moore, PhD

Clinical Psychology Training Program, University of Rochester School of Medicine and Dentistry, Department of Psychiatry

**Cultural humility** is the "ability to maintain an interpersonal stance that is other-oriented (or open to the other) in relation to aspects of cultural identity that are most important to the [person]" (Hook et al., 2013, p. 2). By 2060, approximately 60% of the U.S. population will be members of underrepresented groups. Patient satisfaction & clinical outcomes benefit from physician consideration of social & cultural factors (Chang, Simon, & Dong, 2010).

Study Aim: Explore coaches' views regarding the Coaching Program's role in supporting hospital culture providing more equitable & effective care.

Participants: Communication coaches are medical educators who specialize in behavior change & observe physicians during patient interactions and provide feedback on communication behavior (McDaniel et al., 2020).

- N = 15 including faculty & postdoctoral fellows
- 87.5% female & Caucasian

#### Methods:

- All Communication Coaches were invited to 1 of 3 zoom. recorded focus groups, facilitated using a semi-structured approach.
- Questions focused on: experiences observing physicians working with diverse patients & how the program could support education regarding cultural competence.
- Each focus group was later independently coded by two of the investigators.

"It can be really hard I imagine for a lot of the physicians to have their training and know what they know about the body and about medicine, and then also go in and set that off to the side and have to take someone else's perspective."

 Communication skills/strategies

Physician

Presence

- Self-awareness
- Team interactions

"Only called female patients of color dear: White female patients. used their name;

Diversity

Education

Faculty & Resident

development

- Patient/Physician
- Interaction style
- Environmental culture

## Results:

- Interrater Reliability = 94.5%.
- Three themes were generated with several sub-themes noted.

### Discussion:

There is a clear need for increased attention and explicit effort to address cultural competence in medical education. Coaches commented on their own process of observation and teaching (e.g., "Will I as a coach be more attuned now that we have had this conversation?"). Specific items to trial for coding were identified; future directions include piloting and evaluating these items.

"There was a family who was talking about how it was just mom and the kid living at home together and the resident kept referring to the family as parents instead of as you."

Special thanks to Susan McDaniel, PhD and the URMC Communication Coaching educators for their support and collaboration around this important work.



# References

- Chang, E., Simon, M., & Dong, X. (2012). Integrating cultural humility into health care professional education and training. Advances in Health Sciences Education, 17, 269-278.
- Hook, J. N., Davis, D. E., Owen, J., Worthington Jr., E. L., & Utsey, S. O. (2013). Cultural humility: Measuring openness to culturally diverse clients. *Journal of Counseling Psychology*. doi:10.1037/a0032595.
- McDaniel, S. H., DeCaporale-Ryan, L., & Fogarty, C. (2020). A physician communication coaching program: Developing a supportive culture of feedback to sustain and reinvigorate faculty physicians. *Families, Systems, & Health, 38*(2), 184–189. https://doi.org/10.1037/fsh0000491.

