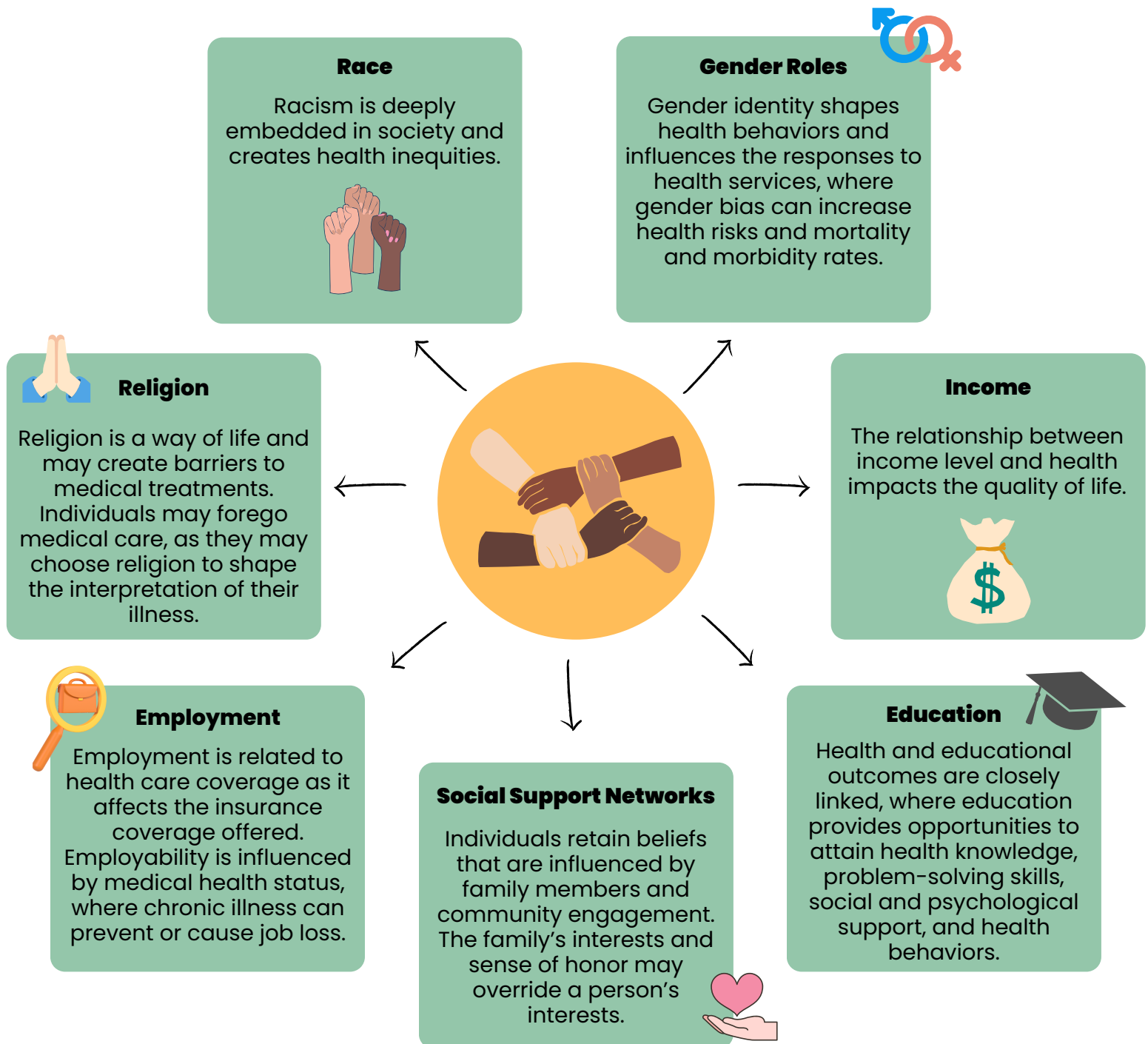


CULTURE INFLUENCING OCCUPATIONAL THERAPY SERVICES

THERAPIST HANDOUT GUIDE

Culture significantly influences healthcare practices. All cultures have systems of health beliefs that may explain an illness, possible interventions, and healthcare professional involvement. The extent to which a client perceives medical attention has cultural relevance to the profound effect on their response. Therefore, cultural awareness and sensitivity are vital to nurturing cultural respect and inclusion to reduce health disparities and improve access to healthcare for optimal outcomes.

The following are the different factors related to culture that influences occupational therapy clinical practice:





Consequences

By not addressing the cultural factors that influence occupational therapy practice, there would be increased health disparities. The consequences associated with health inequity are:

- Limited access to appropriate clinical interventions
- Decreased seeking for medical care
- Inconsistency in adhering to treatments
- Diminish engagement in meaningful occupations
- Poor quality of life



Solution

Occupational consciousness is an effective solution to address how culture influences health disparities. It is a concept that involves continuous reflection of the cultural influence on an individual's daily occupations and well-being that may be affected by occupational injustice. The approach would assist occupational therapy practitioners in using mindful and client-centered clinical practice and promote:

- Participation in daily occupations
- Enhance meaning to occupations
- Improve the quality of life and optimal health outcomes
- Increase health equality for the diverse, cultural population to improve medical care, choices, and satisfaction level
- Learn about the client's culture, such as the their view of disability, hierarachy within the family structure, and view of medical services

For more information on cultural competency or how culture impacts occupational therapy practice, you may refer to www.aota.org.

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