

CULTURAL COMPETENCY QUIZ

(INTERN: _____)

Scenario: You are a dietitian in a primary care office. The nurse practitioner asks you to see a Hindu family regarding their 15 year old daughter’s weight. Mr and Mrs Gupta walk into your office, followed by their daughter, Naomi.

Question	Options	Record Answer here
1. After the family walking into your office, what is the first thing you should do	<ul style="list-style-type: none"> A. Do not say anything; wait for one of them to speak first B. Verbally greet the family, introduce yourself and ask how they are doing C. Shake hands with the father, then the mother, then ask them to have a seat D. Ask the girl to step on the scale 	
2. Mrs Gupta tells you that Naomi has gotten thinner since starting high school. She is concerned that her daughter may have an eating disorder, as is common in the US. What should you do with this information	<ul style="list-style-type: none"> A. Tell Mrs Gupta not to be such a worrier because most Americans don’t die from eating disorders. B. Suggest that Naomi add more meat to her diet to increase her weight C. Ask about Naomi’s eating habits D. Hand Naomi a Food Guide Pyramid and tell her to strictly to follow the guidelines 	
3. You learn that Naomi has grown 2 inches since beginning high school seven months ago and her eating habits have not changed, except for occasionally skipping breakfast to make it to cheerleading practice on time. What is the best advice for Naomi?	<ul style="list-style-type: none"> A. Tell Naomi it’s OK to skip breakfast as long as she exercises B. Affirm that her growth spurt put her at the low end of the healthy weight spectrum, but that is OK. C. Tell Naomi that breakfast is an important start to the day D. Tell Naomi that she should quit cheerleading 	
4. Cultural competency is	<ul style="list-style-type: none"> A. Willingness to learn about other cultures B. Acceptance that although cultures are different, people are basically the same C. Valuing diversity and being able to work effectively cross-culturally D. All of the above E. B and C only 	
5. It is proposed that the largest minority population in the US by 2050 will be:	<ul style="list-style-type: none"> A. Southeast Asians B. African Americans C. Latin Americans D. Pacific Islanders E. Chinese, Japanese and Koreans 	
6. Cultural sensitivity is:	<ul style="list-style-type: none"> A. Tolerance of cultural diversity B. Important in becoming culturally competent C. An attitude of respect and acceptance for another person’s culture D. All of the above E. None of the above 	
7. What is the first step in developing cultural competency	<ul style="list-style-type: none"> A. Recognizing your personal cultural biases and preconceptions B. Wanting to learn about diverse cultures C. Learning a different language D. Taking a trip to learn about a new culture E. Seeing out and increasing your knowledge about other cultures 	

8. Health disparities in the US:	<ul style="list-style-type: none"> A. Are found in culturally diverse groups of people regardless of socioeconomic level B. Are NOT limited to African Americans and Latin Americans C. Are limited ONLY to minority groups of people without health insurance D. Are a result of the attitudes of immigrants E. Occur because of differences in health insurance 	
9. Traditional cultures value:	<ul style="list-style-type: none"> A. Time schedules and being prompt B. Individualism C. Spiritualism D. Equality between men and women E. Inequality between men and women 	
10. A stereotype:	<ul style="list-style-type: none"> A. Is useful in working with diverse population groups B. Assumes that all people in a particular group are alike C. Is a starting point in working with diverse groups D. Allows for individual differences E. Is a nonjudgmental way to view people 	
11. Most traditional cultures:	<ul style="list-style-type: none"> A. Recognize the relationship of diet and disease B. Recognize the medicinal properties of food C. Value thinness D. All of the above E. A and B only 	
12. When working with clients and patients, care providers should:	<ul style="list-style-type: none"> A. Use standardly accepted educational materials regardless of cultural background B. Use culturally appropriate nutrition education material C. Assume all people are basically alike and use a universal approach D. Develop universal educational materials and health services. Always talk to the elder in the room. E. None of the above 	
13. In general, ethnic and racial groups in the US have an increased incidence of:	<ul style="list-style-type: none"> A. Diabetes B. Obesity C. Certain cancers D. Mortality E. All of the above 	
14. Which of the following behaviors is NOT perceived as disrespectful or impolite in Latin-American culture?	<ul style="list-style-type: none"> A. Focusing on time and schedule B. Making direct eye contact C. Avoiding physical contact D. Making small talk rather than getting right to the point E. None of the above 	
15. Traditional cultures are more likely to view illness as:	<ul style="list-style-type: none"> A. An imbalance of external and internal forces B. The result of environmental exposure to pollutants C. Out of the patient's control D. Unrelated to their spirit E. All of the above 	
16. When taking a diet, health or developmental history, if language is not a barrier, it is best to:	<ul style="list-style-type: none"> A. Speak loudly and slowly B. Ask questions that only require a yes or no response C. Ask open ended questions whenever possible D. Explain why home remedies are not effective E. None of the above 	

<p>17. During a patient education session with a client or patient from a different culture, which is the LEAST effective strategy or technique</p>	<p>A. Asking what the client or patient believes is the cause of their illness or condition B. Politely explaining why the patient's beliefs are incorrect and politely discounting the role of faith in health and healing C. Offering the Western medicine beliefs for the cause of the patient's illness or condition D. Being open minded and nonjudgmental E. Engaging in small talk or establishing rapport before beginning diet instruction</p>	
<p>18. When a patient is not adhering to a prescribed treatment plan, which of the following approaches is likely to motivate compliance?</p>	<p>A. Giving the client a structure plan to follow B. Repeating diet instructions and quizzing the patient to ensure understanding C. Spending time explaining why home remedies are not the best option for treatment D. Focusing on as many positive changes as possible E. Involving family members</p>	
<p>19. Which of the following statements is TRUE</p>	<p>A. People from the same country have the same culture B. All Latin Americans speak Spanish C. All Latin Americans are Catholic D. The majority of Asians are vegetarians E. Within every culture there are individual variations; each individual is unique</p>	
<p>20. What is a common belief in most cultures about the role of diet in health</p>	<p>A. There is no relationship between diet and health B. A healthy diet plays a major role in managing good health C. Diet is only important when someone is sick D. Food has no functional or medicinal value E. Is it not important in keeping you healthy</p>	
<p>21. Which of the following statements about diversity is TRUE</p>	<p>A. Diversity only applies to fair policies toward women and minorities in the workplace B. Diversity affects everyone C. Diversity involves treating all people the same D. In the US work force, diversity is anticipated to increase in the next 10 years E. B and D are correct</p>	
<p>22. Which of the following traits is indicative of Anglo-American culture?</p>	<p>A. Advocates individualism B. Is present oriented C. Values formality D. Is polychronistic E. All of the above</p>	
<p>23. Which cultural practice outlasts most others</p>	<p>A. Language B. Clothing C. Family relationships D. Use of nontraditional medicines E. Food and food preferences</p>	

EACH QUESTION HAS A 4.35 POINT VALUE

TOTAL SCORE: _____