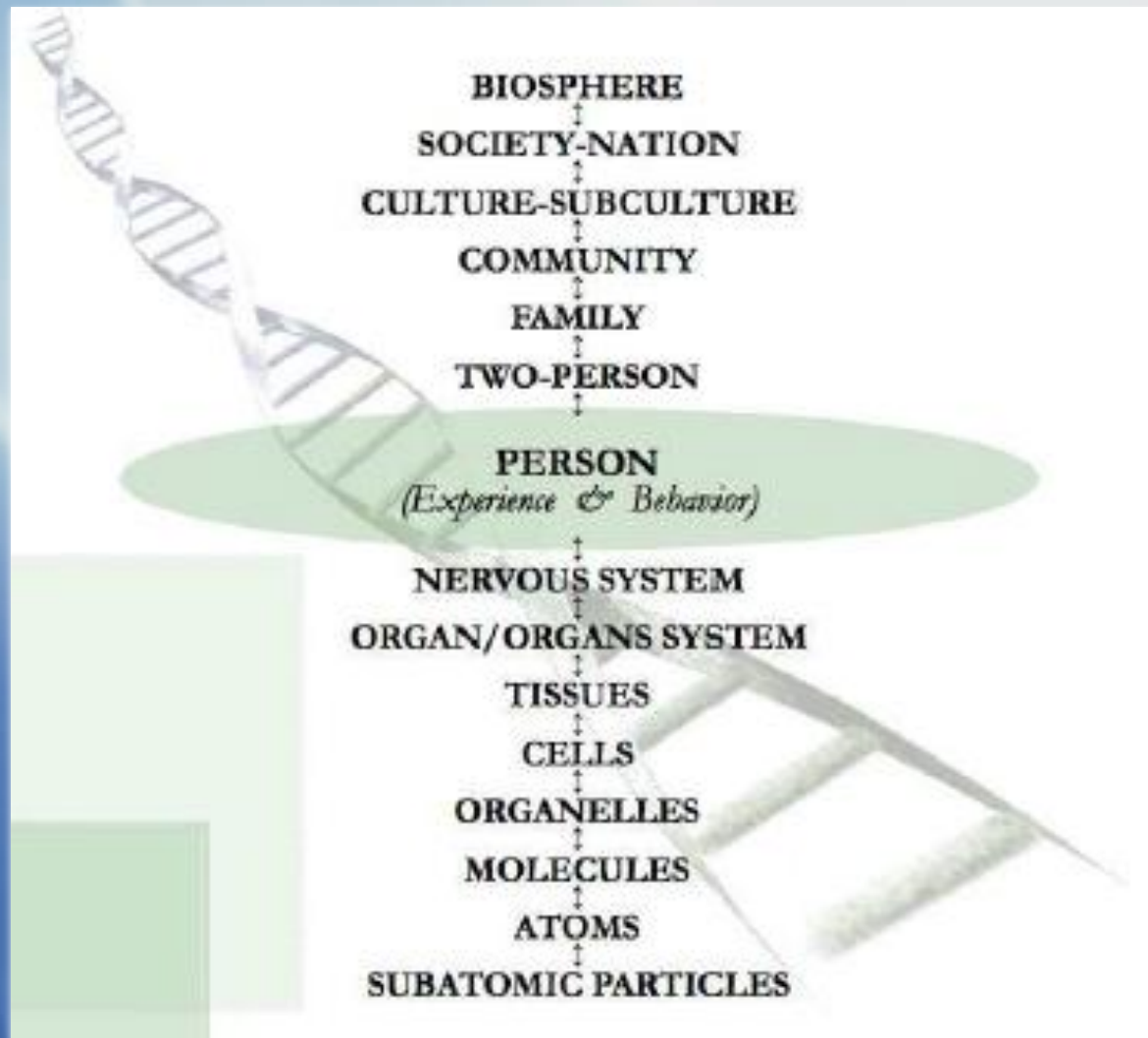


From Kathleen to Dr Kathie to  
Niam Tais Yeerv and Thaj Mom Yeerv

Kathie Culhane-Pera, MD MA  
MAFP, April 20, 2017

# Family Medicine



Kathleen to Kathy to Katy to Kathie  
to Dr Kathie Culhane-Pera



# Minnesota: Dr Kathie



# Thailand: Dr Kathie





# Hmong Village: Niam Tais Yeev





# Niam Tais Yeev





# Thaj Mom Yeev



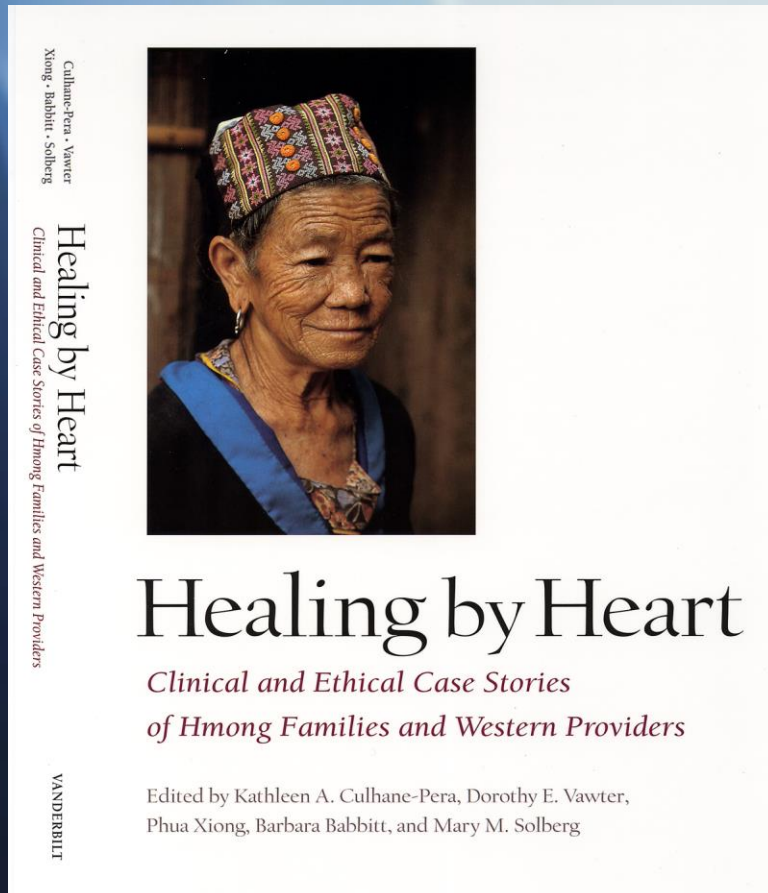


# Dr Kathie, Dra Pera, and Dr Pera



# Healing by Heart

- Part I: Hmong Culture: Tradition and Change
- Health-related cultural beliefs, values, and practices, both “traditional” and in US



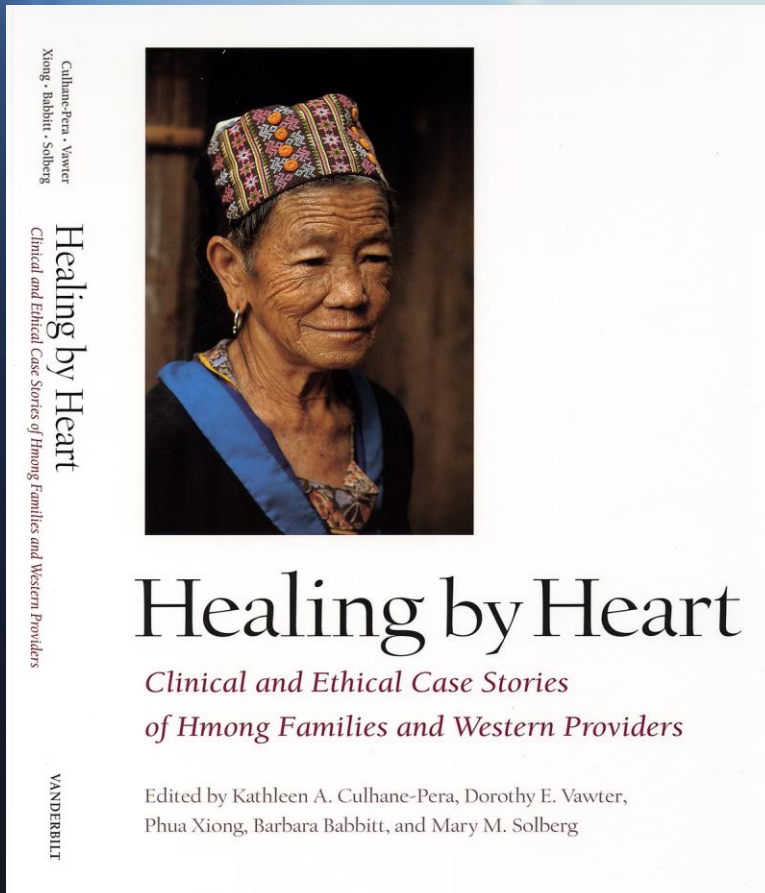
# Culture: Tradition and Change



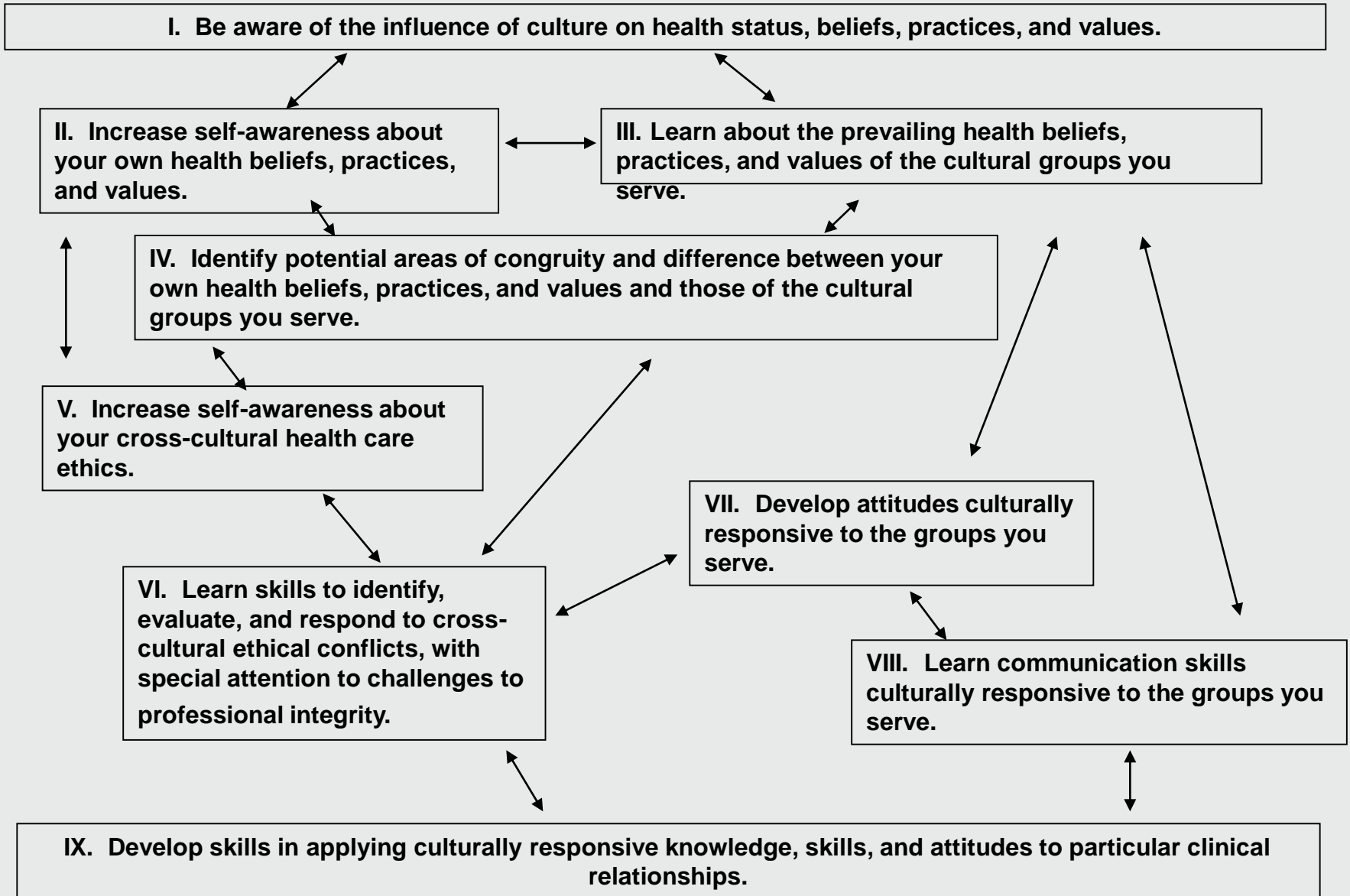


# Healing by Heart

- Part II: 15 case stories
  - Across life cycle
  - With “conflicts” between patients/family and healthcare providers/system
  - Multiple stories
  - Multiple voices
  - Multiple views
- 
- Part III:  
Culturally Responsive  
Health Care Model



# The *Healing by Heart* Model: Culturally Responsive Health Care



# More Simply

- Learn more about ourselves as physicians
  - Medical beliefs, practices, and values
- Learn more about others
  - Language, history, social structure, religion
  - Health beliefs, practices, and values
- Nurture attitudes of curiosity, compassion, humility
- Learn communication and negotiation skills (LEARN)

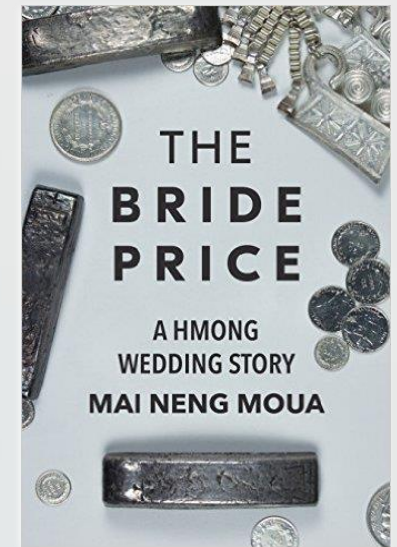
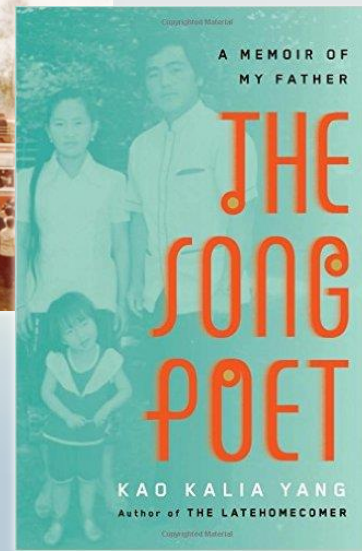
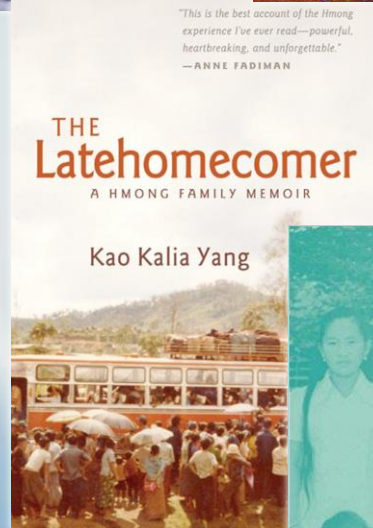
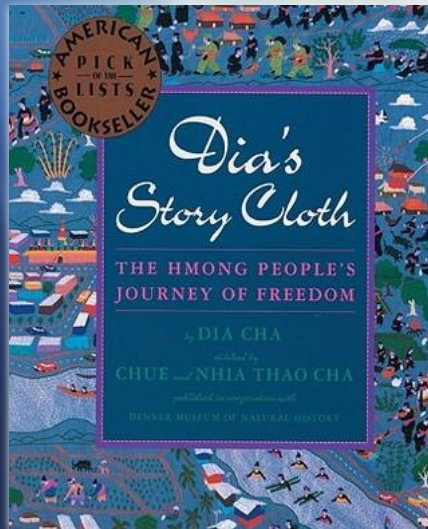
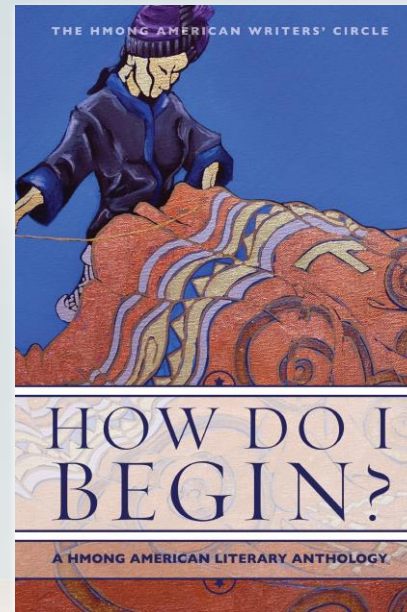
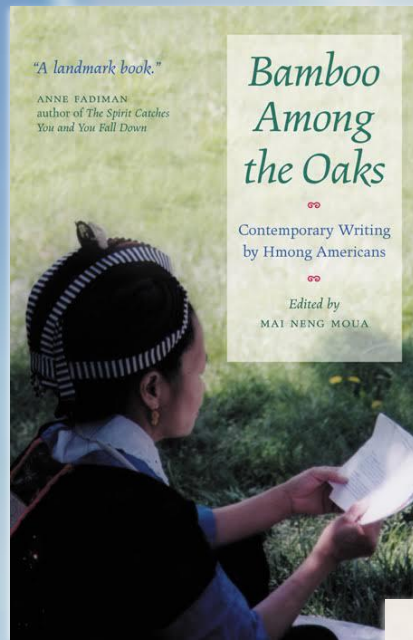


# Sources of Cross-cultural Conflicts

1. Different cultural beliefs and practices
2. Different ethics and values
3. Different moral practices and commitments:
  1. Respect
  2. Trust
  3. Roles, responsibilities, and prerogatives
  4. Disclosure of health-related information
  5. Best interests and risks/benefit assessments
  6. Methods and criteria for good health care decision making

# Show Respect

- Refer to people by kinship titles
- Ask people about their family, their lives
- Speak politely, not insulting, shaming, accusing, threatening, demanding
- Speak indirectly about frightening or sensitive matters
- Do not assert authority over others
- Work with family members, and family-based decision-making, as people want
- Ask people's ideas about their symptoms, diseases, traditional treatments, and biomedical approaches.





Kathleen A Culhane-Pera, MD MA  
KA Culhane-Pera MD MA

- Medical Director of Quality
- Co-Director of Community-based Research

*Hla dej yuav hle khau.  
Tsiv teb tsaws chaw yuav hle hau.*

**—White Hmong Proverb**

**When crossing a river, remove your sandals.  
When crossing a border, remove your crown.**