DIVERSITY MATTERS

The Cultural Diversity Committee works to encourage and promote pharmacy and cultural diversity, awareness, and acceptance within the College and the surrounding communities in which we live and work.

CDC'S 8TH ANNUAL HEALTH COLLOQUIUM

On April 9th, 2022, the Cultural Diversity Committee hosted the 8th Annual Health Colloquium at Irma Lerma Rangel College of Pharmacy. This is a great event where students from surrounding high schools and various undergraduate programs learn more about pharmacy practice, and how cultural competency plays a significant role in quality healthcare. The event included cultural jeopardy, signs and symptoms of stroke presentation, opioid epidemic presentation, compounding lab, and patient assessment lab activities.
LUNAR NEW YEAR

Year of the Tiger

Lunar New Year is the beginning of a lunar calendar year based on the Moon cycles. This year, it began on February 1, 2022. It is celebrated in cultures within East and Southeast Asia, including Chinese, Vietnamese, and Korean communities, among others.

Each year in the Lunar calendar is represented by one of 12 zodiac animals included in the cycle. The 12 zodiac animals are the rat, ox, tiger, rabbit, dragon, snake, horse, sheep, monkey, rooster, dog and pig. In addition to the animals, five elements of earth, fire, wood, water, and metal is mapped on the traditional lunar calendar. Each year is associated with an animal that corresponds to an element. Therefore, 2022 is the year of the water tiger.

Each culture celebrates the Lunar New Year with foods and traditions. For example, to welcome in the new year, it is tradition to clean the house to rid them of inauspicious spirits and to bring in good luck for the new year. Another tradition is that elders give out red envelopes containing money to children, to bring in good fortune.

Celebrated around the world, Lunar New Year is traditionally a time for family reunions, plenty of food, and many festivities.

https://www.history.com
As future pharmacists, we need to be able to be aware of our patients cultural background and be understanding of where they might stand towards medicine. As future pharmacists, we need the ability to appreciate and interact with the people from different cultures. It stems down to professionalism and being respectful towards people.

I think that although my class, the class of 2025, started their P1 year – that we have already experienced differences within cultures and experiences/ characteristics that make us unique. I think that if we continue to strive towards becoming better in understanding each other and acknowledging differences, then the future practice of pharmacy seems like it would come as 2nd nature to practice cultural competence.

What does cultural awareness mean to you?
Cultural awareness means being aware, respective, and intentional to those who hold cultural differences than us. It means being involved and more community-centered when more cultures are brought to light so that others can learn and grow together to build that community.

List three reasons for pharmacists to work toward cultural competence.
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What steps will you take to ensure an ongoing commitment to being a culturally competent pharmacist?
Personally, I like reading and immersing myself in different cultures through music, shows, and languages – it gives me a grasp of the culture, their practices, the languages to use when conversing with elders vs youngsters, etc. I also think that my ongoing commitment begins with the school and my peers – I want to become more aware of the differences and cultures that will aid my understanding to prepare me for practice.

Meet Alyssa Sarmiento!
• From Laredo, Texas
• I come from a family of 5 and I am the middle child.
• I graduated with a Bachelors of Science in Biochemistry at St. Mary’s University
• I love dogs!

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What does cultural awareness mean to you?
The first thing that comes to mind when I think of cultural awareness is respect. In the health care profession, there will be conflict of interest regarding health care options when it comes to cultures, and it is so respectful to consider someone cultural ideas with the best interest in mind for that patient.

List three reasons for pharmacists to work toward cultural competence.
• Comfortability from that patient
• Trust from that patient
• To rule out certain health care options

What steps will you take to ensure an ongoing commitment to being a culturally competent pharmacist?
Steps I would take to ensure an ongoing commitment to being a culturally competent pharmacist is always being open learning and keeping an open mind.
Meet Olajumoke Awe!
Howdy! My name is Olajumoke Awe. I am the P1 Diversity Leadership Representative on the College Station campus. I obtained my Bachelors of Science in Biology from the University of Houston-Victoria and am grateful to be a part of the Irma Lerma Rangel Texas A&M College of Pharmacy. As a first generation Nigerian-American, I often see the world from a cultural perspective. I enjoy making memories through interactions with family, friends & practically anyone I encounter. I want more than anything to gain as much knowledge as I can in these next four years and use it as a stepping stool to grow personally and professionally and also to use it to impact the world at large.

What does cultural awareness mean to you?
To me, cultural awareness is the understanding and acceptance that this world is a melting pot and because of it, doing everything within your means to promote the beauty of it. The array of cultures in this world and in our communities is one of the things which makes life unique.

List three reasons for pharmacists to work toward cultural competence.
Pharmacists should work toward cultural competence because
• Being a pharmacist require you to interact with people of all cultures & backgrounds.
• As a pharmacist you will contribute to the health of people of all cultures & backgrounds.
• Pharmacists act as a voice of reason and must effectively communicate (meaning the way it’s interpreted) with people of all cultures & backgrounds.

What steps will you take to ensure an ongoing commitment to being a culturally competent pharmacist?
I will always remain teachable and open to expanding my understanding of what it means to positivity coexist with people of different cultures. Also eliminating biases and constantly reminding myself that the definition of "Culture" is ever evolving.
Cultural Competence for Adults

Cultural Competence is the ability of an individual to understand and respect values, attitudes, beliefs, and mores that differ across cultures. ‘Culture’ refers to integrated patterns of human behavior including language, communications, customs, beliefs, and values. ‘Competence’ implies having the capacity to function effectively within the context of the cultural beliefs and behaviors.

Why Cultural Competence Necessary?

- People with diverse racial or ethnic backgrounds are all around us. Without cultural competence, our opportunity to build valuable and diverse relationships is impossible.
- Instead, we’ll co-exist with people we don’t understand, creating a higher risk for misunderstandings and bias to things that can be avoided.

What you should and shouldn’t do

Do’s
- Demonstrate humility through suspension of judgement and the ability to learn.
- Learn about different cultures: Seek cultural insight through journal articles, academic books, and your peers.

Don’ts
- Judge others by your own cultural standards.
- Let barriers prevent you from understanding others or allowing them to feel comfortable about themselves.
- Talk down on anyone, communicate effectively.

References:
https://www.cdc.gov/culturalcompetence/
https://www.who.int/culture/health/clinicalguideline/en/

Created by Victoria Tarbutton,
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Cultural Bias

AMONG WOMEN IN HEALTHCARE

What is cultural bias?
Cultural bias among women in healthcare and everyday life is determined by an individual’s values, beliefs, and behaviors.
This consists of the ideas on how women should look, act, and serve others.

How can you be culturally aware?
Recognize that differences in culture can be expressed through clothing, professions, religion, interests, and health issues.
Certain disease states are more common among women and determine the type of care needed. Examples include ovarian or breast cancer and Lupus.

Why is it important?
It is important to be mindful and respectful of different cultures and be conscious of your own to prevent hurting others’ feelings.
Being respectful can also impact the quality of care one receives and increases chances of adherence and compliance.

What can you do?
Treat others how you would want to be treated.
Research more about different cultures and which ones are prominent in your area.

Always remember to:
Celebrate your diversity!

Kacy Ridgeway
resources: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1681980/
https://www.webmd.com/women/features/5-top-female-health-concern

Created by Kacy Ridgeway,
1st Year Pharmacy Student
CULTURAL DIVERSITY COMMITTEE
EXECUTIVE COMMITTEE 2021-2022

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