

TABLE 1**Five Constructs of Cultural Competence¹¹**

CULTURAL CONSTRUCT	ACTION OF HEALTH CARE PROFESSIONALS
Cultural Awareness	Practice introspection to analyze biases toward other cultures and assess cultural and professional backgrounds.
Cultural Encounters	Engage in cultural interactions to modify understanding of the culture's people and avoid stereotyping individuals.
Cultural Knowledge	Develop a strong understanding of diverse groups using reliable sources that pinpoint health-related practices, cultural values, and disease incidence and prevalence.
Cultural Skill	Demonstrate an ability to conduct thorough cultural assessments that pull from cultural data relevant to the clients' principal diagnoses (eg, culturally tailored physical assessments).
Cultural Desire	Exhibit a genuine interest in becoming culturally aware, rather than the feeling that it is a task they must complete. This is perhaps the most important construct in the model.