

Jarvis: Physical Examination & Health Assessment, 2nd Canadian Edition

Chapter 03: Cultural and Social Considerations in Health Assessment

Answer Key – Answer to Study Guide Questions

1. See main principles of cultural safety listed on p. 32.
2. (1) Canada's population is increasing primarily due to international migration.
(2) Canadians live primarily in urban areas.
(3) Canada's population as a whole is aging.
3. See Box 3-2, Standards for Culturally, Linguistically, and Socially Appropriate Services in Health Care, p. 34.
4. Historical and current social and political policies in Canada have resulted in profound social disruption within many Aboriginal communities, contributing to lack of employment opportunities, limited access to educational programs, inadequate and often crowded housing, and high levels of poverty. As a result, the health of many Aboriginal people lags behind that of the overall Canadian population; for example, life expectancy is shorter and infant mortality rates are higher among Aboriginal Canadians.
5. In the past, European nations such as the United Kingdom, Italy, and Germany, as well as the United States were the primary sources of immigrants to Canada. In 2011, people immigrating from Asia and the Middle East made up the largest proportion of newcomers to Canada.
6. (1) Some health problems are linked to the stress of immigration itself, which involves finding suitable employment and establishing a new social support network.
(2) The likelihood of deterioration of health is also related to socioeconomic status, specifically low education and low household income.
(3) People who immigrate to Canada often experience difficulty getting the help they need from health care professionals, hospitals, and other health care agencies due to language barriers, a lack of understanding about how the Canadian health care system works, and discrimination or prejudice.
7. (1) Social and economic environment: effect 50% of determinants of health on the population's health status
(2) Health care system: 25%
(3) Biology and genetic endowment: 15%
(4) Physical environment: 10%
8. (1) Traditional Chinese medicine
(2) Reflexology

- (3) Homeopathy
 - (4) Therapeutic massage
 - (5) Chiropractic services
 - (6) Relaxation therapy
 - (7) Aboriginal traditional medicines and healing practices
9. (1) Work to build trust: asking nonjudgemental questions
- (2) Engage through listening: ask patients questions, such as what they think about their health problem, what they think brought it on, what concerns them about the illness, and what they usually do to stay healthy, including whether they have been able to continue with these behaviours.
- (3) Convey respect for differences: asking questions that convey respect while exploring varying health practices can focus on what patients have done to address their health or illness concerns (4) Pay attention to the social and economic contexts of patients' and families' lives: convey interest in their circumstances, and inquire about their ability to deal with health, illness, or health promotion issues