

Cultural Humility (HUMBLE) Model

- H:** Be **H**umble about the assumptions you make about knowing the world from your patients' shoes
- U:** **U**nderstand how your own background and culture can impact your care of patients
- M:** **M**otivate yourself to learn more about the patient's background, culture, health beliefs and practices, as well as the unique points of view of their families and communities
- B:** **B**egin to incorporate this knowledge into your care
- L:** **L**ife-long learning
- E:** **E**mphasize respect and negotiate treatment plans