

Cultural Competency Scavenger Hunt

The goal of the scavenger hunt is to familiarize yourself with the resources and opportunities for increasing cultural competency available in your program, at your institution, within the field of genetic counseling, and nationwide. Use the hunt to enhance your ability to identify resources on the Internet, in text books and in medical journals.

This activity is very flexible, so feel free to make up the rules and scope of the hunt to suit the interests of the group, the setting, and the time frame.

The scavenger hunt can be adapted and used with genetic counseling students as a short term ice breaker or as a full year activity intended to enhance understanding of the cultural nuances specific to your program's environment. The hunt can become more focused by integrating formal community outreach education, service learning or social action goals and objectives. Or, the hunt can be an individual endeavor to promote personal growth and introspection to enhance professional development.

Several of the following activities were adapted from: Valuing Diversity Video Guide © LearningSeed; Lum 1987; and based on creative ideas offered by Brandie Heald, Genetic Counselor. This list is a start. Feel free to adapt this list and brainstorm additional ideas to promote cultural learning in your community.

1. Identify the translator service for your institution. Contact one translator from the service and discuss their roles and experiences with the job. Write a page summary about what you learned.
2. Attend a cultural museum or exhibit in your area. Identify one item or display an activity that prompted an emotional reaction, and write a paragraph about why you think these feelings emerged.
3. Locate an article or abstract from the *Journal of Genetic Counseling* that is relevant to cultural competency. Explain why this article interested you. Discuss what you learned from this article and how it is relevant to your practice. Please include a photocopy of the article you selected.
4. Read a book that is about a culture that is different from your own. Provide a one-page summary of the book and discuss what you learned about the culture, and yourself.
5. Find a peer-reviewed journal article from the last three years on health care disparities. Copy the article, read it and highlight the most important points. Write one paragraph that summarizes your opinions about these issues and discuss relevance of these issues to your local community and/or your practice.
6. Find a cartoon about a culture that is different from your own. Explain how this cartoon captures one or more aspects of the culture and whether it was done in a

respectful or derogatory manner. Discuss the potential impact of this cartoon on individuals who identify with the depicted culture and on individuals like you who are not members of this culture.

7. Identify a consent form for a medical procedure performed at your institution. Using the Internet, colleagues, and other resources find the same or similar consent forms available in different languages (Mandarin, Cantonese, Japanese, Russian, etc). Discuss how you would evaluate the information provided in these forms.
8. Ask a supervisor who has observed how you interact with persons from diverse backgrounds to write a feedback list on your behavior. Select a few feedback items you want to improve on and create an action plan for change.
9. Attend a cultural event that you've never attended before. Be aware of how you respond to an experience with a different culture. Discuss your feelings about the experience in a 1-page paper.
10. Attend a movie or rent a film about other cultural lifestyles. Write a 1-page paper on what you learned and how it affected you.
11. Consider your genetic counseling caseload. Identify one case study in a genetic counseling setting that involves a patient's from a different culture. Explain why you selected that case, what you felt went well and what could be improved. To more fully explore this case, consider using the [Case Analysis](#) guidelines to promote learning, introspection, and improved communications with future genetic counseling clients.
12. Identify patient literature for Turner syndrome (or any other genetic condition) in Spanish (or any other language). Set up an appointment with the hospital interpreter/translator office to review the materials for content and cultural accuracy.
13. Select one website of a genetics support group in your town and review it for the degree of attention to the diversity of patients who may attend this group. What components of the website seem particularly inviting to people of all different backgrounds? Why? If you were an advisor to this support group, what suggestions would you make for improving the welcoming nature of their website?
14. Identify and/or create low literacy counseling aids. Set up a shared electronic folder at your center to allow use by all the genetics service providers.

Lum, Rodger G. (1987). A Checklist of Methods for Increasing Cultural Group Familiarity. In: Strategies in Genetic Counseling, March of Dimes Original Article Series, Vol. 23, No. 6, p. 203-205.