The 5 Rs of Cultural Humility

1. **Reflection**
   Hospitalists will approach every encounter with humility and understanding that there is always something to learn from everyone.

2. **Respect**
   Hospitalists will treat every person with the utmost respect and strive to preserve dignity at all times.

3. **Regard**
   Hospitalists will hold every person in their highest regard while being aware of and not allowing unconscious biases to interfere in any interactions.

4. **Relevance**
   Hospitalists will expect cultural humility to be relevant and apply this practice to every encounter.

5. **Resiliency**
   Hospitalists will embody the practice of cultural humility to enhance personal resilience and global compassion.

www.hospitalmedicine.org/5R
Incorporating the 5 Rs

1. Reflection
   What did I learn from each person in that encounter?

2. Respect
   Did I treat everyone involved in that encounter respectfully?

3. Regard
   Did unconscious biases drive this interaction?

4. Relevance
   How was cultural humility relevant in this interaction?

5. Resiliency
   How was my personal resiliency affected by this interaction?

www.hospitalmedicine.org/5R