

# 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.

# Incorporating the 5 Rs

## Reflection

What did I learn from each person in that encounter?

1

## Respect

Did I treat everyone involved in that encounter respectfully?

2

## Regard

Did unconscious biases drive this interaction?

3

## Relevance

How was cultural humility relevant in this interaction?

4

## Resiliency

How was my personal resiliency affected by this interaction?

5