# BHM 280: Cross-Cultural Health & Wellness eCoursepack

## Part I: Diversity in Canada. Conceptualizing Culture & Health: An Introduction to Social Science Perspectives

### Chapter 1

**Introduction: The Scope of Medical Anthropology** (Chapter 1 in *Culture, Health and Illness*; pp. 1-18)

- Call #: GN296 .H45 2007
- Print book available at King Campus Library. Details on [Seneca Library Catalogue](https://library.seneca.edu).

### Section 2

**Understanding Cultural Differences** (Excerpt from Chapter 2 in *Culture and Health*; pp. 54-59)

- Call #: RA418.5.T73 M33 2006
- Print book available at King Campus Library Services Desk. Details on [Seneca Library Catalogue](https://library.seneca.edu).

### Section 3

**Mindfulness and Leadership: Opening up to Possibilities**

- Full text available online at: [DASH.Harvard.edu](https://dash.harvard.edu).
- Details on [Seneca Library Catalogue](https://library.seneca.edu).

## Part II: Cultural competence, Self-Reflection, & Leadership

### Section 4

**The Purnell Model for Cultural Competence**

- Full text available online at: [SAGE journals](https://journals.sagepub.com). Details on [Seneca Library Catalogue](https://library.seneca.edu).

### Section 5

**The Process of Cultural Competence in the Delivery of Healthcare Services: A Model of Care**

- Full text available online at: [SAGE Journals](https://journals.sagepub.com). Details on [Seneca Library Catalogue](https://library.seneca.edu).

### Section 6

**Caring for LGBTQ Patients: Methods for Improving Physician Cultural Competence**

- Full text available online at: [SAGE journals](https://journals.sagepub.com). Details on [Seneca Library Catalogue](https://library.seneca.edu).

### Section 7

**Leadership and Cultural Competence of Healthcare Professionals: A social network analysis**

- Full text available online at: [Ovid](https://ovid.com). Details on [Seneca Library Catalogue](https://library.seneca.edu).
# Part III: Cultural Understandings of the Body

## Section 8
**The Body: Cultural Definitions of Anatomy and Physiology** (Chapter 2 in *Culture, health & illness*, pp. 19-51)

- **Call #: GN296 .H45 2007**
- Print book available at King Campus Library Services Desk. Details on Seneca Library Catalogue.


## Section 9
**Body Ritual Among the Nacirema**

- Full text available online at: Wiley Online Library Free and JSTOR. Details on Seneca Library Catalogue.


# Part IV: Culture & the Role of Food; Healing, & Curing

## Section 10
**Diet and Nutrition** (Chapter 3 in *Culture, health & illness*, pp. 52-62)

- **Call #: GN296 .H45 2007**
- Print book available at King Campus Library Services Desk. Details on Seneca Library Catalogue.


## Section 11
**Caring and Curing: The Sectors of Health Care** (Chapter 4 in *Culture, health & illness*, pp. 81-100)

- **Call #: GN296 .H45 2007**
- Print book available at King Campus Library Services Desk. Details on Seneca Library Catalogue.


## Section 12
**Culture, Healers, and the Institutions of Health** (Chapter 6 from *Essentials of health, culture, and diversity*, pp. 159-168)

- **Call #: RA418 .E327 2013**
- Print book available at King Campus Library Services Desk. Details on Seneca Library Catalogue.


# Part V: Health Equity & Quality of Care

## Section 13
**Health-care Access as a Social Determinant of Health**

- Full text available online at: ProQuest, CINAHL and Canadian Nurse (p.22). Details on Seneca Library Catalogue.


## Section 14
**Do Attitudes and Behavior of Health Care Professionals Exacerbate Health Care Disparities Among Immigrant and Ethnic Minority Groups? An integrative literature review**

- Full text available online at: ScienceDirect. Details on Seneca Library Catalogue.

<table>
<thead>
<tr>
<th>Section</th>
<th>Title</th>
<th>Details</th>
</tr>
</thead>
</table>

**Part VI: Lay-Professional Interactions; Metaphors for Health & Illness**

<table>
<thead>
<tr>
<th>Section</th>
<th>Title</th>
<th>Details</th>
</tr>
</thead>
</table>
### Part VII: Culture, Pain & Medicine

#### Section 22

**Pain and Culture** (Chapter 7 in *Culture, health & illness*, pp. 185-195)

- Call #: GN296 .H45 2007
- Print book available at King Campus Library Services Desk. Details on Seneca Library Catalogue.


#### Section 23

**Culture and Pharmacology: Drugs, Alcohol and Tobacco** (Chapter 8 in *Culture, health & illness* pp. 196-200)

- Call #: GN296 .H45 2007
- Print book available at King Campus Library Services Desk. Details on Seneca Library Catalogue.


#### Section 24

**Chronic Pain Perception and cultural experience**

- Full text available online at: ScienceDirect. Details on Seneca Library Catalogue.


#### Section 25

**Expression of Pain Among Mi’kmaq Children in One Atlantic Canadian Community: A qualitative study**

- Full text available online at: Academic Search Premier and CMAJ Open. Details on Seneca Library Catalogue.


#### Section 26

**The Cultural Language of Pain: a South African Study**

- Full text available online at: Taylor & Francis Online. Details on Seneca Library catalogue.


### Section VIII: Health Literacy in Canada; Leadership Strategies for Improving Care

#### Section 27

**What is Health Literacy?** (Chapter 2 in *Health literacy in Canada*, pp. 15-38).

- Call #: RA773.74 .H64 2014.
- Print book available at King Campus Library Services Desk. Details on Seneca Library Catalogue.


#### Section 28

**Culture and Health Literacy** (Chapter 5 in *Health literacy in Canada*, pp. 79-100)

- Call #: RA773.74 .H64 2014.
- Print book available at King Campus Library Services Desk. Details on Seneca Library Catalogue.

### Section 29
Incorporating cultural knowledge in health promotion interventions, with selected examples
(Chapter from *Essentials of health, culture, and diversity*, pp. 147-158)

Call #: RA418 .E327 2013
Print book available at King Campus Library Services Desk. Details on Seneca Library Catalogue.


### Section 30
Wrapping up: Being Culturally Competent
(Chapter from *Essentials of health, culture, and diversity*, pp. 159-170)

Call #: RA418 .E327 2013
Print book available at King Campus Library Services Desk. Details on Seneca Library Catalogue.


### Part IX: Ritual & the Management of Misfortune; Cultural Aspects of Stress & Suffering

### Section 31
Forbearance Coping, Identification with Heritage Culture, Acculturative Stress, and Psychological Distress Among Chinese International Students

- Full text available online at: ProQuest. Details on Seneca Library Catalogue.


### Section 32
Straddling Three Worlds: Stress culture and adaption in South Asian couples

- Full text available online at: Academic Search Premier and SociolINDEX. Details on Seneca Library Catalogue.


### Section 33
Stress Assessments

"Symptoms of Stress" is currently unavailable.

**Perceived Stress Scale**

As per Dr.Cohen's Scales’s Website: Permission for use of scales is not necessary when use is for nonprofit academic research or nonprofit educational purposes.

**The Ardell Wellness Stress Text**

- With written permission from Donald B. Ardell, Ph.D.

**Stress coping resources inventory: A self-assessment**

Chapter 6 of Write your own prescription for stress. pp. 97-103.

Call #: RA785. M383 2000
Print book available at King Campus Library Services Desk.


### Section 34
Mental Health Tips for Nurse Managers

- Full text available online at: Ovid. Details on Seneca Library catalogue.