

# Culturally Sensitive Questions

## **To understand the view and treatment of health problems:**

1. What do you call your problem? What name do you give it?
2. What do you feel may be causing your problem?
3. Why did it start when it did?
4. What does your sickness do to your body?
5. Will you get better soon, or will it take a long time?
6. What do you fear about your sickness?
7. What problems has your sickness caused for you personally? For your family?
8. What kind of treatment will work for your sickness? Have you used them?

## **To understand food habits and assist in completing a nutritional assessment:**

9. Can what you eat help cure your sickness? Or make it worse?
10. Do you eat certain foods to keep healthy? To make you strong?
11. Do you avoid certain foods to prevent sickness?
12. Do you balance eating some foods with other foods?
13. Are there foods you will not eat? Why?
14. What kinds of foods have you been eating?
15. Is there anyone else in your family I should talk with?

## **To understand traditional healers:**

16. How would a healer treat your sickness? Are you using that treatment?