



## 3 Tips to Encourage Diversity Awareness

**A**cknowledging and appreciating the existence of differences in attitudes, beliefs, thoughts, and priorities in the health-seeking behaviors of different populations defines diversity awareness. To meet the needs of an increasingly diverse patient population, nurses must expand their awareness of diversity and become more culturally competent.

See reverse for three tips to encourage you >>



**Make a professional commitment to increase your understanding of diversity issues.**

We all possess biases in one form or another. Sometimes we may not recognize that bias within ourselves. Part of diversity awareness is acknowledging and learning more about the wide range of differences and needs among patients, whether ethnic, racial, sexual orientation, religion, language, income level, age, body size, health condition or other characteristic.

**Apply this knowledge in the care of all patients.**

Nurses must address many health care challenges in order to meet the care needs of diverse patients. Some patients may require specific equipment to assist with their care, others may require an understanding of dietary restrictions or modesty customs, and still other patients may need assistance with language barriers.

**Understanding how to interact best with patients.**

By increasing awareness of your own attitudes, perceptions, and feelings about different aspects of diversity, nurses may learn to better understand and assist others with their needs. The ANA Diversity Awareness Project is an excellent online resource for nurses to explore and increase their diversity awareness. The project materials may be accessed at <http://nursingworld.org/DiversityAwareness>.

[www.NursingWorld.org](http://www.NursingWorld.org)