Apply a Multidimensional Approach to Patient Encounters

GROWING IN RESPONSIVE CARE

WHAT? *The Multidimensional Ecosystemic Comparative Approach (MECA) helps providers gain a fuller understanding of culturally diverse patients.*

WHY? *A strong culturally-attuned understanding of a patient establishes trust and communicates care.*

HOW? *The MECA stances and assessment domains help surface information on the patient's actual life context.*

ASSESSMENT DOMAINS

Migration/Acculturation

"If it's okay, would you share how or why you came to live here?"

"Is there anything unfinished in your journey?"

Ecological Context

"What are your biggest concerns about where you stay?"

"What are your biggest concerns about the area in which you live?"

Family Organization

"Who are all the people you support?"

"Are there any stressful relationships for you?"

Family Life Cycle

"How has living here changed your role in the family?"

"Are you comfortable or uncomfortable with your role in the family?"

STANCES

Knowing & Not Knowing

"While I have some general knowledge of _____ (people group), I think everyone is unique. Would you help me understand what is important to you?"

Strengths-Focus

"I believe you would not be here without special sources of strength. What strengths have helped you overcome difficulties in life?"

"Because we want you to have a good life, can we use that special source of strength as part of your care?"

Both / And

"I want to let you know that I believe you are free to be part of a bigger culture and at the same time have personal preferences. I'd like to respect all parts of you."

"What do you want me to know about you?"

REFERENCES: Falicov, C. J. (2015). *Latino families in therapy.* Guilford Publications.