Cultural Humility (HUMBLE) Model

H: Be Humble about the assumptions you make about knowing the world from your patients’ shoes

U: Understand how your own background and culture can impact your care of patients

M: Motivate yourself to learn more about the patient’s background, culture, health beliefs and practices, as well as the unique points of view of their families and communities

B: Begin to incorporate this knowledge into your care

L: Life-long learning

E: Emphasize respect and negotiate treatment plans

Borkan et al., 2008