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Specialist Certification in Health Coaching for Cancer Patients

## Cultural Competency and Diversity in Cancer Care

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Ableism refers to the discrimination or prejudice against people with disabilities, which can be a significant issue in cancer care, as patients with disabilities may face unique challenges in accessing and navigating the healthcare system. Related terms include accessibility and disability, which are critical components of providing culturally competent care to patients with diverse needs. For example, a health coach working with a patient with a physical disability may need to consider barriers to care, such as lack of wheelchair accessibility in treatment facilities.

Accountability is the state of being accountable, or responsible, for one's actions, which is essential in healthcare, particularly in cancer care, where decisions can have life-or-death consequences. Related terms include transparency and ethics, which are critical components of providing high-quality, patient-centered care. For instance, a health coach may need to be accountable for their actions and decisions, and be transparent in their communication with patients and other healthcare providers.

Adaptation refers to the process of adjusting to a new or changing situation, which is a critical component of cultural competency in cancer care. Related terms include flexibility and resilience, which are essential for healthcare providers to be able to adapt to the diverse needs of their patients. For example, a health coach may need to adapt their communication style to meet the needs of patients from diverse cultural backgrounds.

Adherence refers to the degree to which a patient follows a treatment plan or recommendation, which is a critical component of cancer care. Related terms include compliance and concordance, which are essential for ensuring that patients receive high-quality, effective care. For instance, a health coach may need to work with patients to identify barriers to adherence, such as lack of understanding of treatment plans or side effects.

Advocacy is the act of supporting or promoting a particular cause or policy, which is essential in cancer care, particularly for patients from diverse backgrounds who may face unique challenges in accessing and navigating the healthcare system. Related terms include empowerment and social justice, which are critical components of providing culturally competent care. For example, a health coach may need to advocate for patients who are experiencing health disparities or inequities in care.

Anthropology is the study of human beings, including their behavior, culture, and biology, which is essential for understanding the diverse needs of patients in cancer care. Related terms include ethnography and cultural analysis, which are critical components of providing culturally competent care. For instance, a health coach may need to understand the cultural beliefs and practices of patients from diverse backgrounds in order to provide effective, patient-centered care.

Assessment is the process of evaluating or measuring something, such as a patient's needs or health status, which is a critical component of cancer care. Related terms include evaluation and measurement, which are

essential for ensuring that patients receive high-quality, effective care. For example, a health coach may need to conduct a comprehensive assessment of a patient's physical, emotional, and social needs in order to develop an effective care plan.

Bias refers to a prejudice or preconceived opinion, which can be a significant issue in cancer care, particularly when it comes to providing culturally competent care to patients from diverse backgrounds. Related terms include stereotyping and discrimination, which are critical components of understanding and addressing health disparities and inequities in care. For instance, a health coach may need to be aware of their own biases and work to overcome them in order to provide effective, patient-centered care.

Bioethics is the study of the ethical issues arising from the biological and medical sciences, which is essential in cancer care, particularly when it comes to making decisions about treatment and care. Related terms include medical ethics and health law, which are critical components of providing high-quality, patient-centered care. For example, a health coach may need to consider ethical principles, such as autonomy and beneficence, when working with patients to make decisions about their care.

Cancer refers to a group of diseases characterized by the uncontrolled growth and spread of abnormal cells, which is the primary focus of cancer care. Related terms include oncology and neoplasm, which are critical components of understanding the biology and treatment of cancer. For instance, a health coach may need to understand the different types of cancer, including their causes, symptoms, and treatment options, in order to provide effective, patient-centered care.

Care coordination refers to the process of organizing and managing patient care activities, which is a critical component of cancer care. Related terms include case management and care planning, which are essential for ensuring that patients receive high-quality, effective care. For example, a health coach may need to work with patients and other healthcare providers to develop a comprehensive care plan that addresses the patient's physical, emotional, and social needs.

Cultural competency refers to the ability to understand and respond to the cultural needs of patients, which is essential in cancer care, particularly when working with patients from diverse backgrounds. Related terms include cultural humility and cultural sensitivity, which are critical components of providing effective, patient-centered care. For instance, a health coach may need to understand the cultural beliefs and practices of patients from diverse backgrounds in order to provide care that is tailored to their unique needs.

Cultural diversity refers to the presence of different cultures within a given population, which is a critical component of cancer care, particularly in urban areas where patients from diverse backgrounds may be more likely to receive care. Related terms include cultural pluralism and multiculturalism, which are essential for understanding and addressing the diverse needs of patients. For example, a health coach may need to appreciate the cultural diversity of their patient population and work to provide care that is sensitive to the unique needs of each patient.

Disability refers to a physical or mental condition that limits a person's ability to perform certain activities, which can be a significant issue in cancer care, particularly when it comes to providing culturally competent

care to patients with diverse needs. Related terms include impairment and handicap, which are critical components of understanding and addressing the unique challenges faced by patients with disabilities. For instance, a health coach may need to adapt their communication style to meet the needs of patients with disabilities, such as using accessible language or providing accommodations to facilitate care.

Diversity refers to the presence of different groups or individuals within a given population, which is a critical component of cancer care, particularly when it comes to providing culturally competent care to patients from diverse backgrounds. Related terms include inclusion and equity, which are essential for understanding and addressing the unique needs of patients from diverse backgrounds. For example, a health coach may need to value diversity and work to create an inclusive environment that is welcoming and supportive of all patients, regardless of their background or identity.

Education refers to the process of teaching or learning, which is a critical component of cancer care, particularly when it comes to providing patients with the information and skills they need to manage their care. Related terms include health literacy and patient education, which are essential for ensuring that patients have the knowledge and skills they need to make informed decisions about their care. For instance, a health coach may need to assess a patient's educational needs and develop a plan to address any gaps in their knowledge or understanding.

Empathy refers to the ability to understand and share the feelings of another person, which is a critical component of cancer care, particularly when it comes to providing culturally competent care to patients from diverse backgrounds. Related terms include compassion and emotional intelligence, which are essential for building strong relationships with patients and providing care that is tailored to their unique needs. For example, a health coach may need to demonstrate empathy and understanding when working with patients who are experiencing distress or trauma related to their cancer diagnosis.

Empowerment refers to the process of enabling or authorizing someone to take control of their life or situation, which is a critical component of cancer care, particularly when it comes to providing patients with the knowledge and skills they need to manage their care. Related terms include autonomy and self-efficacy, which are essential for ensuring that patients have the confidence and ability to make informed decisions about their care. For instance, a health coach may need to support patients in their efforts to take control of their care, such as by providing them with resources and information to help them make informed decisions.

Equity refers to the principle of fairness and justice, which is a critical component of cancer care, particularly when it comes to providing culturally competent care to patients from diverse backgrounds. Related terms include equality and justice, which are essential for ensuring that patients receive high-quality, effective care, regardless of their background or identity. For example, a health coach may need to strive for equity in their practice, such as by working to address health disparities and inequities in care.

Evidence-based practice refers to the use of current best evidence in making decisions about patient care, which is a critical component of cancer care, particularly when it comes to providing high-quality, effective care. Related terms include research and quality improvement, which are essential for ensuring that patients receive care that is based on the latest scientific evidence and best practices. For instance, a health coach

may need to stay up-to-date with the latest research and guidelines in order to provide care that is evidence-based and effective.

Family-centered care refers to the approach to care that focuses on the needs and experiences of patients and their families, which is a critical component of cancer care, particularly when it comes to providing culturally competent care to patients from diverse backgrounds. Related terms include patient-centered care and person-centered care, which are essential for ensuring that patients receive care that is tailored to their unique needs and preferences. For example, a health coach may need to involve patients and their families in care planning and decision-making, such as by using shared decision-making approaches.

Health coaching refers to the process of working with patients to help them achieve their health goals, which is a critical component of cancer care, particularly when it comes to providing patients with the support and guidance they need to manage their care. Related terms include health education and behavioral change, which are essential for ensuring that patients have the knowledge and skills they need to make informed decisions about their care. For instance, a health coach may need to work with patients to identify their goals and develop a plan to achieve them, such as by using goal-setting and action planning techniques.

Health disparities refer to the differences in health outcomes and access to care that exist between different populations, which is a critical component of cancer care, particularly when it comes to providing culturally competent care to patients from diverse backgrounds. Related terms include health inequities and health inequalities, which are essential for understanding and addressing the unique challenges faced by patients from diverse backgrounds. For example, a health coach may need to be aware of the health disparities that exist in their patient population and work to address them, such as by providing culturally sensitive care and language access services.

Health literacy refers to the degree to which individuals have the capacity to obtain, process, and understand basic health information and services, which is a critical component of cancer care, particularly when it comes to providing patients with the information and skills they need to manage their care. Related terms include health education and patient education, which are essential for ensuring that patients have the knowledge and skills they need to make informed decisions about their care. For instance, a health coach may need to assess a patient's health literacy and develop a plan to address any gaps in their knowledge or understanding.

Health promotion refers to the process of enabling people to increase control over, and to improve, their health, which is a critical component of cancer care, particularly when it comes to providing patients with the support and guidance they need to manage their care. Related terms include health education and disease prevention, which are essential for ensuring that patients have the knowledge and skills they need to make informed decisions about their care. For example, a health coach may need to work with patients to identify their health goals and develop a plan to achieve them, such as by using goal-setting and action planning techniques.

Inclusion refers to the act of making someone or something part of a group or whole, which is a critical component of cancer care, particularly when it comes to providing culturally competent care to patients

from diverse backgrounds. Related terms include diversity and equity, which are essential for ensuring that patients receive high-quality, effective care, regardless of their background or identity. For instance, a health coach may need to strive for inclusion in their practice, such as by working to create an inclusive environment that is welcoming and supportive of all patients.

Interprofessional collaboration refers to the process of working together with other healthcare professionals to provide patient care, which is a critical component of cancer care, particularly when it comes to providing high-quality, effective care. Related terms include teamwork and communication, which are essential for ensuring that patients receive care that is coordinated and effective. For example, a health coach may need to work with other healthcare professionals, such as oncologists and nurses, to develop a comprehensive care plan that addresses the patient's physical, emotional, and social needs.

Language access refers to the ability of patients to receive care in their preferred language, which is a critical component of cancer care, particularly when it comes to providing culturally competent care to patients from diverse backgrounds. Related terms include interpretation and translation, which are essential for ensuring that patients receive care that is tailored to their unique needs and preferences. For instance, a health coach may need to provide language access services, such as interpreters or translated materials, to facilitate care for patients who speak limited English.

LGBTQ+ refers to the community of individuals who identify as lesbian, gay, bisexual, transgender, or queer, which is a critical component of cancer care, particularly when it comes to providing culturally competent care to patients from diverse backgrounds. Related terms include sexual orientation and gender identity, which are essential for understanding and addressing the unique needs of patients from diverse backgrounds. For example, a health coach may need to be aware of the unique challenges faced by LGBTQ+ patients, such as discrimination and stigma, and work to provide care that is sensitive to their needs.

Mindfulness refers to the practice of being present and fully engaged in the current moment, which is a critical component of cancer care, particularly when it comes to providing patients with the support and guidance they need to manage their care. Related terms include meditation and relaxation, which are essential for helping patients manage stress and anxiety related to their cancer diagnosis. For instance, a health coach may need to teach patients mindfulness techniques, such as deep breathing or progressive muscle relaxation, to help them manage their symptoms and improve their overall well-being.

Navigation refers to the process of guiding patients through the healthcare system, which is a critical component of cancer care, particularly when it comes to providing patients with the support and guidance they need to manage their care. Related terms include care coordination and case management, which are essential for ensuring that patients receive high-quality, effective care. For example, a health coach may need to work with patients to identify their needs and develop a plan to address them, such as by using care planning and coordination techniques.

Oncology refers to the branch of medicine that deals with the study, diagnosis, and treatment of cancer, which is a critical component of cancer care, particularly when it comes to providing high-quality, effective care. Related terms include cancer care and hematology, which are essential for understanding and addressing the complex needs of patients with cancer. For instance, a health coach may need to understand

the different types of cancer, including their causes, symptoms, and treatment options, in order to provide effective, patient-centered care.

Palliative care refers to the care that focuses on providing relief from the symptoms, pain, and stress of a serious illness, which is a critical component of cancer care, particularly when it comes to providing patients with the support and guidance they need to manage their care. Related terms include hospice care and end-of-life care, which are essential for ensuring that patients receive care that is tailored to their unique needs and preferences. For example, a health coach may need to work with patients to identify their goals and develop a plan to achieve them, such as by using goal-setting and action planning techniques.

Patient-centered care refers to the approach to care that focuses on the needs and experiences of patients, which is a critical component of cancer care, particularly when it comes to providing culturally competent care to patients from diverse backgrounds. Related terms include family-centered care and person-centered care, which are essential for ensuring that patients receive care that is tailored to their unique needs and preferences. For instance, a health coach may need to involve patients in care planning and decision-making, such as by using shared decision-making approaches.

Patient education refers to the process of teaching patients about their health and healthcare, which is a critical component of cancer care, particularly when it comes to providing patients with the information and skills they need to manage their care. Related terms include health literacy and health education, which are essential for ensuring that patients have the knowledge and skills they need to make informed decisions about their care. For example, a health coach may need to assess a patient's educational needs and develop a plan to address any gaps in their knowledge or understanding.

Quality of life refers to the overall sense of well-being and satisfaction with life, which is a critical component of cancer care, particularly when it comes to providing patients with the support and guidance they need to manage their care. Related terms include well-being and satisfaction, which are essential for ensuring that patients receive care that is tailored to their unique needs and preferences. For instance, a health coach may need to work with patients to identify their goals and develop a plan to achieve them, such as by using goal-setting and action planning techniques.

Racial and ethnic disparities refer to the differences in health outcomes and access to care that exist between different racial and ethnic groups, which is a critical component of cancer care, particularly when it comes to providing culturally competent care to patients from diverse backgrounds. Related terms include health disparities and health inequities, which are essential for understanding and addressing the unique challenges faced by patients from diverse backgrounds. For example, a health coach may need to be aware of the racial and ethnic disparities that exist in their patient population and work to address them, such as by providing culturally sensitive care and language access services.

Resilience refers to the ability to withstand or recover from difficult situations, which is a critical component of cancer care, particularly when it comes to providing patients with the support and guidance they need to manage their care. Related terms include coping and adaptation, which are essential for helping patients manage stress and anxiety related to their cancer diagnosis. For instance, a health coach may need to teach patients resilience techniques, such as problem-solving and cognitive-behavioral therapy, to help them

manage their symptoms and improve their overall well-being.

Self-care refers to the practice of taking care of one's own physical, emotional, and mental health, which is a critical component of cancer care, particularly when it comes to providing patients with the support and guidance they need to manage their care. Related terms include self-management and health promotion, which are essential for ensuring that patients have the knowledge and skills they need to make informed decisions about their care. For example, a health coach may need to encourage patients to engage in self-care activities, such as exercise or meditation, to help them manage their symptoms and improve their overall well-being.

Social determinants of health refer to the social and economic factors that influence health outcomes, which is a critical component of cancer care, particularly when it comes to providing culturally competent care to patients from diverse backgrounds. Related terms include health disparities and health inequities, which are essential for understanding and addressing the unique challenges faced by patients from diverse backgrounds. For instance, a health coach may need to be aware of the social determinants of health that affect their patient population, such as poverty or lack of access to care, and work to address them, such as by providing resources and support to help patients overcome these challenges.

Spirituality refers to the sense of connection to something larger than oneself, which is a critical component of cancer care, particularly when it comes to providing patients with the support and guidance they need to manage their care. Related terms include religion and faith, which are essential for understanding and addressing the unique needs of patients from diverse backgrounds. For example, a health coach may need to respect a patient's spiritual beliefs and practices, such as by providing spiritual support or chaplaincy services, to help them cope with their cancer diagnosis.

Stigma refers to the negative feelings or attitudes that are associated with a particular condition or group, which is a critical component of cancer care, particularly when it comes to providing culturally competent care to patients from diverse backgrounds. Related terms include discrimination and prejudice, which are essential for understanding and addressing the unique challenges faced by patients from diverse backgrounds. For instance, a health coach may need to be aware of the stigma that exists around certain types of cancer, such as lung cancer or HIV-related cancer, and work to address it, such as by providing education and support to help patients overcome these challenges.

Support groups refer to the groups of people who come together to provide emotional support and connection to one another, which is a critical component of cancer care, particularly when it comes to providing patients with the support and guidance they need to manage their care. Related terms include peer support and online support groups, which are essential for ensuring that patients have access to the support and resources they need to cope with their cancer diagnosis. For example, a health coach may need to facilitate support groups or refer patients to online support groups, such as CancerCare or the American Cancer Society, to help them connect with others who are going through similar experiences.

Survivorship refers to the period of time after a cancer diagnosis, during which a patient is living with or beyond cancer, which is a critical component of cancer care, particularly when it comes to providing patients with the support and guidance they need to manage their care. Related terms include cancer

survivorship and post-treatment care, which are essential for ensuring that patients receive care that is tailored to their unique needs and preferences. For instance, a health coach may need to work with patients to identify their goals and develop a plan to achieve them, such as by using goal-setting and action planning techniques.

Transcultural nursing refers to the practice of providing nursing care that is tailored to the unique cultural needs of patients, which is a critical component of cancer care, particularly when it comes to providing culturally competent care to patients from diverse backgrounds. Related terms include cultural competency and cultural sensitivity, which are essential for ensuring that patients receive care that is tailored to their unique needs and preferences. For example, a health coach may need to understand the cultural beliefs and practices of patients from diverse backgrounds in order to provide care that is sensitive to their needs.

Trauma-informed care refers to the approach to care that takes into account the potential trauma that patients may have experienced, which is a critical component of cancer care, particularly when it comes to providing patients with the support and guidance they need to manage their care. Related terms include trauma and adverse childhood experiences, which are essential for understanding and addressing the unique challenges faced by patients who have experienced trauma. For instance, a health coach may need to be aware of the trauma that patients may have experienced and work to provide care that is sensitive to their needs, such as by using trauma-informed practices and avoiding triggers that may exacerbate trauma symptoms.

Underserved populations refer to the groups of people who have limited access to healthcare services, which is a critical component of cancer care, particularly when it comes to providing culturally competent care to patients from diverse backgrounds. Related terms include health disparities and health inequities, which are essential for understanding and addressing the unique challenges faced by patients from diverse backgrounds. For example, a health coach may need to be aware of the underserved populations in their patient population and work to address the barriers to care that they may face, such as by providing culturally sensitive care and language access services.

Wellness refers to the state of being healthy and thriving, which is a critical component of cancer care, particularly when it comes to providing patients with the support and guidance they need to manage their care. Related terms include health promotion and disease prevention, which are essential for ensuring that patients have the knowledge and skills they need to make informed decisions about their care. For instance, a health coach may need to encourage patients to engage in wellness activities, such as exercise or meditation, to help them manage their symptoms and improve their overall well-being.

Whole person care refers to the approach to care that takes into account the physical, emotional, and spiritual needs of patients, which is a critical component of cancer care, particularly when it comes to providing culturally competent care to patients from diverse backgrounds. Related terms include patient-centered care and person-centered care, which are essential for ensuring that patients receive care that is tailored to their unique needs and preferences. For example, a health coach may need to work with patients to identify their needs and develop a plan to address them, such as by using care planning and coordination techniques.