

Examples of MyCCP Learning Activities

Cultural Development Domain

Purpose

- Cultural development refers to the acquisition of skills to better understand members of other cultures in order to achieve the best health outcome.
- It is important to recognise that culture includes, but is not restricted to age, gender, sexual orientation, occupation, socioeconomic status, ethnic origin or migrant experience, religious or spiritual belief and disability.
- It is expected that a Registered Dietitian will:
 - Appreciate and acknowledge New Zealand's culturally diverse population.
 - Demonstrate the ability to communicate with people from different cultural backgrounds.
 - Acknowledge the status of Māori and the Treaty of Waitangi in the New Zealand health sector.
 - Have a working knowledge of the principles of the Treaty of Waitangi.
 - Demonstrate an awareness of ethical and cultural implications of dietetic research.
 - Be able to conduct practice acknowledging one's own limits of cultural safety and respecting other cultures' customs.
 - Acknowledge that a dietitians culture and belief systems influence his or her professional practice.

Examples of Learning Activities

- Active reflection of practice and your ability to effectively support people of other cultures.
- Attending lectures, workshops, courses and applying these to dietetic practice e.g. customs and culture of: Māori, Pasifika, older/younger people, gender, refugees, Asian and marginalised minority groups etc.
- Working with interpreters.
- CALD courses - <http://www.ecald.com/>.
- Connect Communication Cultural Competency - <http://connectcomm.co.nz/workshops/>.
- Treaty of Waitangi' activities and other activities that may support improving cultural Competence and Māori health, may include:
 - Addressing health literacy in your community.
 - Mauri Ora 'Healthcare and the Treaty of Waitangi' online modular course (contact info@mauriora.co.nz).
 - University courses, lectures or workshops.
 - Reading and reflecting on information from a 'Treaty of Waitangi' website or other sources.
- Completing a Tikanga Māori or Te Reo Māori course.
- Voluntary work for a Kohanga Reo/ Marae/ Māori Health/ Social Services.
- Assisting in literacy programmes at the local Kura Kaupapa or bilingual unit.
- Obtaining recipes for Māori (and other cultures) dishes, collecting, preparing, cooking and tasting.
- Learning local waiata/local history and the original names and stories behind them and taking a guided tour of the area.