

A. Understanding the Concepts

CULTURAL COMPETENCE

The ability to interact effectively with people from different cultures.

Key components

Awareness: Recognize how your cultural worldview shapes perceptions.

Attitude: Notice your reactions toward cultural differences.

Knowledge: Understand diverse practices and recognize blind spots.

Skills: Communicate effectively across languages, norms, and thought patterns.

CULTURAL HUMILITY

A lifelong practice of self-reflection, openness, and growth.

Key components

Addressing Power Imbalances: Advocate for equity within systems and institutions.

Interpersonal Sensitivity: Learn effective communication when barriers arise.

Learning from Differences: Use challenges as opportunities for growth.

Openness: Approach differences with empathy, curiosity, and respect.

Other-Oriented Stance: Focus on understanding others rather than centering yourself.

Institutional Accountability: Hold organizations responsible for inequities and exclusion.

B. Developing Cultural Competence & Humility

SELF-REFLECTION QUESTIONS

Which parts of my identity are most visible to me and to others?

Which aspects are privileged or marginalized?

How does my identity shift across different settings (work, school, social)?

What blind spots or biases might I carry?

APPLICATION

- Pause and reflect before interactions.
- Recognize how identity and privilege shape perspectives.
- Approach others with curiosity and openness.

C. Applying Competence and Humility in Practice (Parasiticide Plans)

CULTURAL COMPETENCE IN ACTION

- Understand diverse beliefs around animal parasiticide choices and concerns.
- Recognize parasiticide practices may differ but still reflect care and responsibility.
- Be aware of stereotypes or biases that clients may face (e.g., assumptions based on accent, dress, or race).

CULTURAL HUMILITY IN ACTION

- Listen with empathy and curiosity to questions and concerns regarding parasiticides.
- Recognize personal biases and privilege regarding preceived optimal choices for parasite prevention plans.
- Be open to learning from clients.
- Empower marginalized voices within the team.

D. Why Both Are Needed

Competence without humility equates to knowledge without depth and risks stereotyping.

Humility without competence corresponds to openness without skills and risks miscommunication.

Competence with humility leads to effective allyship, respectful communication, and equitable care.

FIGURE 1

Cultural Competence & Humility

2026 AAHA One Health Guidelines: Emerging Concerns in Canine and Feline Parasitology are available at aaha.org/one-health-parasitology

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