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Communicating the Self Competently in American Culture

Health care professionals play a vital role in providing improved quality health care to patients. They give fundamental administrations that advance wellbeing, forestall maladies, and convey medicinal services to people, families, and networks dependent on the essential social insurance approach. In order to maintain the quality service and exceptional patient care, health care professionals need to understand the value of actual communication and relationship of patient and doctor. Having the right knowledge of the patient disease and patient attitude and assumptions will help a physician in providing quality medical service aimed at the patient's wellbeing.

Sometimes patients provide inappropriate evidence of their illness and ailment from which they are suffering. The evidence or causes the patients to describe some disease is not accurate most of the times. Patients may have a misunderstanding of getting the familiarity of the disease based on their limited knowledge. Patients are not knowledgeable of the detailed information and secondary causes of illness. Most of the information they convey is based on their assumptions or gut feelings. It is not reasonable for the doctor to solely rely on that information.

There could be many reasons, which make a contribution to patient's failure to provide accurate information. Most of the times patients convey fake information unknowingly due to less or no knowledge of what is going on with them. The patient is also unfamiliar with the concept of his disease or ailment and convey half information based on his own knowledge. Half information is also hazardous when it comes to treating diseases. However, there are cases in which a patient lie to the doctor. Studies reveal that lies are pervasive in doctor-patient relationships (John J. Palmieri). Numerous patients have a misconception about the physicians and feel shame or harm in telling their complete medical history. If there is anything evident in their history, they hide it from the doctor and only provide the information, which they find suitable sharing. Some patients also try to test the doctor’s knowledge that if he is able to access the main reason. That is the reason most of the patients do not tell if they ate anything misappropriate which affected them or if they are allergic to something. Many other reasons contribute to deliberate hiding of information; culture is also one of them.

Cultural competence is the most important pillar. Quality patient care is marked with the understanding of cultural differences. The difference in cultures results in the misconceptions of the information. Conceptual clarity is required in effective patient care. The ethnic and racial differences make the physician unable to understand the patient from a culturally diverse background. In addition, the less considered population also fails to convey the real and accurate information about their ailments (*Improving Cultural Competence to Reduce Health Disparities for Priority Populations | Effective Health Care Program*), which makes it unable for the doctor to treat them well.

In addition, complicated communication is a critical challenge in the patient-doctor relationship. Both doctor and patient fabricates, distorts, and withhold information, which is significant for the patient-doctor relationship and is necessary for the effective treatment of disease. The untruth and manipulation of information disturb the patient-doctor relationship. Face to face communication is also challenging and contributes to manipulation and misrepresentations of information. Time constraint is also a factor, which contributes to the miscommunication. Doctor and patients are considered as the partners in medical care. This relationship seeks open communication and exchange of right information. The falsehoods in this relationship add to the deception, and the doctor is unable to take the acute care of the patient.

Hence it is significant for the health care professional to know that the patient can prove them false ort little information because they want to avoid being judged, do not want to be lectured about their careless behaviors and when they are embarrassed, to tell the truth. In addition, a physician must also understand that the cultural and communication barriers can result in a misconception of information that is being conveyed to them; the patient can unknowingly also deliver imperfect information about their disease. Therefore a doctor must understand that they should not rely on the information provided by the patient and must take their interventions and detailed diagnosis of disease.

Without having knowledge of this consideration and factors, a health care professional remains unable to treat the patient effectively and fails to produce a better outcome in the form of improved patient wellbeing. False and ineffective treatment based on incompetent information reduces the physician's ability to provide quality medical care, which is the primary goal. This makes the right knowledge of patient’s disease and medical history, and the knowledge of the fact that patient's provided information is not 100% trustworthy, vital for a physician.

Having knowledge of these facts about lying or misrepresentation of information can guide a health care professional to take the necessary steps needed to diagnose the issue in addition, the doctor must give sheer attention to the communication method and cultural considerations before while diagnosing the patient and before providing any treatment. The physician will no more rely only on the information delivered by the patient, but he will research his own methods to dig deep into the patient circumstances, background and medical history. Besides, health care professionals must practice and rehearse different strategies that can be employed to extract the right information from the patient to support quality medical care to him or her. It is the duty of the physician to base his treatment on the cultural consideration and diverse, distinguished background of the patient to achieve his overall goal of quality patient care.

# Works Cited

John J. Palmieri, MD and Theodore A. Stern, MD. "Lies in the Doctor-Patient Relationship." *Prim Care Companion J Clin Psychiatry* (2009): 163–168. 11(4).

*Improving Cultural Competence to Reduce Health Disparities for Priority Populations | Effective Health Care Program*. https://effectivehealthcare.ahrq.gov/topics/cultural-competence/research-protocol. Accessed 26 Feb. 2019.