**Chapter 2: Medical Pluralism in a Low-Resource Setting - Supporting Materials**

Discussion Questions:

1. How effectively does McGrath's story "The Sesotho Doctors" establish the central tension of this chapter? Justify your answer.
2. What happened to 'M'e Malelang? How can you understand her experience from a critical global health perspective? In other words, is there a structural inequality explanation for her experience or merely a cultural one?
3. When you or someone in your family is sick, what kinds of treatments do you/they seek? What is a healing ritual that is specific to your family?
4. How can cultural relativism help you to understand why people might choose to use Sesotho medicine over antiretroviral medicines (ARVs) to treat HIV?
5. Block shows how people's responses to HIV/AIDS are culturally produced. What ethnographic examples demonstrate this most powerfully?
6. We tend to think of biomedicine as being neutral or without culture. What are some cultural elements of biomedicine as it is practiced in Lesotho? How would you describe biomedical culture in your own society? Give specific examples.
7. How are symptoms of illness viewed among Basotho? What challenges might this pose to treating HIV/AIDS? How do symptoms play into the distinction between *Sesotho* and *Sekhooa* medicines?
8. Describe the relationship between Basotho patients and biomedical doctors? Why do biomedical doctors have authority over their Basotho patients? Do you think the relationship is problematic in any way?
9. In general, discuss the strategies that Basotho patients use in navigating between their different healthcare treatment options. Do you think the persistence of non-biomedical treatment-seeking strategies makes sense in this context? What are some possible drawbacks to this integrated approach?

Activity:

**Kleinman's 8 Questions Activity**

For the Instructor:

In this activity, you can start by explaining that Arthur Kleinman is a medical anthropologist who trains medical students to better serve the needs of all patients. In his theory of explanatory models, Kleinman argues that individuals and groups have vastly different notions of health and disease. He suggests that it is not enough to simply ask "where does it hurt"? We must try to understand from the patient’s perspective the "what", "when", "why", "how" and "what next" questions. To this end, he has created a list of 8 questions that he suggests doctors ask their patients when doing medical assessments, particularly those patients who are not from a culture that privileges biomedical approaches above all else. The goal of these is to better understand patients' own experiences of their illnesses.

For this activity, have students try to come up with their own list of 8 questions in groups. You can share the answers with them and have them report their score, or you can do a Family Fued style of game where each group gets one guess at an answer, and if they pose a questions similar to one of Kleinman's, you can write it under 1-8 on the board and keeping going from group to group until all the spots are filled in. If students get one correct you may let them have another guess if you'd like, or move on to the next group.

Prompt for students:

If you were a doctor and you were going to treat someone from a different culture, what questions would you want to ask them about their illness so you could give them the best care? Be very specific. Come up with your own list of 8 questions and we will compare them to Kleinman's.

**Kleinman's Eight Questions for Cultural Assessment**

1. What do you call your illness? What name does it have?
2. What do you think has caused your problem?
3. Why do you think it started when it did?
4. What do you think your problem does inside your body?
5. How severe is your problem? Will it have a short or long course?
6. What kind of treatment do you think you should receive? What are the most important results you hope to receive from this treatment?
7. What are the chief problems your illness has caused you?
8. What do you fear most about your illness?