

Supplementary Material

Challenges and Strategies for Cross-Cultural Pain Education and Exercises	
Challenges	Strategies
Expand the availability of precise and culturally adapted information about pain	<ul style="list-style-type: none"> • Consider educating different healthcare professionals in primary care about the influence of culture on pain. • Consider developing informative materials about pain respecting all age groups, sex, race/ethnicity, language, educational and social status, religion, and other cultural aspects. • Consider different formats to deliver culturally appropriate pain education (group concepts, stories, metaphors, emails, text message, booklets, videos, mobile App, and board games). • Increase accessibility to remote areas and to minorities. • Consider spreading precise culturally adapted information about pain in different languages in the media. • Consider including participation of persons from the targeted population in the development phase.
Clinicians' behavior in the clinical setting	<ul style="list-style-type: none"> • Listen to the patient with positive and respectful attitudes (e.g. empathy, flexibility, and openness) without judgment. • Take cues about verbal and nonverbal communication patterns of the patient's culture (e.g. pattern of tone of voice, eye contact, use of space, and conversational pace). • In case of cultural error, express regret about the offensive behavior and express a willingness to learn about the patient's cultural needs (a patient or family may be offended by the clinician's words or actions).
Pain Education in a clinical setting	<ul style="list-style-type: none"> • Consider obtaining background information about the patient's culture. • Be aware of the impact that culture has on beliefs, values, practices, preferences, and expectations. • Consider that learning relies on patients' needs and context. • Consider a patient-centered approach, where the patient has a central role in knowledge sharing. • Consider using cultural words and expressions about pain. • Provide materials in the native language (and ensure that participants can identify with or relate to the images and content).
Exercise Program	<ul style="list-style-type: none"> • Develop a mutually agreeable culturally sensitive plan of care. • Investigate prior experiences, beliefs, and misconceptions about movement and exercises, norms, and the readiness to participate. • Discuss if the patient prefers individual or group exercise sessions (private or group sessions with other members of the same community or groups (e.g., same-sex only group). • Consider other places such as churches or public places in the patient's community as options for the exercise program. • Consider cultural connectedness (i.e. family and member of the same community) in group sessions for some cultures. • Discuss the preference for physical activities that are culturally acceptable, popular, and also available to those with limited financial resources (e.g. dancing, walking, jogging). • Consider taking into account in the exercise plan occupation, transportation (biking or walking may be common in some cultural groups), household and care taking, and sports and leisure activities. • Consider adopting a peer-led exercise program.