

N432 Clinical Cultural Report

Maddi Mullvain

Amish

As we all know, central IL has a vast Amish community. Arthur Illinois is known as “The Heart of Illinois Amish Country”. There are also members of the Amish community that live in Arcola, Sullivan, and Tuscola. The Amish descended from Europe to the United States of America to get away from persecution (British Broadcasting Channel, 2009). Just like any religion, there are values that are held dear to their hearts. The Amish believe that putting God and their community ahead of individual needs is essential (British Broadcasting Channel, 2009) In the Amish community, they work together to build each other up and assist in any way possible. Church services are held in the homes or on the property of the individual families in the specific community. Each Sunday the location of their service is held on a different property. When practicing the Amish lifestyle, they practice separation from the modern world and society (British Broadcasting Channel, 2009).

Even though their life centers around work, home, family, and church, their thoughts on modern medicine is that medicine helps, but God alone heals (Ohio’s Amish Country, 2011). Amish do not obtain any health insurance; it is believed to be a “lack of faith in God” (Ohio’s Amish Country, 2011). A local hospital here allows the Amish community to pay cash, and there is a significant discount for doing so. The members of the Amish community come together and help each member with medical bills. Folk medicine use is a method that is used in the Amish community. Before going to seek medical attention, they try all sorts of things to improve their health.

Regarding pregnancy and childbirth in the Amish community is believed to be a blessing, and they will do everything to keep momma and baby healthy. Once a woman becomes pregnant, they do not work as much as they have been before becoming pregnant. It is believed that women in labor decline any pain medication because they want to feel the full experience and bless from God. As a nurse, we can assist the mother in breathing techniques to get them through labor. There are different positions that a mother can get into to help relieve the pain. Amish women tend to remain in their clothing during childbirth. They have special dresses that are to be worn for the delivery. These particular dresses allow the belly to be exposed so that the baby can immediately be placed on the mother's belly after birth for skin to skin. An OB nurse who is unaware of this may not realize the purpose of having the belly exposed. It is essential to ask where they would like the baby after delivery, chest or belly. A postpartum woman in this community consumes shepherd's purse tea for bleeding (Wickwire, 2006). A nurse can make sure to get this mother the proper type of water they need for their tea. It is some simple but appreciated. According to Wickwire (2006), if the mother has young child, then for a month after birth, the mother has a "hired girl" an Amish neighbor who lives there and does all of the household chores including cooking, childcare, canning and quilting.

References

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