

Hispanic and Latino cultures account for 6.3% of the Champaign, Illinois area, which equals about 13,000 people (US Census Bureau, 2021). Most Hispanic/Latino families are Catholic or Protestant. They tend to have larger families. Family is considered the most important thing in their culture. They must favor the needs of the family over the individual, which is a concept known as familismo (Caballero, 2019). Many families see the role of being the caretaker or mother as the most important role of being a woman. Hispanic women having a male healthcare provider perform a pelvic exam may cause significant discomfort.

Communication is essential to ensure that boundaries are not crossed (Caballero, 2019). Families are centered around the male paternal figure, so they may prefer to be directly involved in decision-making. These families are more likely to live in the same household as aunts, uncles, and grandparents. Elder family members can offer additional support and are well respected in these cultures (Caballero, 2019).

Laboratory studies show that Hispanic Americans experience pain more quickly and severely than Caucasian Americans. However, Hispanic Americans are less likely to report their pain or seek medical treatment due to their belief in Stoicism. Stoicism is the belief that one should be resilient to pain and adversity. Hispanic women are 53% less likely to request an epidural during childbirth (Hirsh, 2017). Hispanic women often see their pain as a struggle for them to overcome and equate their pain to the pain suffered by the Virgin Mary (Nurse.com, 2018). Postpartum traditions in Hispanic cultures involve a tradition called cuarentena. This practice involves a forty-day rest period after delivering the baby. Her mother or mother-in-law handles the new mother's needs during the first several days postpartum by cooking or performing chores. This practice dates to biblical times. It is not as prevalently practiced today

(Alcaniz, 2017). Diet for a postpartum includes chicken, burned tortillas, warm milk, and coffee. These food items are warm and protect the new mothers from the cold, associated with sickness and poor health (Caballero, 2019).

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