

N432 Cultural Report  
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## **Filipino Culture**

There is a diverse culture and ethnicity in Champaign, Illinois. The culture that I choose for this report is Filipino Culture. The local prevalence of Filipino in Champaign, Illinois, was hard to determine. However, according to the 2017 American Community Survey run by the U.S. Census Bureau, it was estimated that there is 153,431 Filipino in Illinois (Tesi, 2020).

Filipinos are predominately Roman Catholics. Most people believe in God and often prays and goes to church every Sunday. The book "Maternity and Pediatric Nursing" states the Filipino Americans have a strong religious belief, and it is common for them to pray at the bedside (Ricci et al., 2020). In addition, Filipinos also tend to deal with illness by having faith in God. They tend to use herbal medicine and faith healers, which they believe will help them cope with their illness. (Dela Cruz & Periyakoil, 2021). If they are ill, they usually do herbal medicine or go to faith healers first before seeking medical attention. Filipino women also prefer female providers, especially if they are doing a physical checkup. However, some women are fine with male providers. These factors relate to health care since we should be offering them pastoral services that could help them. Allow them to have a quiet time for prayer in the hospital. Also, be mindful of women's preferences about what they want to have as a provider.

Based on my experience, some Filipino pregnant women usually do not take pain medication, and they usually endure pain silently. It was a common practice before to give birth in their home, especially in rural places. However, home birth is an illegal practice now (Musa, 2019). There are many traditional practices that some Filipino women do during labor. Some places in the Philippines believe that when you put squash leaves on the pregnant women's abdomen, it will help induce labor, and drinking coconut water will make labor faster (Musa, 2019). Based on the information I know and living in the Philippines for many years, fathers are

not usually beside the mother while giving birth. They tend to wait outside of the delivery room. However, here in the U.S., Filipinos also tend to stay in the room. In the postpartum period, Filipino women tightly wrap their abdomen because they believe that it will encourage the retraction of the uterus and prevent bleeding. The family also tends to help with household chores and let the mother rest (Young, 2020). An old tradition that I know for many years is that older women advise women who gave birth not to bathe for about ten days because they believe that baths can affect the temperature of the mother body, and they tend to get sick further.

Filipino families tend to have strong, close, and supportive relationships (Ricci et al., 2020). People usually tend to stay and live with their families until they are not married. The elders are well respected. People tend to talk about their concerns with a trusted family member and friend. They often seek medical advice from a healthcare professional family member (Dela Cruz & Periyakoil, 2021). Grandparents often help their children take care of their grandchildren (Ricci et al., 2020)

It is the norm with Filipino to be respectful to everyone. They use "po" or "opo" as a sign of respect when talking to elders. They tend not to talk to a stranger because most people are shy. They tend to think it is impolite to stare or look directly at people while they talk (Eliopoulos, 2018)

The traditional food diet of Filipino consists of rice, meat, fish, vegetable, and soup (Vickers, 2017). In the Philippines, after the child's birth, mothers eat something light like rice porridge or broth soup. They believe that some vegetables and soup will help promote lactation. People tend to want a balanced meal and lots of varieties of food. This culturally specific diet can impact hospitalization because they may tend not to like the food they are served and not eat at all. Rice is an essential part of their diet, and most hospitals here in the U.S. do not serve it.

When working with Filipino patients, it is good to ask them if they need a translator. Even though people from the Philippines are familiar with English, some Filipinos still have difficulty understanding English. Expect some Filipinos to name their newborn long names. Usually, the first name can be multiple names, the middle name is their mother's maiden name, and the last name will be the father's last name. One intervention when working with Filipino patients is to ask them if they are using herbal remedies. People tend not to include herbal medicine as part of medication. Some Filipinos often use herbal medicine. Herbal medication can interact with other medications.

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