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N432 culture assignment

Native Americans

Native American constitutes 0.1 % of the total population in the Champaign County (United States Census, 2020). Native American culture highlights harmony with nature and respects each other. They believe in autonomy; people must respect the decision of others. They are unwilling to seek help from others, making it hard for non-native Americans to access the family system. Native Americans fear and mistrust people who do not share the same values with them. When providing care to Native Americans, the provider should minimize eye contact; Eye contact is considered a window of the soul, which means people can steal the souls of others when looking at a person directly in their eyes (Ricci et al., 2017).

Native Americans believe in a supreme power, called great spirit, a shaman, and are indigenous people (Hood, 2018). They think pain and illness originate from supernatural forces. They usually prescribe herbs before the ceremony for a sick person and perform rituals. Herbs can interact with pharmacologic treatment. Pregnant women have a special diet and behavior to promote the fetus' wellbeing. They believe that particular food can affect the growing fetus and cause unwanted physical characters. They believe that eating raccoons and pheasants can negatively affect the fetus or cause death. During pregnancy, the biological parents participate in rituals to guarantee a safe delivery: applying for the medicine, daily washing hands, and feet to make delivery easier. Native Americans prefer female nurses, families involved in birth, herbs during labor, squatting positions for birth. Men are not allowed to enter the delivery room. After birth, they perform daily rituals for the child until the age of two. Family is the primary source of health information during pregnancy, birth, and childhood illnesses (Barlow et al., 2019).

Native Americans have nuclear and extended families. This culture values the elderly as teachers, protectors, mentors, sources of wisdom and transmits knowledge to the next generation. Older adults play the role of leaders and are involved in decision-making. They have respect

toward older adults. During the elderly, native Americans live at home with supportive care, respite, or daycare. Women are allowed to speak to strangers and can speak up in public.

Nonverbal communication norms were used in the past. After birth, new parents are restricted from eating red meat for weeks. During hospitalization, indigenous people will miss their eating habits (Hood, 2018).

References

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