

N432 Cultural Report

The total population of Champaign county from 2010-2014 is 204,214. Out of the 204,214 population, Native American's make up 362 out of the 204,214 (USA, n.d.). Many Native American tribes believe in animism. Animism believes that a living spirit resides in living or nonliving things (Dialogue Institute, n.d). For example, animals, rocks, trees, the moon, and the sun all possess an individual spirit. Native Americans are in harmony with nature, their mind, body, and spirit. During pregnancy, Native Americans need to take care of the body, mind, and spirit. Mothers remain positive and calm during childbirth, and they do not allow evil thoughts to run through their minds and avoid arguing. A blessing way is held for the pregnant mother and family to promote positive blessings and no misfortunes (Muza, 2019). During pregnancy and labor, Native Americans might prefer female nursing personnel.

Many Native American tribes believe that pain, suffering, or illness come from supernatural forces or wrongdoings by the individual. Native Americans believe in traditional healers called medicine men or women (Dialogue Institute, n.d.). A medicine man or woman has the natural gift of healing and must use it to help heal individuals. Medicine man or women possesses the power to engage in the supernatural (Dialogue Institute, n.d.). Women may ask for a medicine man or woman during birth. Native Americans want to give birth in the simplest way. Native Americas use herbs and herbal remedies to reduce pain during labor. A tea is made with partridgeberry and consumed weeks before the baby delivers (Muza, 2019). Blue cohosh promotes fast delivery of the baby and the placenta—black cheery and cotton root tea help reduce pain (Muza, 2019). Native Americans prefer the squatting position for birth. A rope or sash belt is hung from above for the mother to hold onto during labor. The sash belt helps with positioning (Muza, 2019).

The typical family structure of the Native American is called the kinship system. The kinship system explains the roles and responsibilities of family members (Killsback, 2019). The kinship system splits up into the immediate family, extended family, and the nuclear family, and family members in any group listed are blood or non-blood-related. The immediate family consists of the mother, father, children, brother, sister, grandmother, and grandfather. The extended family consists of aunts, uncles, nieces, nephews, and cousins. Nuclear family consist of a father, mother, and children, one or more (Killsback, 2019). Children learn from a very young age to show respect and sincerity to elders. The Elderly will typically lead spiritual rituals. Grandparents usually live in the same household and have another parent (Killsback, 2019). The family is involved in the labor and delivery process.

The Native American culture norm is quiet and silent. Please do not take offense to their silence; this is a part of their culture. Native Americans believe that the eyes are the window to the soul, and directly looking into the eyes can steal the soul. Native Americans also think eye contact is rude and demonstrates a lack of disrespect (Hood, 2018). Try to avoid making direct eye contact for too long. Native Americans are uncomfortable when it comes to touch. When needing to examining the patient explain the reason for and ask permission. Native Americans are storytellers. Allow them to speak without any interruptions and use active listening.

Native Americans believe that food is attached to emotional memory. A piece of fruit or vegetable is not just a piece of food; they believe it is an ancestor; it is a part of who they are and what they have been through (Public Broadcasting Service, 2018). Native Americas tend to use fresh ingredients and fresh raw meat with multiple spices. Native Americans believe that processed food lacks nutritional value and the relationship between them and plants and animals. Food can be a small ceremony that is linked to their ancestor (Public Broadcasting Service,

2018). Native American women take special care when it comes to their diet and protecting their babies. Pregnant women will avoid foods that will harm the baby or cause abnormal physical characteristics. Examples of foods that can cause illness or death to the baby are raccoons (Muza, 2019). Native Americans believe eating trout causes birthmarks, and eating black walnuts can give the baby a big nose (Muza, 2019). Native Americans' diet can impact hospitalization because, at the hospital, they may experience food they are not used to eating. Native Americans eat fresh food that is locally grown. They try to stay away from processed food which they might find at the hospital.

The first intervention to use when dealing with a Native American patient is to research and formalize yourself with the different herbs and herbal remedies Native Americans use. There is a lot of herbs and herbal remedies Native Americans use for pain. Herbs and remedies are utilized in the hospital upon Native Americans' request. The second intervention is to remain calm and positive during the birthing experience of a Native American. The mother is trying to stay positive throughout the whole experience and not think about evil thoughts. Help the mother and not cause her more stress. Allow patients to have access to their medicine man or woman during birth. Assist the patient in a squatting position. The third intervention is to educate the Native Americans that food can be brought home into the hospital if it does not meet their dietary requirements.

References

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