

In Danville, Asians are only 1.37% of the population, translating to 428 people, an unknown fraction of them Vietnamese (United States Census Bureau, 2019). In Vietnam proper, about half of the population identifies as Mahayana Buddhist, which came into the country over several hundred years and synchronized with the local indigenous religion (Hickey, 2021). Mahayana Buddhism teaches adherents to follow an "enlightened path" that accepts that suffering is bound to existence (Evason, 2016). Buddhism, Confucianism, and Taoism are intertwined in Vietnam but are considered philosophies to the Vietnamese, not religions (Evason, 2016). Taoism is based on the belief that acceptance of a hierarchy achieve healthy relationships, like the relationship between a father and son (Evason, 2016). Taoism is centralized about the unification and harmony of all things living (Evason, 2016). About 20% of all Vietnamese are Roman Catholic (Evason, 2016). In Vietnam, people do not like to deal with pain but will not always seek treatment right away; many Vietnamese people will resort to Traditional herbal remedies or relieving pain at home due to the cost of treatment or traditions (Chuong et al., 2019). The most common method of treatment for Vietnamese people is self-treatment (Chuong et al., 2019). Vietnamese families are composed of the father as the head of the family; women also work with men but are more important for raising children and dealing with the family's financial matters (Hickey, 2021). Family is at the center of Vietnamese core values and is much closer-knit than western families (Evason, 2016). When Vietnamese people communicate, they rely more on body language and tone of voice than direct verbal cues (Evason, 2016). Vietnamese people often sound blunt to English speakers, as they tend to be more forward and honest (Evason, 2016). Vietnamese people can manage to speak more modestly when refusing an offer; they will often avoid straightforward refusals by proposing they need more thought or may participate at another time (Evason, 2016). It is respectful to avoid eye contact with people of greater authority, such as nurses and doctors (Evason, 2016). Rice and fish sauce are common in every meal (Vietnam Online, 2021). Historically, animal husbandry has not been a significant industry in Vietnam, so they primarily rely on vegetables and seafood, forming the culture's nutritional norms (Vietnam Online, 2021). One consideration for Vietnamese mothers in childbearing may constitute them using traditional medicine or treatments first rather than a modern approach, which can increase the risk

for complications or polypharmacy if not carefully screened (Vietnam Online, 2021). A second consideration involves reluctance to go to the hospital during pregnancy and should be educated when to come directly to the hospital and why it is necessary (Chuong et al., 2019). A third consideration is to use a neutral interpreter when in doubt; even when someone speaks a good amount of English, either party may misinterpret the context of what is stated.

References

- Chuong, N. V., Pho, D. C., Thuy, N. T. T., Nguyen, D. T., Luan, N. T., Minh, L. H., Khai, L. T., Linh, N. T., & Kien, N. T. (2019). Pain incidence, assessment, and management in vietnam: A cross-sectional study of 12,136 respondents. *Journal of Pain Research*, *12*, 769–777. <https://doi.org/10.2147/jpr.s184713>
- Evason, N. (2016). *Vietnamese culture*. Cultural Atlas. <https://culturalatlas.sbs.com.au/vietnamese-culture/vietnamese-culture-religion#vietnamese-culture-religion>
- Hickey, G. C. (2021, August 26). *Vietnam - ethnic groups*. Britannica. <https://www.britannica.com/place/Vietnam/Ethnic-groups#ref52700>
- United States Census Bureau. (2019). *Explore census data*. Census.Gov. <https://data.census.gov/cedsci/table?q=B02001&tid=ACSDT5Y2019.B02001&g=1600000US1718563>
- Vietnam Online. (2021). *Vietnamese food culture: The basics of food, eating behavior, and culture in vietnamese society*. <https://www.vietnamonline.com/overview/food-culture.html>

