

This paper will highlight the Hispanic culture and provide the reader with information on its core values. In addition, special considerations when working alongside Hispanic patients during labor and delivery. Champaign county is composed of 6.3% Hispanic residents (United States Census Bureau, 2019).

Hispanic cultures focus on the Catholic faith (Johnson & Farquharson, 2019). Prayer is a common practice of their faith. They believe that prayer will help to heal those they love (Johnson & Farquharson, 2019). Many homes will have statues of a saint or the Virgin Mary. The view of death is that it occurs "when god is ready," so death is not feared (Johnson & Farquharson, 2019). Another common practice is using healers to treat sore throats, depression, and pain during childbirth (Johnson & Farquharson, 2019). The preference of male providers is related to the belief in male providers being more knowledgeable than their female counterparts (Johnson & Farquharson, 2019). Having an understanding of these components and preferences is essential to understand in practice.

Many Hispanic women believe childbirth pain is a "duty of motherhood" (Gonzalez et al., 2021). Pain is considered natural, and a child is a reward in the end (Gonzalez et al., 2021). The view of epidurals is that they are the last resort (Gonzalez et al., 2021).

Family is an essential part of Hispanic culture. Most families are large, with multiple generations living under the same roof (Johnson & Farquharson, 2019). Respect is a significant component of Hispanic culture, especially for the elderly (Johnson & Farquharson, 2019).

Spanish is the primary language spoken by the Hispanic community. Although translators are available in most healthcare settings, language barriers are still a problem. Many Hispanic patients cannot understand formal Spanish, leading to a risk of miscommunication in terms of

treatment and medication regimen (Zamudio et al., 2017). Hispanic patients may also avoid eye contact, so it is important not to misinterpret this.

Food plays an integral part in the social aspect of Hispanic culture. Gatherings center around large potlucks (Johnson & Farquharson, 2019). Sugary drinks are also one of the primary sources of hydration (Johnson & Farquharson, 2019). Hispanics have higher diabetes, hypertension, and obesity incidences, so a healthy diet and exercise should be integrated into patient education (Johnson & Farquharson, 2019).

When caring for a mother of Hispanic culture, respect the importance of family and their input during delivery. Monitor mother's non-verbal cues as Hispanic women are less likely to report an issue such as severe pain. Assess the patient for proper understanding of treatment and postpartum instructions as language barriers can lead to misinterpretation (Johnson & Farquharson, 2019).

References

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