

**China Culture**

**Adele Moanda**

**Lakeview College of Nursing**

**Professor Bohlen**

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United States Census Bureau (2019) reports that the percentile of Asians living in Champaign County and Vermilion County is 10.9% and 0.9% consecutively. Therefore, learning their beliefs and culture will allow the healthcare team to be tolerant and open during care. It will straighten the bond between the healthcare provider and patient. The constitution of China guarantees freedom of religion to the citizens with five major religions, including Islam, Buddhism, Catholicism, Taoism, and Protestantism (Jiang, 2021). In Chinese culture, expressing negative feelings is considered unhealthy. For example, a Chinese patient would say "I think" instead of saying "I feel" because they do not like expressing their feelings. When caring for Chinese patients, pay attention to nonverbal communication such as nodding. They are very reticent to say no to the doctor or another caregiver. Based on Chinese culture, saying no to the health care provider is considered disrespectful to the person, and it can cause disharmony during the care.

The Chinese generally do not touch people that are strangers to them. They like personal space, avoid eye contact during the care and slightly bow in front of the authority figure to show respect. Chinese female patients prefer to receive care from a female healthcare provider. They are shy, less talkative, or silent. In Chinese culture, only men have the authority to decide about the families. Therefore, many husbands do not like their wives to be seen by male doctors. They prefer the female nurses and doctors to take care of their wives. Women's responsibility was to stay home and take care of the household. People from China have higher pain tolerance and self-control during care. Some of them like to receive acupuncture and massage to help relieve pain. According to Chinese belief, pregnant women cannot hold scissors, use a knife, and go to a grave or funeral, which could cause something wrong to happen to the baby. To avoid

birthmarked on the baby, pregnant women cannot cut nails in the bathroom. They believe that eating bananas can cause miscarriage.

During labor, the Chinese women remain quiet. They use squatting as a preferred position. According to Chinese culture, lying in the back during labor will not give enough energy to the baby to come out. So, women will have a c-section (Ta Park et al., 2019). Nevertheless, the father is usually out of the delivery room, but he is supposed to offer the first bath to the child. After the baby is born, the older female of the family will take the baby and start doing Chinese ceremonies such as talking to the baby about the family myth.

Ta Park et al. (2019) report that the Chinese women who give birth will have a one-month postpartum is called Zuo Yuezhi, which means "doing the month. Functionally, the women remain at home and practice the traditional Chinese diet, activity, and hygiene. It is a period when the new mothers stay warm. They wear long sleeves, pants and stay inside of the house. However, the older woman of the family will take care of the new mothers and their babies. According to the Chinese culture, new mothers require having heat foods that help rid them of cold, including raw ginger soup, herbs, chicken soup, and pigs' feet. It will stimulate breast milk production and red blood cell production. They cannot drink coffee or cold water.

Chinese families are patriarchal ideology where the father is the head of the family, with members expected to care for one another and preserving family pride and dignity (Ricci et al., 2021). Chinese men generally speak louder than women. When a woman talks loudly, she considers having bad manners. Chinese families respect the elderly, and they have wisdom that they share with the young age and educate them about how to save the norm and culture. Rice and flour are two main staples in Chinese cuisine. During hospitalization, the Chinese women missed their diet because they could not procure their desired foods. The women believe that

eating proper foods after birth and drinking herbal tea promotes postpartum health. They also believe that the use of water boiled with ginger facilitates the body's healing after birth. Moreover, the new mothers avoid being in contact with cold, including air conditioning, drink cold beverages, shower, and wash their hair (Saito & Lyndon, 2017). However, the hospital environment is always cold, and it does not help the Chinese new mother respect her beliefs and culture on staying warm.

Functionally, the Chinese culture blocks the bunder or skin to skin between the new mother and the baby after birth because the grandma or elder aunt in the family gets the baby after birth and done ceremony. The resting time postpartum helps the new mother to relax and to rebuild energy. It is a good value when the old adults share their experiences and help the new mothers. When taking care of Chinese women, it will be better to give them space, be patient, give them hot tea after birth. It is better to avoid giving them an ice ship, reaching a female doctor to work on labor, and avoiding a male healthcare provider in the labor room.

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