

N432 Culture Presentation Assignment

Native Americans

Richard kumpi

According to United States Census (2020), native Americans constitute 0.1% of the total population in Champaign County. Native Americans, also called American Indians, have cultural factors that considerably influence their healthcare practices. Therefore, healthcare providers are expected to recognize, respect, and demonstrate sensitivity to Native Americans' values and implications. This approach will help holistic nurses to utilize appropriate techniques to make healthcare more readily accepted (Hood, 2018). Native Americans believe in a supreme power; a great spirit called a shaman. Native Americans think that illness and pain originate from supernatural forces; their culture emphasizes harmony with nature, the endurance of suffering, respect, and non-interference toward others (Barlow et al., 2019).

Native Americans believe in and value autonomy; they are reluctant to seek help from others; they mistrust and fear people with different cultures and values. Eye contact is viewed as disrespectful; it is also considered as looking into the private soul of that person, which means people can steal the souls of others when looking at a person directly in their eyes. Therefore, nurses should minimize eye contact when caring for American Indian clients (Ricci et al., 2017). This viewpoint may hinder nursing interaction with the patients. In addition, healthcare members providing care should move slowly, clearly identify problems and procedures, make commitments regarding situations in which they have control, and use the patient's strength appropriately to develop a feeling of trust and establish professional relationships with the clients (Hood, 2018).

Native Americans tend to maintain their religious customs, ceremonies, and traditions. Pregnant American Indians have a special diet and practice to promote the wellbeing of the fetus. After birth, the new parents are restricted from eating red meat for weeks (Hood, 2018). The use

of herbal medicines during pregnancy is extensive in American Indians, which may cause interactions with pharmacological treatment. Furthermore, when providing care during labor and delivery and postpartum care, American Indians prefer female nurses; men are not welcomed to the delivery room. Clients would prefer herbal medicinal during labor, squatting positions for birth. They like family members to be involved during birth. Family is the primary source of health information during pregnancy, birth, and childhood illnesses because American Indians trust the most in their native people for physical and mental health needs than in non-native American healthcare providers (Barlow et al., 2019).

Being aware of the traditional lifestyle and healthcare beliefs of American Indian patients is crucial in providing culturally sensitive practice. Trust can be established while spending time to build relationships with the patients.

## References

- Barlow, M., Holman, H., Johoson, J., McMichael, M., Sommer, S., Wheless, L., Wilford, K., & Williams, D. (2019). *ATI: RN maternal newborn nursing* (11th ed.). Assessment Technologies Institute, LLC.
- Hood, J. L. (2018). *Leddy & Pepper's: Professional nursing*. (9th ed.). Wolters Kluwer.
- Ricci, S.S., Kyle, T., & Carman, S. (2017). *Maternity and pediatric nursing* (3rd ed.). Wolters Kluwer.
- United States Census. (2020). *Homepage*. <https://www.census.gov/>