

N432 Clinical Cultural Report on the Hispanic Culture

Hispanic culture consists of the Spanish language, religious beliefs, family values, traditions, and cuisines from Mexico, Central and South America, Cuba, and Puerto Rico. In Coles County, Illinois, out of 51,353 Americans, 2.01% are Hispanic Americans (Data USA, 2019). The Hispanic culture is the third most common culture in Coles County, Illinois (Data USA, 2019).

Religion is a vital component of the Hispanic culture (Lindsay et al., 2019). Faith is a core value of their culture, and Hispanics are substantial followers of the Catholic faith (Lindsay et al., 2019). Since faith is essential to Hispanic people, most families especially laboring, Hispanic women put their complete faith in God during childbirth that their infant is healthy and fully developed (Lindsay et al., 2019). Hispanics are faithful believers in God and place extraordinary faith and time in prayer and Catholic masses (Lindsay et al., 2019). Due to Hispanics' strong faith in Catholicism, it is crucial to allow prayer time, provide privacy when changing gowns, and contact the Catholic priest or chaplain upon patient request (Lindsay et al., 2019). Hispanic patients do not have a preference for male or female providers (Lindsay et al., 2019).

Pain and suffering to Hispanics is a necessary part of life, especially in situations such as labor and delivery (Gast et al., 2017). Many Hispanics put their pain and suffering into God's hands and believe that since God suffered, they can experience pain and suffer too (Gast et al., 2017). Hispanic individuals readily report pain and take medications offered by nurses and doctors easily (Gast et al., 2017). There are no particular practices related to labor and delivery. However, in the postpartum period, Hispanic women take some time of silence and reflect on the beautiful gift of their newborn child (Gast et al., 2017).

The Hispanic culture emphasizes the head of the household as the husband or father of the family (Gast et al., 2017). Machismo, or great masculine pride, influences the Hispanic men to rule the family (Gast et al., 2017). Families of Hispanic culture are usually large and, in many cases, have elders living with the family (Gast et al., 2017). Family is another core value of the Hispanic culture. Family is a vital aspect of life in Hispanic culture, and most Hispanic families have close-knit bonds (Hernandez et al., 2020). Due to the core value of family, Hispanic women attempt to bear as many children as possible because each child is a gift (Hernandez et al., 2020). It is vital to allow the husband and a few other family members to be with the pregnant Hispanic woman for the family's comfort can ease any anxiety or fear the mother may feel. The role of the elders is vital as the elders pass on the traditions, beliefs, practices, cuisines, legends, and legacy of the family (Gast et al., 2017). Elders are highly respected and usually live with their children, especially when the elders become too old to care for themselves (Gast et al., 2017).

Communication with Hispanic individuals is difficult at times due to the indirect way Hispanic individuals speak (Gast et al., 2017). Hispanic people do not always answer simply with a yes or no, but sometimes talk in tangents until finally answering the question (Gast et al., 2017). Since most Hispanic individuals speak Spanish, it is crucial to have translators or language devices ready to provide quality care to Hispanic patients (Gast et al., 2017). Most Hispanics speak formally and utilize gestures with their hands or by pointing at an object or person (Gast et al., 2017). However, Hispanic people tend to speak in large groups, leading to loudness and speaking over others (Gast et al., 2017). Hispanic individuals are firm believers in maintaining good eye contact and speaking closely to the individuals with whom Hispanic individuals converse (Gast et al., 2017). In addition, most Hispanics will nod as a sign of respect during conversations, and it does not always signify comprehension (Gast et al., 2017). Nurses

need to confirm that Hispanic patients genuinely understand what occurs in the hospital, especially during labor and delivery. Females can speak to anyone, even strangers (Gast et al., 2017). In recent years, females have had equal standing to their husbands, but the husbands or oldest males still provide for the family and lead the household (Gast et al., 2017).

Lastly, diet and eating well are of the utmost importance to Hispanic people (Lindsay et al., 2019). The Hispanic people eat well with most home-cooked meals, as Hispanics avoid fast food and restaurants when possible (Lindsay et al., 2019). Hispanic women consume herbal teas, remedies, and homemade vegetable soup to speed up the recovery process after the birth of an infant (Lindsay et al., 2019). Fortunately for Hispanic individuals, there are no diet requirements that may impact hospitalization (Lindsay et al., 2019). However, if Hispanic individuals had strict dietary needs, the hospital would try to work around specific dietary needs to the best of the hospital's ability.