N432 Clinical Cultural Report: Amish

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While I was growing up, the Amish culture was and continues to be a part of my everyday life. Some communities contain the Amish culture all around central Illinois. The communities include Arcola, Arthur, Sullivan, and Tuscola. The Amish culture began in Europe as a form of Christianity in the 15th century. It was not until the 17th century that the settlement of the Amish in America occurred. The Amish community within central Illinois consists of approximately 4,000 people (Arcola Chamber of Commerce, 2021). The Amish are very prevalent in today's time due to the increasing population each year.

The Amish have five fundamental beliefs. They believe that baptism should not occur until adult age, separation of church and state is necessary, ex-communication from the church for those who break moral law, living life in accordance with the teachings of Christ, and refusal to bear arms, take oaths, or hold political office (Anderson & Potts, 2020). Within the Amish culture, women are characterized through work, strong bodies, and pain endurance. Many women of the Amish culture who seek medical attention prefer to have another woman as their nurse or provider. However, if it is not possible for this, then the husband must be present for the women to feel that they can be seen.

Amish women hide their pain and suffering. However, they generally have strong support systems during illness. The Amish practices support high birth rates. They consider pregnancy to be a common state rather than a medical condition (Anderson & Potts, 2020). When we are taking care of an Amish patient in the clinical setting, it is important to be excited for them because the Amish culture looks at birth with great joy. The Amish churches vary on the belief of contraceptive use and birth control, but in the majority, it is frowned upon since they believe it would be interfering with God's will. Therapeutic abortions, amniocentesis, and other invasive prenatal diagnostic tests are not acceptable. Birth for this culture can occur with the use of

hospitals and birthing clinics, but most feel more comfortable home-birthing. The father, maternal grandmother, and medical personal are usually the only ones present during the birth. During labor, mothers tend to be quiet and stoic. They also rarely show that they are in pain or ask for medication to ease the pain. The Amish avoid modern medicine when able and lean towards the use of complementary and alternative medicine.

The Amish are also faithful and dedicated to their families. Most of the Amish families are large and live on a farm where they also work. When an Amish man or woman gets sick, it is the responsibility of the immediate family, extended family, and the church to intervene and take care of them. The care may involve support, home visits, monetary gifts, and volunteered labor around the house and on the farm. When hospitalized, Amish visitors are always present. As the men of the family age, they rarely retire in fear of losing their contribution to the family and becoming a burden to others.

Communication within the Amish culture typically stays within the Amish culture. They tend to keep to themselves and have a well-knit community that they rely on for information and guidance. Women have a voice in the community. However, when making big financial decisions, they discuss the information with their husbands and go with what they are told to do (Anderson & Potts, 2020).

Within the Amish culture, it is women's job to prepare the meals for the men. They grow their food, and when it comes to harvest, the young men are the ones to use the machinery. They do not use electricity, so they process all of their food by hand. They do not have any dietary concerns due to the amount of manual labor exerted throughout the day (Scottsdale, 2020). Also, bread is one of the main portions of a meal that is served with every meal.

When interacting and working with people of the Amish culture, it is essential to gain their trust and a good sense of relationship. Also, be respectful of their culture. Take the time to educate yourself and get familiar with their customs. Lastly, what we can do when interacting with the Amish is speak slowly and softly. They tend to learn the best in calm environments.

References

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