

Hispanic Culture

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432 Maternal and Newborn Care

Lakeview College of Nursing

10/13/2021

Regardless of race, Hispanic culture is defined as Mexican, Puertican Rican, South American, Central American, and Cuban origin. Hispanic and Latino are used interchangeably (United States Census Bureau, n.d.). According to the United States Census Bureau, approximately 2.7% of Hispanics or Latinos in Coles County are approximately 6.3% in Champaign County (United States Census Bureau, n.d.). Most Hispanics identify themselves as Roman Catholics. There are five principles of social responsibility for Catholic healthcare. The first one is to promote and defend human dignity, defined as the right to life of every human being and the right to adequate health care (SCL Health, n.d.). The second social responsibility is to care for the poor. The Catholics believe that no one will be turned away from the hospital due to poor and not paying. The third social responsibility is to contribute to the common good. Catholics' healthcare is for anyone and everyone, the entire community (SCL Health, n.d.). The fourth social responsibility is to exercise the responsibility of stewardship. The Catholic healthcare system is concerned with promoting the equity of care and promote the good health of everyone within the community (SCL Health, n.d.). The equity of care meaning is to assure the right of the patients to receive primary care. The fifth and last responsibility is to adhere to the moral teachings of the Church. The Catholics believe in a commitment to the sacredness and the dignity of human life from conception until death. They believe in treating the whole body including mental, physical, and spiritual healing. They believe that spiritual, mental, and physical healing can occur through faith and praying (SCL Health, n.d.).

Hispanics believe that women are in charge of healing. Hispanic mothers will pass down their recipes for home remedies. Whenever a family member gets sick, the family feels as though they are responsible for helping heal them. Doctors might have to take extra time to help the family fully understand the illness, especially if it is a chronic illness. Hispanics believe that when someone gets sick, it is because their body is out of balance. Hispanics believe that pregnancy is sacred and shaped by a hot-cold balance within the body (Maternidad Latina, n.d.).

Hispanics believe that family is the most critical aspect of life, and they usually have a very close relationship with their family. They believe that a person needs to be loyal and committed to their family (EthnoMed, n.d.). They also believe that you must have the children God sends you, which is why Hispanic families are usually significant. Hispanics are patriarchal, and men have more authority than women (EthnoMed, n.d.). Men usually play the role of head of household in a Hispanic family. Hispanic elders are respected and care for by their families (EthnoMed, n.d.).

In a communication in Hispanic culture, Hispanics can be greeted with a firm handshake and eye contact. Whenever Hispanics become acquainted, a soft embrace is usual (Cultural Atlas, n.d.). Hispanics like it when you show personal interest in the person you are greeting. Elders can be greeted by sir (Don) and ma'am (Dona). When a person is meeting someone, it is considered respectful if they use Mr. (Senor) and Ms (Senora) then their last name. Females are allowed to speak to strangers (Cultural Atlas, n.d.).

Hispanic culture is very prideful of their cuisine and likes it when people from other cultures show interest in their food. Lunch is the main meal in Mexico and is eaten in the afternoon. Dinner is usually the smaller meal (Cultural Atlas, n.d.). Mealtimes usually last quite a while because Hispanics like to socialize while they eat. There is no specific meal or food that Hispanic women eat after the birth of a child (Cultural Atlas, n.d.). While in the hospital, Hispanics might take longer to eat their food and might have family there at the bedside during meals and socializing. Food is of extreme importance for Hispanic culture (Cultural Atlas, n.d.).

The first suggestion when there is a patient in the hospital that is part of the Hispanic culture is to express the importance of stating all of the medications they have and are using at the moment, including herbal remedies. The second suggestion would be to allow family members to visit during meal times if possible because of the importance of eating and being around family during meals. The last and final suggestion would be to make sure that if a family

member is sick and the family is there to help with the patient's care, they inform of what is going on. Hispanic women are in charge of the healing and taking care of the sick in the family, and they might need a better understanding of what is going on and the best plan of action for the patient.

All in all, Hispanics make up a small percentage of Coles County as well as Champaign county. Hispanics are more widely known for having Catholic religion. They also believe that the elders and the sick are cared for by the family, especially women. Family is essential in Hispanic culture. They believe that God sends children and the women must birth them. They also believe that men have more authority than women and men are the head of the household. Food is essential in the Hispanic culture, but there is no specific meal before or after giving birth to a child.

Reference

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