

People that identify as Jewish have a population of approximately 14.7 million people. Most of them reside in Israel and the United States (DellaPergola, 2019). Their roots derive from the purpose of Jews being God's chosen people (Jewish Learning Institute, 2021). The idea of Jews being God's chosen people is stated in multiple chapters of the Torah, the Old Testament of the Bible (King James Bible, 2022). The Jewish religion later split into three main sects, Reform, Orthodox, and Conservative Judaism.

Reformists adapt their traditions to the current culture around them. Orthodox strictly practice their customs regardless of their current environment. Conservatives are a mixture of Reform and Orthodox in terms of flexibility and strictness. Conservatives try to preserve traditions (Jewish Virtual Library, 2022).

Jewish people believe that health care providers are emissaries of God's will. God guides providers during the healing process. Sometimes God's plan for an individual is to rest in peace regardless of provider intervention. Suffering and pain occur in humanity as a test from God to see if the tested will continue to follow His laws, morality, customs. Due to the different sects of Judaism, patients within each require different approaches during healing. The nurse should ask a Jewish patient if they observe the Sabbath. The Sabbath occurs on Saturday, and it's the day of rest with no work. Those that do require that provider do not use interventions that are immediately necessary for survival. Reformists will primarily allow any intervention on the Sabbath, while Orthodox and Conservatives will not.

Most Jewish women prefer modesty. For providers, this means covering body parts that are not needed for care and asking women if they prefer a female provider. Most traditional Jewish women in labor and delivery wards want a female provider.

Most Jewish families follow gender norms. The role of women is to be wives and mothers. Nurses should teach newborn education to both parents; however, the instruction should be more

central to the mother due to the expected gender role. Men are responsible for providing. During communication, men tend to speak to providers more than their wives. Male and female Reformists have an equal dynamic. Elders are highly respected and cared for by their offspring. This practice stems from one of the ten commandments; thou shall obey thy mother and father (King James Bible, 2022).

The dietary choices of Jewish people originate from the Torah. The old Testament states that eating pork, shellfish, and insects is taboo. Meat must be ritually slaughtered and stay separate from dairy. Finally, grape products can only be ingested when another Jew produces them. The word for edible food is "kosher."

One important thing to remember is never to generalize and make assumptions. Just because a person is part of a culture does not mean that they are not unique. Ask questions before taking action. Practicing this therapeutic communication establishes rapport and prevents insults. Another thing to remember is to adhere to their tradition when ordering cuisine. Remember that their dietary choices are a direct command from God and should be respected. The final thing to implement is asking Jewish patients if they adhere to the Sabbath. Not knowing this ahead of time can lead to culturally insensitive care. Knowing this can allow a nurse to center care around the belief allowing the tradition and the patient's health to remain intact.

References

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