

The culture discussed in this paper is the African American culture. There are 18.4% African Americans in Champaign, IL. Among the population- household size varies. Several households are single-parent homes, while most African American households have at least two adults in the home. It is not uncommon for African American children to live with aunts, uncles, or grandparents.

The most common religious belief in this culture is Christianity. Most African Americans attend church regularly on Sunday mornings. The majority of the congregation in African churches are women. The child is Christening takes place shortly after birth, similarly to Catholicism.

Male providers are considered okay for female patients. There are no specific negative correlations of feelings found in the comfortability of a female patient with a male provider. African American women generally respect and are comfortable with most providers. Pain and suffering are standard parts of life. The best thing for any patient is to keep things as simple as possible. There are no particular practices with labor, delivery, and postpartum. For black women far more than white women, giving birth can be a death sentence. African American women are three to four times more likely to die during or after delivery than are white women (*America is failing its black mothers*, 2020). According to the World Health Organization, their odds of surviving childbirth are comparable to those of women in countries such as Mexico and Uzbekistan, where significant proportions of the population live in poverty (*America is failing its black mothers* 2020).

One factor that may have made a difference is better access to care, including more frequent prenatal visits. However, Barfield notes that access is just a tiny piece of women's overall health care. She says that more women are going into pregnancy with diabetes, hypertension, and overweight, and these can threaten a pregnancy.

The structure of the family unit in the African American community differs. The role of the elders is to help where they can. However, the attitude might be, "you made this baby; you care for it." The African American culture pretty much aligns with the American culture.

Three tips for a provider are never to assume the family dynamic is what one may be familiar with. Always insist on the mother breastfeeding or at least try it out. The last thing would be to encourage an age-appropriate diet. The nurse should never be judgmental when taking care of African American patients.

- Providers see offering high-quality pregnancy care to minority populations as a way to uphold reproductive and racial justice (Fordham et al., 2018).
- Providers empower patients by letting them know they trust their judgment and believe their patients usually know what is best for them (Fordham et al., 2018).
- Providers practice cultural humility by acknowledging differences between themselves and their patients — such as ethnicity or economic status — and take time to understand what a mother feels is essential to know about their particular cultural background (Fordham et al., 2018).

References

America is failing its black mothers. Harvard Public Health Magazine. (2020, June 10). Retrieved February 22, 2022, from https://www.hsph.harvard.edu/magazine/magazine_article/america-is-failing-its-black-mothers/

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