

N432 Clinical Cultural Report

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The Amish population is one of the fastest-growing cultures in the United States. As of June 2020, the Amish of North America had an estimated population of 350,665, with an approximate increase of 8,765 since 2019 (Rodrigues, 2020). This rise is due to most households averaging seven or more children because they do not believe in birth control. The most common areas where the Amish reside are in Pennsylvania, Ohio, Indiana, Illinois, Wisconsin, New York, Michigan, Missouri, Kentucky, and Iowa. We can see them in neighboring towns such as Arthur and Arcola in Illinois. Most Amish speak Pennsylvania Dutch as their primary language, but they are also fluent in English. The Amish people are religious and center their lives around church, work, and family. They follow the Ordnung, a set of rules designed by the men of the church.

Amish children do not attend school past the 8th grade because they are needed at home to work on the farm and help with chores. Their primary source of transportation is by horse and buggy. They do not drive cars, but sometimes they hire drivers to take them where they need to go. Most do not have electricity, electronic devices, or telephones. Dress attire is very strict in the Amish community. The clothing must be plain, cover their bodies, and the women must wear long dresses and bonnets over their hair.

The Amish believe that God is one entity consisting of the Father, Son, and Holy Spirit. They do not deny that medicine may help with some illnesses, but they believe that God is the only true healer (Strouse, 2022). They also believe that good health and children are both gifts from God. The Amish pay cash for medical expenses because they do not have health insurance. If the family cannot pay, the church, family, and friends will help cover the charges. The men are considered the ruler of the house and are the primary financial providers. The women are responsible for caring for the children, caring for the elderly, doing household chores, preparing meals, mowing the grass, and some sell baked goods.

Most Amish women will give birth at home or with a midwife, but others choose to give birth at hospitals or birthing centers. The Amish are modest people and do not like to show a lot of skin. The women that do give birth at a hospital prefer to be covered. They will usually bring clothing that they have made from home. Pain remedies, such as an epidural, will most likely be denied because they believe in having a natural birth (Strouse, 2022). Amish women will choose to breastfeed their babies over formula feeding. It is more cost-efficient, and it provides some protection from becoming pregnant again too soon. While working with the Amish, it is essential to know the following: Amish value relationships that are face-to-face; The importance of accepting Amish beliefs, values, attitudes, and customs; The Amish are modest and prefer to be covered; There is not a language barrier when speaking to the Amish; Sunday is a day of rest for the Amish; Allow enough physical space between yourself and the Amish patient; Avoid physical touch unless it is for professional care (This is especially important between genders) (Strouse, 2022).

References

Rodrigues, D. (2020). *Amish population profile, 2020*. Young Center for Anabaptist and Pietist Studies, Elizabethtown College. <https://groups.etown.edu/amishstudies/statistics/amish-population-profile-2020/>

Strouse, S. (2022). *The health of the Amish*. Ohio's Amish Country. Retrieved March 7, 2022, from <https://www.ohiosamishcountry.com/articles/the-health-of-the-amish>