

Cultural Report: Chinese

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N432: Maternal Newborn Care

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March 3, 2022

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Chinese culture is one of the oldest and largest cultures in the world. In Illinois, the Chinese population makes up about 5.9 percent (United States Census Bureau, n.d.). Although this is not a significant amount, healthcare will still care for these individuals. The Chinese culture is very respected and cherished. Religion in the Chinese culture is focused on Buddhism and Confucianism (Cannon & Tsang, 2018). Buddhism and Confucianism teach harmony, enlightenment, and respect, the oldest forms of religion. The Chinese culture has many healing beliefs and practices. Traditionally they use Feng shui, which can harmonize a person's energy to a surrounding environment (Cannon & Tsang, 2018). Feng shui is thought to improve one's health and happiness. Coining and cupping is another health belief the Chinese cultural practices. Cupping is used with small bamboo cups placed on the body to suction (Cannon & Tsang, 2018). Cupping will reduce toxins in the body by trained professional healers. Diet is a significant part of their culture. They use different types of seeds, plants, and animal products to help their health (Cannon & Tsang, 2018). Also, when focusing on yin-yang, they each focus on specific diets to maintain a nutritional diet postnatally. Yin focuses on avoiding cold food, and yang focuses on hot protein food for healing (Cannon & Tsang, 2018). The Chinese believe that eating these healthy foods can bring them close to their religion and harmony in their lives.

Family life is crucial and is a significant part of their culture. They focus solely on family and less on themselves. The oldest man in the family has higher authority and decision-making (Cannon & Tsang, 2018). Communication is through Chinese mandarin and is the official language. In Chinese culture, the women follow a tradition for one month derived from the belief of yin & yang (Cannon & Tsang, 2018). Yin and yang are a postnatal tradition of not doing

anything after delivery. Another name for this is "sitting the month," which has been practiced for more than 1000 years (Cannon & Tsang, 2018). By doing this, it helps with childbirth recovery. They have many limits after childbirth to aid in recovery, and that is by avoiding physical activity at work, limiting activity while at home, and they will have their mother-in-law by them for support (Cannon & Tsang, 2018). Due to breastfeeding being very hard on the mother, they will provide supplementary feeding during the month of recovery. Suggestions while caring for a postpartum mother are helping transition to motherhood, suggesting more support from other family members, and requesting a diet pertinent to them (Cannon & Tsang, 2018). Helping the mother transition to motherhood can be helpful in less stress and an easy routine for going home. In this culture, they rely solely on the mother-in-law's support, so making sure she can be present and learn how to care for the mother and newborn. Lastly, after childbirth, have her talk with a dietician to stay in the diet of yin and yang to fulfill her postnatal month tradition.

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