

Culture Report

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Central Illinois is composed of a variety of different races and cultures. One culture that is not seen much but is still relevant in understanding culture in health care is the American Indian and Alaskan Native culture. According to Cencus.gov, about 2% of central Illinois is American Indian and Alaskan Native (United States Census Bureau, N.D).

The American Indian and Native American culture have strong spiritual belief that very within each tribe. The spirituality is based on the community of the tribe, and it is forbidden to share to the outside world. The culture believes in modesty therefore if the patient is a female, it is not expectable to have a male provider. People of this culture believe that pain should not be expressed as pain is a part of their spirituality. For women who are carrying a child or who have just had a child it is important for them to visit their spiritual healers (Walters et al., 2020). The Family dynamic within his culture is having a close-knit family with many generations living together. Elders are highly respected. For the American Indian and Native Alaskan people, the men do most of the talking as they are consider the leaders. It is normal for the people to communicate what they are trying to say through storytelling. the culture uses lots of nonverbal communication such as avoiding eye contact to show respect. As for their diet, they eat only the food that is formed by nature and only what they can hunt gather and harvest within their tribe. There is no evidence of a certain food they must eat after birth, but this can affect how they eat during their hospitalization due to the food not being natural and grown by them.

For American Indian and Native American women that childbearing can cause a lot of pain and problems. Due to their spiritual beliefs of modesty going to the doctor can be challenging for women due to not being able to see a male doctor. They believe in in not expressing pain therefore if the mother is having problems during her pregnancy or labor it is hard for nurse to assess and intervene appropriately. In their culture they also believe they should

see a spiritual healer; some women chose to only see the spiritual healer which can lead to medical problems not being found or diagnosed due to lack of medical experience. When it comes to family decision making is made as a whole, women must have all the family in agreement which can cause issues problems if the mother is experiencing a medical problem and the family isn't wanting it treated properly. Communication with the patient can be difficult for a nurse as well due to the men speaking for the women. Another problem nurses may experience is finding food that the patient will eat during pregnancy to ensure the mom is getting all the nutrients that the baby needs. 50% of the babies that are born in the American Indian and Native American population are born with low birth weights any many of which are them admitted to the NICU (James et al., 2021). When caring for a patient from this culture it is important to not make eye contact. It is also important to provide education on proper prenatal care and proper nutrients. The third thing that is to observant of there nonverbal communication in their body language and when they are telling a story think about how it may relate to the patient and is the patient is trying to tell us as nurses something.

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