The Hispanic population has increased tremendously the past decade. Just here in East Central Illinois the Hispanic population makes up approximately 20,500 people (U.S. Census Bureau, 2020).

The Hispanic culture is rich in tradition and religious foundation. Catholic faith is the main religion for most people of this culture. In many Hispanic homes, one will find religious statues, saints and crucifixes to represent their religious beliefs. In a healthcare setting, many Hispanics, especially the elderly population, prefer seeing a male physician because male doctors are considered more knowledgeable than that of their female counterparts (Lee et al., 2019).

Hispanic patients are generally treated with less analgesics and assigned lower pain ratings compared to other ethnicities (Lee et al., 2019). The role of “machismo” influences the expression and daily experience of pain with the conclusion that strict gender standards and pain that is expressed has an influence by their ethnic identity (Lee et al., 2019). A sunken soft-spot or fontanel can be a sign for dehydration in infants. Hispanics often incorporate this as a sign of illness as will in-corporate rehydration therapies (Sanchez, 2018).

Most Hispanic infants and children live in two-parent homes (Perreira & Allen, 2021). The father holds a position of respect and authority while the mother is the caregiver (Perreira & Allen, 2021). Familism is central in the Hispanic community. Grandparents who are elderly may occasionally reside with the family and traditionally cultivate a culture of respect for one’s elders (Perreira & Allen, 2021). Almost half of Hispanic families eat dinner together every day, and three-quarters eat dinner together at least four days per week (Perreira & Allen, 2021). Focusing on adolescents, there are higher rates of overweight and obesity among Hispanic children and some evidence of poor diet (Perreira & Allen, 2021). Analysis of diet quality demonstrates that Hispanics from any heritage can improve upon their eating habits, with foods consumed being

high in sodium and fatty acids (Siega-Riz et al., 2019). Common foods eaten by this culture that contribute to high sodium levels are quesadillas, tamales, fajitas, and enchiladas. There is no significance of certain foods eaten after the birth of a child. However, consumption of these high sodium and high fatty foods can prolong periods of hospitalization. The cultural value of family is very strong. The family structure between family members includes attachment, identification, and loyalty to one's family (Perreira & Allen, 2021).

Passive communication is a form of verbal communication that is viewed in their culture as the most effective style of communication, which is seen as context rich (Perreira & Allen, 2021). Passive communication in a healthcare setting aims to be non-confrontational so the patient can preserve their personal relationship with the physician. In nonverbal communication, maintaining eye contact can be interpreted as a challenge or intimidation, while relying heavily on body language (Perreira & Allen, 2021). Hispanics are generally polite and formal when interacting with strangers, and with no limitation of females speaking to them.

Implementing these core values in healthcare and during the childbearing experience is crucial. This can be done by including the family in the childbearing process during hospitalization. Also, recognizing that eye contact can be interpreted as intimidation and instead using passive communication techniques would increase the comfort level of patients in the health care setting. For pain management, implications can be made during hospitalization by accepting the patient's wishes of not using forms of pain management if requested by the patient. Communicating with the patient and gathering information about their current dietary routine during hospitalization and incorporating their cultural foods is another implication that can be done in health care. Some suggestions when working with the Hispanic population can include showing interest in their heritage and culture, developing an understanding of their close family

relationship, and never resorting to using children to translate as this puts the parent and children in a difficult reversed power and authority position.

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