N432 Clinical Culture Report

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Korean culture is one of many cultures expressed in Urbana-Champaign, IL. Restaurants, parks, and clubs inspired by Korean culture are home in Champaign County. The University of Illinois also holds the Korean Cultural Center, a registered student organization, and a non-profit organization located at the University of Illinois at Urbana-Champaign (Involved@Illinois, n.d.). The goal of the Korean Culture Center and the University of Illinois at Urbana-Illinois is to raise awareness and appreciation of Korean culture in the community and the United States (Involved@Illinois, n.d.). The 2020 Census reports that the Asian population makes up 11% of the total population in Champaign County (Data et al., 2021).

Religion is a significant part of Korea and Korean culture. The Korean culture includes a variety of religious practices from shamanism, Buddhism, Confucianism, and in more modern days, Christianity, whereas other cultures typically practice a single religion (Yongbok, 2018). Of the religions mentioned above, Buddhism is most prevalent in Korean culture (Yongbok, 2018). *Buddhism* is a highly disciplined and philosophical religion that emphasizes personal salvation through birth and reincarnation (Park, 2020). Because of religion and culture, most Korean people are more comfortable with the same sex as their healthcare providers.

Sanhujori is a form of postpartum care in Korean culture (Kim & Dee, 2019). Sanhujori includes consuming healthy foods, exercising, and warming the body (Kim & Dee, 2019). Patients appear stoic and often try to hide their pain (Leem et al., 2021). Pain medications are not the preferred relief choice, as oriental medicine is the preferred healthcare choice (Leem et al., 2021). Oriental medicines include acupuncture, herbals, cupping, and sauna. Traditionally and culturally, men predominate over women in Korea; therefore, there is more emphasis on illness and treatment of men over women (Leem et al., 2021).

In Korean culture, some people avoid eye contact and gestures (Purnell & Fenkl, 2019). Prolonged silence, valuing emotional self-control, and bowing are comfortable practices in both home and healthcare settings (Purnell & Fenkl, 2019). In Sanhujori practice, women are advised not to take a shower for a week or more postpartum (Li et al., 2022). During the first three weeks after giving birth, also called Saamchilil, it is strictly forbidden for the mother and newborn to leave the house to decrease the risk of infection (Li et al., 2021). For the next couple of months postpartum, new mothers in Korea have large portions of seaweed soup in all meals (Li et al., 2021). Seaweed contains essential nutrients, such as calcium, fiber, and iron, necessary for postpartum women (Li et al., 2021). Seaweed is said to help cleanse the blood, detoxify the body, help the womb contract, and increase breast milk production (Li et al., 2021).

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