N432 Culture Report: Italian Culture

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The origins of Italian culture, which may be traced to the Ancient Roman Empire and beyond, span thousands of years of legacy and traditions (Zimmermann & Gordon, 2022). This culture is rooted in family, the arts, the built environment, music, religion, and cuisine. Getting familiar with Italian culture is crucial because many of our daily pleasures are of Italian origin. Here locally, we have arguably one of the best Italian restaurants, Jockos.

Religion

Roman Catholicism is the primary religion of Italians. Italian religious beliefs have a significant impact on them. They feel that their faith aids them in recovering their health (NursingBird, 2021). As there is the concept that fatal illnesses are a manifestation of God's will, this attribute could operate as a barrier. Their heavy religious belief may lead to refusal to follow a prescribed treatment plan.

Healing beliefs and practices

Regarding the origins of many diseases, Italians have several long-held cultural beliefs. For instance, Italians have a predisposition to believe that the most crucial elements are the winds, pollution, DNA, and psychosomatic relationships (NursingBird, 2021). Some may be hesitant to getting surgery because their organs will be exposed to the air. Pregnancy superstitions are common among Italian women. For instance, a woman may think they must consume food that they can smell or should refrain from particular moves in order to avoid miscarriage (NursingBird, 2021).

Family Life

In Italian culture, the importance of family is essential. Italian culture has high regard for aging family members. The grandparents in the family are devoted to their children and grandbabies. Their care is provided with the understanding that their children will support and help them as they age (Stievano et al., 2021). Italian families typically follow a nuclear structure meaning the family group consists of the parents and children.

Communication

When discussing communication, Italians highly value nonverbal cues like physical contact and hand gestures. Italians typically communicate in a forthright manner. Italians frequently express their feelings honestly and concisely.

Diet

Many people consider Italian food an art form affecting culinary culture worldwide. Italian cuisine emphasizes the importance of wine, cheese, and pasta. Regarding prenatal care, it is commonly communicated that caffeine is ok in moderation; Italian culture also follows this suggestion to "limit" coffee and other caffeine, not necessarily cutting it out completely. A difference lies when suggesting the serving suggestion for eggs. Due to the widespread belief that eggs are high in cholesterol, pregnant Italian women are advised to eat no more than two per week (Stievano et al., 2021).

Overview

From a text in the National Library of medicine, it is learned that expectations of expectant mothers regarding their pregnancies are mistakenly placed in the hands of obstetricians and gynecologists in Italy (Indraccolo et al., 2021). Italians may have cultural notions that successful pregnancies are always directly related to a doctor's abilities. Italians' forthright manner can be used to demand education surrounding their pregnancy care. In Italian culture,

holding a solid faith in God is beneficial during pregnancy because God may give the woman confidence to go through labor and delivery safely.

Nursing Considerations

Nurses should familiarize themselves with the patient's religious practice. For instance, the importance of blessings and prayers for healing remains in Italian culture (Stievano et al., 2021). Knowing the patients' rituals could avoid conflict and promote faster healing. Another nursing consideration is to avoid silence in a hospital room. Italians are passionate and loud in family communication, and silence may make the patient uncomfortable. The last nursing consideration will be to ask the patient (mom) if she prefers to see a woman or a man for her care. Italian women may resist seeing a male physician out of concern for being exposed (NursingBird, 2021).

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