

Arab culture is a diverse and expansive ethnic group encompassing various Middle Eastern and North American countries and regions. Describing the local prevalence of people in Arab culture can be challenging since it requires specific information about a particular location or community, so it is essential to avoid generalizations. Arab people come from countries such as Saudi Arabia, Egypt, Iraq, Lebanon, Morocco, and Syria, to name a few (El-Kebbi et al., 2021). The prevalence of Arab populations dramatically varies depending on the country and specific region within each country. Within each country, there can be differences in the prevalence of Arab populations based on factors such as urban or rural areas, socioeconomic status, and historical migration patterns.

Arab culture has diverse religious beliefs, with Islam being the predominant religion in most Arab countries. It is important to note that not all Arabs are Muslim, but Islam plays a significant role in shaping the religious beliefs and practices of many Arabs (Attum et al., 2023). Muslims are encouraged to utilize spiritual and medical means to maintain and restore health. While prayer and supplication to God are essential to healing, Muslims are encouraged to seek medical treatment from qualified professionals. Islamic ethics and values have a significant impact on healthcare practices. Religious beliefs can influence healthcare practices in Arab culture. For example, individuals may prefer healthcare providers of the same gender due to modesty considerations, and some may seek out healthcare providers who are familiar with Islamic values and provide culturally sensitive care, emphasizing maintaining the dignity of the dying and respecting wishes within the Islamic ethical principles (Attum et al., 2023). Arab culture is diverse, and there are various expressions of religious beliefs within the Arab population. Therefore, healthcare providers must approach each patient individually and respect specific beliefs and needs.

Pain, suffering, and practices related to labor, delivery, and the postpartum period can vary among Arab cultures and countries. Some view pain and suffering as inevitable and a natural part of life, while others may emphasize the importance of endurance and patience in the face of hardships and patience and perseverance during difficult times (Attum et al., 2023). For labor and delivery, Arab cultures emphasize the significance of childbirth and consider it a momentous event. It is common for female relatives or experienced women from the community to be present to provide assistance, guidance, and emotional support. Some Arab women may prefer having a female midwife or provider and using natural remedies to alleviate pain. Reciting Islamic prayers is seeking protection and blessings for the mother and child. The postpartum period is considered critical for the mother's recovery and the baby's well-being. It is common for the mother to rest and receive assistance with household chores and childcare from family members (Attum et al., 2023). Special diets and herbal remedies promote healing and strengthen the mother's health. Additional cultural practices such as "sitting the month" or "lying-in" periods are where the mother rests and avoids certain activities for a specific period.

Arab family structures vary across different Arab countries and communities. Arab families are typically patriarchal, with the father or eldest male holding significant authority and decision-making power. The family is the unit of society and highly values strong family ties and kinship bonds. Respect for elders is a core value in Arab culture. Elders are often considered the pillars of the family; they are well respected for their wisdom, life experience, and guidance. Their opinions and decisions weigh heavily and are in family matters and important decisions. Living with family is common in Arab culture, and multiple generations live under one roof, fostering close relationships and a sense of interdependence (Attum et al., 2023). Living with

family promotes support and care of older family members allowing them to maintain a sense of belonging and community.

The cultural practices and norms vary significantly within Arab countries and among individuals. When speaking, Arabs often express themselves using vivid language, metaphors, and gestures to emphasize their point. Men and women are both allowed to speak to strangers in Arab societies (Attum et al., 2023). While there may be variations in specific social norms across different regions, it is not a general rule that the husbands speak for their wives. Physical touch, such as handshakes, are standard greetings between individuals of the same gender, but wait for an Arab person to initiate physical contact first as personal boundaries can vary. Eye contact is a sign of respect and attentiveness, although prolonged or intense eye contact is inappropriate (Attum et al., 2023). Arabs often use hand gestures while communicating, but it is essential to know that gestures can have different meanings in different contexts.

Food holds significant cultural importance in Arab culture. It is vital in Arab hospitality, social gatherings, and religious practices. After the birth of a child in Arab culture, certain foods and practices support the mother's recovery and nourishment (Attum et al., 2023). One tradition includes eating soup or broth to aid in postpartum healing and provide essential nutrients to promote lactation. Another tradition includes mbaha. Mbaha is a porridge made from roasted grains to produce energy and milk. Regarding hospitalization, Arab patients may have specific dietary preferences or restrictions based on religious or cultural practices. For example, avoiding pork and adhering to halal food according to Islamic dietary laws) (Sosseh et al., 2023). Providing culturally appropriate meals can contribute to patient satisfaction, comfort, and overall well-being, improve patient compliance, and promote better communication and understanding between healthcare providers and Arab patients.

Arab culture has core values, and the impact of the childbearing experience is deeply rooted in tradition, religion, and community (Attum et al., 2023). These values shape the expectations and behaviors of individuals and families throughout pregnancy, childbirth, and postpartum care. By incorporating the values into healthcare practices, healthcare professionals can establish a strong rapport, enhance communication, and ensure a positive and respectful experience for Arab women and their families.

It is worth noting that societal changes and urbanization have influenced the traditional Arab family structure in recent years. Increased education, employment opportunities, and urban lifestyles have led to more nuclear family units and decreased multi-generational households (El-Kebbi et al., 2021).

References

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