

Several cultural and ethnic characteristics influence healthcare. “To serve the needs of a diverse population, the healthcare system must take measures to improve cultural competence, as well as racial and ethnic diversity” (Nair & Adetayo, 2019). At the center of the Hispanic culture is family. Within the Hispanic culture, they value durable relationships with friends and family. Alongside the feeling of having a strong family bond, within the Hispanic culture, they also value the sense of religion. Overall, this culture relies on the roots their ancestors instilled in them over the years.

The primary religion of the Hispanic culture is primarily Catholicism. “Catholicism is a branch of Christianity that focuses on the sacraments, the Virgin Mary and the saints, and the papacy. Many Hispanic people follow Catholic traditions like weekly Mass on Sundays. This can include practices such as Confession and Communion” (Study.com, 2022). When it comes to healthcare, the Hispanic culture faces numerous challenges. One of the rising challenges that the Hispanic culture faces is dealing with a language and culture barrier. “Regarding navigating the health care system, 44% say that more communication problems from language or cultural differences are a significant reason Hispanic people have generally worse health outcomes than other adults in the U.S.” (Nadeem, 2022).

In the United States, Hispanic Americans are the top fastest-growing ethnic group. Hispanic Americans tend to be more sensitive to pain than most other cultures. It is also clear that people of the Hispanic culture report fewer pain

conditions, such as back pain and arthritis, on any surveys or questionnaires at doctor's offices (Nadeem, 2022). It is thought that people of the Hispanic culture are more reluctant to report pain to a physician due to the strong cultural background that they have instilled within them. The delivery, labor, and postpartum process can differ for all women and cultures. As for Hispanic women, changes in the process usually occur within the labor and postpartum phase. "During labor and postpartum, some Hispanic women are taught to prevent cold air from coming into the uterus as it can cause the uterus to "rise." As such, some Hispanic women will pull their legs together immediately after birth" (Nair & Adetayo, 2019).

It is expected that for most Hispanic families, the father of the family is the head of the family. The mother is typically the one who is responsible for the home and the belongings. Others who reside within the house, who are part of the family, have a moral responsibility to help the other members of the family who might be experiencing financial problems, unemployment, poor health conditions, and any other life problems. "Hispanic families tend to have a patriarchal structure. Religion plays an important role in Hispanic life. Respect for elders and authority figures are emphasized. Mealtime and enjoying the family's traditional dishes together is very important. Written and oral literature has a rich tradition in the Hispanic culture" (Nadeem, 2022).

As for communication, when it comes to the Hispanic culture, they rarely give direct refusals or bluntly deliver sensitive information. In the American culture, this way of delivery of a message is highly inappropriate. Instead, when delivering this kind of sensitive message to others, a person of Hispanic culture "tends to take a

long-winded, roundabout approach to convey their messages sensitively and tactfully to avoid conflict or confrontation” (Nair & Adetayo, 2019). For example, they might say they will “see what they can do” instead of saying “no.” These are examples of the style of verbal communication that the Hispanic culture displays. “As for non-verbal communication, many Hispanics open various displays of affection between couples. As for personal space, Hispanics typically stand quite close to each other while talking. Maintaining too great a distance from another person can be seen as unfriendly or standoffish. It is also crucial to have direct eye contact because it has expected and appreciated” (Nadeem, 2022).

After birth, in the Hispanic culture, the first 40 days after having a baby is a time for new moms to rest and recover and focus on breastfeeding. While the mother focuses on these critical things, the rest of the women in their communities will provide housekeeping and meals for their families. “The traditional belief of the Hispanic culture is to avoid cold showers, drink hot soups, abstain from sex, and bind the abdomen with a postpartum fajita, though many of these practices have faded over time in modern cultures” (Nadeem, 2022). A culturally specific diet can highly impact a person’s hospitalization. Depending on the type of diet consumed, a person’s overall nutrition can be highly compromised. It is well-known that most people connect to their cultural or ethnic group through food. Food is almost like a second love language to some cultures. Food can often be used as a way of retaining a cultural identity. It is usual for people of different cultures to eat different foods. The designated area where families live and where their ancestry originated from highly influences food likes and dislikes.

The Hispanic culture holds many core values, and the impact of the childbearing experience for them is derived from family, religion, respect, community, and their founding ancestors. Family is the absolute most crucial value within the Hispanic culture. The sense of family in the Hispanic culture influences the perception and behavior of its members regarding how they see the outside world. All of these core values ensure for the women of this culture that during the monumental times of pregnancy, childbirth, and postpartum, they have the support and help needed to take care of not only themselves but also their families.

Some tips to use when having Hispanic patients within the healthcare settings is to provide thorough information and communication and use the teach-back method to ensure that the patient receives the correct information. Providing thorough information for these patients ensures that they know everything there is to know about anything they might need help with. It is also highly encouraged for patients to ask many questions. It is best to use the teach-back method to ensure that patients are also getting the complete information and that they understand completely. It is also vital to utilize an interpreter for a client who does not speak English or is not fluent in English. Remember, when talking to patients who are not predominantly English speaking, do not use a relative to interpret because things may need to be translated correctly.

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