

N431 Culture Paper  
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"Hispanic" refers to persons who are either directly or indirectly descended from a country with a significant Spanish-speaking population, primarily from Spain or a nation in Latin America—traditionally shared by people in Hispanic territories. Hispanic culture is a collection of practices, beliefs, and aesthetics in music, literature, fashion, architecture, food, and other arts. However, it can vary significantly from one nation or territory to another.

Religion plays a vital role in Hispanic and Latin American culture. The primary religion of Hispanic culture is Catholicism. Catholicism came to the United States through Spaniards long before the 13 colonies existed. Roman Catholicism is the most common religion and is highly embedded in culture. Over 80% of people are thought to identify as Catholics. Many Mexicans regard Catholicism as a component of their identity passed down via families and the country as a cultural heritage. In the 16th century, Spanish colonists brought Roman Catholicism to Mexico. The 'Holy Trinity' belief, according to which God is the Father, the Son, and the Holy Spirit, is taught by this faith. Today, Mexico's culture and civilization are equated with Catholicism. It permeates every aspect of public life and is apparent in the language.

The Catholic view of healthcare is based on the fundamental scriptural insight that Jesus' healing mission affected people at the core of their being and that he wanted their physical, mental, and spiritual healing. Catholic hospitals make extraordinary efforts to bring healing and care to all their patients (White, 2022). Roman Catholic believes that human life must be respected and protected from the moment of conception. Pregnancy is viewed as a regular life event, not a sickness, and pregnant women frequently bring family members to female appointments. Pregnancy is mainly a female issue.

Mexican Traditional Medicine is part of Hispanic cultural methods of healing and beliefs. It is a holistic approach that strongly emphasizes the balance between one's physical, emotional, and mental health as playing an essential role in overall health. The herbalist, also known as a herbolaria, is often the most frequent medical intervention in Mexican Traditional Medicine. They use a variety of herbal remedies to treat practically all diseases. People regularly try natural remedies in Latino cultures, but it's time to see a doctor when they don't have the desired effect. For stomachaches, mint tea, chamomile tea, or Juanilama tea are Latino patients' most popular natural remedies and therapies. Natural laxatives, such as oil and orange juice. For coughs, drink oregano tea. For ear pain, use rue. For high blood pressure, drink cold water with lemon.

The traditional midwives who assist with birthing are known as parteras. To help the woman through her pregnancy, labor, and delivery, the partera also employs massages, herbal remedies, and other therapies. To ensure that the pregnancy usually develops, there are several traditional prescriptions. Therazcal baths or vapor baths are one of them. Periodically, one of these baths might be used on a pregnant woman. They resemble those used in saunas to adequately cleanse oneself and eliminate "toxic products" through sweating. Another essential precaution may be to have a massage. The woman has a massage, but her abdomen is also manipulated. This is thought to help the baby prepare for the delivery and assume an appropriate position. Refrain from reassuring this practice as it could lead to problems during delivery.

Most Hispanic cultures place a high value on family. Hispanics are generally expected to be devoted to and loyal to their families by putting the family's needs before their own.

Hispanics typically have close connections with their extended family members throughout all generations. Inside a standard structure family, men hold greater power than women in Mexico's highly patriarchal culture. By region and social status, gender roles and dynamics differ. However, a male head of the house who is the family's primary breadwinner and decision-maker is present in about 70% of all Hispanic households. Typically, the father is the eldest male present. Mothers may also report to their adult sons in some traditional homes. The few women who lead houses in Mexican culture typically do so because they are widowed, separated, or unmarried.

The Hispanic culture's communication is often indirect and relies on non-verbal cues, such as body language and tone of voice. Females in the Hispanic culture generally address each other with formality and respect. In verbal communication norms, Hispanics are usually indirect communicators. Rarely do they present sensitive information bluntly or make direct rejections. This is viewed as rude. Instead, they frequently use convoluted, sideways methods to deliver their messages delicately and tastefully to avoid friction or confrontation. Hispanics can be hesitant to give direct refusals. Hispanics are sometimes cautious about expressing outright rejections. This could imply that to avoid coming off as unpleasant; they agree to do something they do not want to or are unable to do. Spanish has a variety of expression styles that convey differing degrees of formality and politeness. The formal version of "you," sometimes known as "usted," is the courteous way to address someone. To show respect, utilize this when speaking to somebody who holds a higher position. In non-verbal communication norms, there is physical contact, personal space, eye contact, body language, and nodding. Many Hispanics are often very tactile persons who enjoy physical contact. Couples frequently engage in public shows of

affection, which is allowed. Friends may touch your arm, elbow, or leg to emphasize their views during chats, put an arm across your shoulder to demonstrate support or hug both of your shoulders to express their sincere gratitude. When speaking, Hispanics frequently stand close to one another. Direct eye contact is expected and welcomed; maintaining a vast distance from another person might be interpreted as unpleasant. Hispanics often make hand and arm movements throughout the conversation, and some listeners may nod out of respect. It does not necessarily mean that you agree with what was said. Females are allowed to speak to strangers.

Food has historically served a significant symbolic role in Hispanic culture. It strengthens connections to their origins, cultural history, and identity. Eating with family is revered in the Hispanic culture, so food unites families. As a result, food creates a sense of community by emphasizing the value of family. During pregnancy, it is said that a pregnant woman is in a "hot state." Based on the aboriginal beliefs about the harmony of states and humors, forms are categorized as hot or cold. Hot foods must make up the women's diet. This has less to do with the food's actual temperature than its inborn qualities as determined by a dated, conventional classification. After birth, the mother consumes lots of soups, chicken, and herbal teas to promote emptying the uterus.

Pregnancy is viewed as a regular life event, not a sickness, according to the core values of healthcare as it relates to childbearing. For this reason, women in the Hispanic culture frequently seek prenatal care later than other women. Pregnant women often bring family members to appointments, including their mothers, sisters, aunts, cousins, and grandmothers.

Pregnancy is primarily a female issue. Many pregnant Hispanic women fear epidurals and anesthesia because they perceive them as potentially fatal.

Interventions when working with patients of Hispanic culture can support the patient cultural beliefs by showing an interest in your patient's heritage and culture. Understand the critical role families play in most Hispanic communities. Develop a care plan and understanding that respects the patient's Hispanic beliefs.

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