

N432 Culture Report

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China is the largest country in Asia (Hucker et al. 2024). This country is one of the top countries that is the most populated (Hucker et al., 2024). China is a highly diverse country and big areas in China are either deserted or very populated (Hucker et al., 2024). In Champaign County the Asian population is about 15.9% according to Illinois Demographics (*Is Champaign the best Illinois city for your business, 2024*).

The Chinese are ruled by a Communist party and their belief is atheism (Zimmermann, 2022). But there are 5 different religions that are recognized in China, these include: Islam, Taoism, Buddhism, Catholicism, and Protestantism (Zimmermann, 2022). The religion of Christianity in China has rules that they have to follow that is made by the Government (*10 things to know about China's policies on religion, 2023*). "Official churches," are the only place that Christians in China are allowed to worship because they are registered through the government (*10 things to know about China's policies on religion, 2023*). Buddhism is the least restricted and most widespread religion in China (*10 things to know about the China's policies on religion, 2023*). The leader of China worships Han Buddhists, this is because there are traditional Chinese practices and beliefs (*10 things to know about the China's policies on religion, 2023*). The Chinese culture believes in yin and yang (*Traditional Chinese medicine, 2024*). Yin and Yang belief includes different energies, so if someone is out of balance with their energy it will affect their health (*Traditional Chinese medicine, 2024*). Many providers in China believe in the qi, which is another force or energy (*Traditional Chinese medicine, 2024*). The belief is if the qi is out of balance or is stopped somehow, it will cause illness in the individual (*Traditional Chinese medicine, 2024*). Traditional Chinese medicine is supposed to start up the body's own healing process. Some therapies of traditional Chinese medicine are herbal medications, acupuncture, moxibustion, exercise, and a massage (*Traditional Chinese medicine,*

2024). Chinese medicine relates to the main Chinese religion Buddhism because Buddhist are firm believers in energy (Salguero, 2023). An important factor to know as a nurse caring for an individual of Chinese culture/religion is that you must ask permission to touch the patient. The nurse will need to communicate to the patient why they are touching them and explain step by step what tasks they are doing (*Chinese Americans*, 2019).

In the Chinese culture many individuals will not go and seek out medical help if they are in pain (“Chronic pain in Asia: we don’t have to endure,” 2023). They believe that chronic pain is a part of life that is just expected and normal and every individual should go through it (“Chronic pain in Asia: we don’t have to endure,” 2023). Chinese women who are pregnant during the early stages rely on others to help through the pregnancy (Lee, 2023). It is believed that a woman being pregnant and giving birth causes an imbalance in the hot and cold energy (Lee, 2023). There are dietary and behaviors that a pregnant woman should follow because of the imbalance of energy, to help keep her and the baby healthy throughout the pregnancy (Lee, 2023). This includes not consuming lamb because it could cause the baby to have epilepsy, consuming special soups, and not consuming pineapple because it could cause a miscarriage (Lee, 2023). During the childbirth the mother or even the mother-in-law will attend the birth and not the father of the baby (Lee, 2023). After the mother has given birth, the baby is usually taken from the mother for the first 24 hours, this to help the mother who is postpartum rest (Lee, 2023). The mother might also isolate herself after the birth. This is where the mother will rest and take limited showers, while consuming foods that are classified as hot (Lee, 2023). If the mother is giving birth at the hospital, they will share a room with another mother who is giving birth (Lee, 2023). After the mother gives birth, her family will be the ones to take care of her. For example, the family will change the bedding, change and clean the baby, and bring in food (Lee, 2023).

In the Chinese culture family is a very valuable aspect. Within the Chinese culture the hierarchy is very important and respected. It is very common to have a generational household (*China, 2024*). The most valued morals within this culture is loyalty and filial piety, which means respect for elders (*China, 2024*).

When it comes to communication, having indirect communication is common. Chinese culture expects an individual to understand what they are trying to say by indirect communication (Zhang, 2019). Telling others “No” in this culture can be embarrassing and a sign of disrespect (*China, 2024*). The Chinese culture listens to individuals voices and the way someone says something. They also pay attention to facial expressions (Zhang, 2019).

There is a postpartum diet program within the Chinese culture that is very traditional, and it is known as Zuo Yuezi (*Chinese Postpartum Meals: What to Eat and Why, 2023*). During this program that last twenty-six to forty days, postpartum mothers will receive massages, consume herbal remedies, and consume nutrition to help their bodies and mind heal (*Chinese Postpartum Meals: What to Eat and Why, 2023*). Some of the food that the mothers will consume are all sorts of different types of vegetables, soups, and ginger rice (*Chinese Postpartum Meals: What to Eat and Why, 2023*). This meal program offers foods that are super rich in nutrition, can be easily digested, and increase the mother’s energy and helps improve lactation (*Chinese Postpartum Meals: What to Eat and Why, 2023*). Some foods that postpartum mothers avoid and could cause potentially complications during postpartum are raw foods because it can cause congestion, salty foods because it could cause edema, and spicy foods because it could cause constipation and make the mothers energy and blood weaker (*Chinese Postpartum Meals: What to Eat and Why, 2023*).

Many Chinese people want their child to be born on a certain day or in a certain year for good luck (*A guide to pregnancy and giving birth in China*, 2023). Some individuals may want a C-section to make sure the baby is born on a certain day or year (*A guide to pregnancy and giving birth in China*, 2023). Once the mother has gave birth to the baby the Chinese culture refers to the first month *zuo yuezi*, known as the sitting month (*A guide to pregnancy and giving birth in China*, 2023). During this time the mother will not see family and friends and will usually have a nurse come live with them and take care of them (*A guide to pregnancy and giving birth in China*, 2023). It is widely accepted in China to breastfeed in public and the Chinese government has been encouraging mothers to breastfeed their child (*A guide to pregnancy and giving birth in China*, 2023).

There are several different suggestions I would give to fellow nurses about taking care of patients of this culture. I would inform the nurse that they need to ask the patient for permission to touch them before they do anything. I would also suggest to them that they need to tell the patient step by step every task that they are doing. Another suggestion that I would suggest to the nurse is that this culture communicates with indirect communication. The nurse needs to be aware and to not be offend or offend the patient when the patient doesn't speak to them directly. The nurse needs to realize that a patient of this culture will use body language to speak. The final suggestion I would make to the fellow nurse is that respect the patient's beliefs and practices. Most individuals of Chinese culture believe in the yin and yang energy. The nurse needs to respect the patient's values and wants and set aside biases.

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