

## **Cultural Report**

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European culture dates to ancient Greece and Rome (Poulsen et al., 2024). Their outlook on their culture stems from that era and flourished in the following centuries. European culture focuses heavily on literature works, art, historical documents, and music (Poulsen et al., 2024). Their lifestyle and work culture focus more on people's happiness. They work fewer hours than in other cultures, but their happiness rate is higher than in different cultures (Poulsen et al., 2024). They focus primarily on what makes them happier and find longer breaks during the workday, often achieving that. They usually take 2–3-hour lunch breaks during their workday. In European culture, Mediterranean cuisine is famous. Fresh vegetables, fruits, potatoes, sheep, and nuts are some of the many ingredients used in this cuisine ("A Guide to European Food Culture," n.d.). They believe fresh ingredients are helpful because they contain antioxidants ("A Guide to European Food Culture," n.d.). European culture emphasizes food when celebrating certain holidays and prepares traditional ancestral cuisine such as schnitzel, stollen, cabbage, soda bread, and corned beef ("European American," 2024). This could directly impact hospitalization because many hospitals in America do not offer certain specific dishes that relate to this culture.

The population in Terre Haute, Indiana, is just under 60,000 ("American Community Survey 5-year estimate- Terre Haute, IN," 2022). A small percentage of the population was born in a different country, which is 3.9%. Of that 3.9% of the foreign-born population, 16% are from Europe ("American Community Survey 5-year estimate- Terre Haute, IN," 2022).

In European culture, there are many religions that one can follow. Three major religions are Roman Catholicism, Judaism, Orthodoxy, and Christianity ("Religions of Europe," n.d.). Most of their religions believe in hell, heaven, fate, and miracles ("Religions of Europe," n.d.). Regarding healthcare, these religions are modernized in their thought of who they will allow to provide them healthcare. A man or woman is welcome to care for these patients without

jeopardizing a breach of this culture's values (“Religions of Europe,” n.d.). A male provider is acceptable to provide care related to health for females for this group of people (“Religions of Europe,” n.d.). It is strongly believed that no one should be denied access to healthcare or suffer pain in European culture, no matter what the patient’s economic status or beliefs should be (Orzechowski et al., 2020). There are laws in place to protect people who might be discriminated against for the color of their skin, age, gender, or even the amount of money they make in a year (Orzechowski et al., 2020). The typical household structure in European countries is an average of 2.2 members per household (“Household composition statistic,” 2023). On average, most couples have one child (“Household composition statistic,” 2023). They tend to have a more egalitarian approach regarding family hierarchy (Bergonzoli, 2023). The elders are respected, much like in America. Regarding who cares for the elderly, it is up to the elder’s child (Cohen et al., 2023). The type of relationship a parent and child has depends on whether the elder will live with them or be placed in a nursing home or assisted living (Cohen et al., 2023).

Communication in European culture is different from that in American culture. Europeans have a more indirect and formal approach regarding their communication style (Bergonzoli, 2023). They may have different non-verbal communication styles. A chin flick is a form of non-verbal communication, telling someone no, but as an insult (“European hand gestures; body language: Culture crash course,” n.d.). A nose tap in European culture means something is top secret (“European hand gestures; body language: Culture crash course,” n.d.). European culture continues moving forward, with women moving out of subordinate roles (“Women’s rights and gender equality,” 2024). Women are allowed to speak for themselves but might meet resistance in some areas of European culture (“Women’s Rights and gender equality,” 2024).

Many countries are included in the European countries. There are many customs and traditions involved in bringing life into this world. When a baby is born in Germany, a tree is planted to honor that life that will continue to grow with the child (“How to greet babies in Europe- baby customs and traditions around birth,” 2019). In Bavaria, a rag or can is placed or hung in front of the house, signifying the birth and the gender of the baby. (“How to greet babies in Europe- baby customs and traditions around birth,” 2019). In Russia, it is tradition for the child's father to give a small amount of money to the nurses who gave or handed him his child for the first time (“How to greet babies in Europe- baby customs and traditions around birth,” 2019). Many European countries have a tradition of eating certain foods after a child is born. In France, it is customary for the child’s parents to give the baby five sugar almonds, representing a long life, health, fertility, and prosperity (“How to greet babies in Europe- baby customs and traditions around birth,” 2019). In the Netherlands, the parents are given rusks sprinkled with aniseed, which is the color of the child’s gender (“How to greet babies in Europe- baby customs and traditions around birth,” 2019). If the mother or family of the newborn cannot gift or perform their traditions, it may negatively impact the happiness the family is supposed to feel. They may feel like failures if they are unable to adhere to their core values.

Even though European culture is like American culture, there are tips and suggestions to consider when taking patients with traditions and beliefs different from yours as a nurse. One tip that a nurse can remember is that some patients will bring in certain foods after a baby's birth. Like France, the parents will bring almonds to celebrate the baby’s birth (“How to greet babies in Europe- baby customs and traditions around birth,” 2019). Please do not stop the patient from performing these traditions unless they hinder the ability to care for the patient safely. Another tip to remember is that European culture has many traditions and beliefs in each of the 44

countries that make up Europe. Each culture has its own rules for personal space in each culture. For example, out of all European cultures, the Romanians like more personal space when dealing with strangers (McManus, 2022). They want at least four feet apart when conversing with strangers (McManus, 2022). On the contrary, they want to be closer to their loved ones compared to other cultures, 1.5 feet apart to be exact, when they are interacting with their loved ones (McManus, 2022). Knowing different cultures' personal space preferences is essential to avoid offending your patient and their guest. European culture believes promptness is imperative when dealing with one another ("European-American," 2024). As a nurse, patient satisfaction is essential. Tell your patient that is of European culture, their schedule for the day, and remember to pay close attention to the time of day so the patient is not unhappy about being late or waiting around for their nurse. European culture is vastly different from American culture but similar in some ways.

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