

Suostei! That is how to say hello in Khmer. Khmer is the official language of Cambodia, and the culture report will discuss pregnancy rituals and postpartum beliefs of rural areas in Cambodia. Most people in Cambodia are Buddhist, with 80% of them being Theravada Buddhists, 1% being Christians, and the remainder mostly adhering to Islam, atheism, or animism (Labonté et al., 2023). With the lack of knowledge in some rural areas in Cambodia, families are okay with male doctors with pregnant wives if the husband is present. The family's male members communicate when interacting with providers or other experts. Southeast Asian nation of lower-middle income, Cambodia, has seen severe hardships, including colonization, civil wars, and the Khmer Rouge regime's atrocities. Remember that Cambodia's health system was entirely decimated (Naito et al., 2023). Poverty continued to disproportionately affect women, especially in rural areas where ethnic minorities were present. While giving birth in a hospital lowers the risk of delivery-related deaths, the expense of using these facilities is not justified. As a result, other variables that minimize the usage of those facilities and the expansion of delivery institutions are necessary for a decrease in mortality.

In rural Cambodia and other Southeast Asian countries, women engage in customs like ang pleung, or "mother roasting," which involves placing a postpartum woman on a bed over a fire for three to seven days to reestablish the proper balance of heat and cold (Labonté et al., 2023). Mother roasting is a ritual to help with the pain after childbirth. The prevalence and effects of peripartum dietary taboos in Cambodia are little understood; some previously noted prohibitions include foods high in spice, coconut milk, porridge, fish kinds, pig's head, and buffalo meat (Labonté et al., 2023). In Cambodia, honoring elders is a deeply ingrained cultural tradition. Communication in Cambodia is evolving and adapting to the contemporary world. In the past, older people would speak for the younger generation. For example, many parents would

set up their children's marriages. The typical family structure in a Cambodian family is a hierarchy with the husband, wife, and children. Most families have grandparents living in the same household as any family member who needs a place to live. However, today's society is evolving, and while that is still happening, it is not what was anticipated. Women are free to express themselves but must still respect authority figures. It is customary in nonverbal communication to avoid staring or speaking directly into the eyes of the elderly. Additionally, bowing when greeting someone is polite. Without mentioning their family or given names, Cambodians are likely to address a senior as "Bong" in a display of respect and younger people as "Oung" in a friendly manner. It is customary in Cambodia to address people in this manner.

Approximately 5,000 Cambodians live in Illinois, and in Champaign-Urbana, there are roughly 23,000 Asians, with about 250-300 Cambodian people. To support both the growth and development of the fetus and the baby, as well as the mother's health, a sufficient diet is crucial during pregnancy and lactation. This is especially important in resource-constrained settings where breastfeeding and pregnant women are more likely to experience nutritional deficiencies due to inadequate dietary diversity, insufficient intakes, and higher nutrient demands. The most restrictive period is the first month following delivery; some women claim they are only allowed to eat rice, galangal, and salt during this time. After giving birth, one should strictly follow dietary guidelines for the first thirty days, eating only warmed chicken and rice. Ten to twenty days after giving birth, some women might be able to eat vegetables, seafood, and meat (Labonté et al., 2023). Most cultural food guidelines would affect the patient's hospitalization because she would be restricted from eating certain foods after giving birth. The Champaign-Urbana Cambodian community does not practice most traditional beliefs. In the community, some women adhere to the notion that they should sweat it out after giving birth. Instead of taking

painkillers, Cambodian women would instead employ nonpharmacological treatments like sweating.

The value of women's labor experiences in enhancing the standard of care has yet to receive enough attention in Cambodia. This is primarily because of the lack of trustworthy Khmer instruments for gauging women's intrapartum treatment experiences (Naito et al., 2023). In the translated version, women's intrapartum practice realities should be fully represented by accounting for their verbal but also their nonverbal and cultural circumstances (Naito et al., 2023). Three ways to help a classmate when working with patients from the Cambodian culture are to address both the husband and wife in the room but understand that the husband might advocate more for his wife. Khmer women prefer to have a nonpharmacological delivery. They have a strict cultural food taboo that some may follow, so listening to their requests and understanding their culture will help with taking care of the patient. Since the patient cannot mother roast in this country, providing warm/hot towels will allow her to feel like she can "sweat out," as most mothers do in Cambodia.

Reference Page

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