N432 Clinical Cultural Report

Objectives:

- Describe cultural and ethnic characteristics that influence health care

- Identify factors that could affect the interaction of the nurse and the client in terms of culturally different health care values

- Discuss ways to provide culturally sensitive care in the Maternal/child setting

Assignment

- Choose a cultural background of someone living here in central Illinois to research ex: Immigrants from Mexico or Central America, Amish, Chinese, Asian Indians, Pakistani, Pilipino, African Americans, Africans, Koreans, etc.

- Use your book, the internet, and/or other scholarly resources to research the health beliefs and practices of the culture you choose

- Give a 5-minute oral report on what you found during clinical, providing specific tips for patient care on the Mother/Baby and Labor & Delivery units

- Submit the written report and bibliography including the references you used for your report in APA format to the Dropbox by the due date specified in the Syllabus and the Weekly lesson plans.

Here are some areas you might explore for your report:

- Religion

    - Describe the religious beliefs of the ethnic group/culture you've chosen

    - Identify how these relate to health care, i.e. are male providers OK for female patients?

- Healing beliefs and practices

    - How is pain and suffering viewed by people of this culture?

    - Are there any special practices related to labor, delivery, and/or the postpartum period?

- Family life
    - What is the common structure of the family in this culture?
    - What is the role of elders? Live with the family? Respected/not respected?
- Communication
    - What is the norm for this culture? Are females allowed to speak to strangers, or do their husbands speak for them?
    - Verbal and nonverbal communication norms
- Diet
    - Describe the significance of food for members of this culture. Are certain foods eaten after the birth of a child?
    - How could culturally specific diet requirements impact hospitalization?

Note: You will be making broad generalizations. These may not be applicable to all people from this ethnic or cultural group.

Grading rubric (Must achieve 77% i.e.7.7pts to pass)

Criteria	Possible Points	Points Acheived
Accurate description of culture (including local prevalence)	10	
Discuss the core values of the culture you chose	10	
Discuss the implications of these core values on health care including the childbearing experience.	5	
Provide at least three tips/suggestions/interventions your fellow students can use when working with patients of the culture you chose	15	
Must be written in APA format with a bibliography that has at least two references in APA format	5	
Total grade	**50 pts**	

Chinese

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China has been a multi-religion country since the ancient times. Confucianism is an indigenous religion and is the soul of Chinese culture. The Chinese have based their belief system off of Buddhism, which influences culture through literature art and ideology. These are prime examples of how they focus their belief systems. According to the latest survey, 85% of Chinese people have religious beliefs or had some religious practices and only 15% of them are real atheists. The real atheists here refer to those who lack belief in the existence of their god and do not join in any religious activities. Freedom of belief is a government policy, and normal religious activities are protected by the constitution. For many of China's citizens, their religion is a defining feature alongside their pride. Alongside freedom of belief, the Chinese are very easy going when it comes to the health care systems. When it comes to nursing, we should never assume cultures. Always ask questions first, and use an interpreter if needed. With the Chinese, nurses must combine information about culture with clinical assessment of the patient to provide culturally sensitive care. A better way may be to combine both western and Chinese values (which are very important) into the Chinese health care system by negotiating between the traditional values while at the same time, respecting the individual's choice.

Cultural barriers to receiving proper treatment and pain control in Chinese Americans include the influence of Stoicism, Buddhism, and Confucianism. Stoicism is the enduring pleasure or pain without showing any emotion. This is considered a positive trait in this culture. This means they will no vocalize any pains by screaming or moaning and may even deny pain altogether. This can affect the amount of pain management that we give the patient. With Chinese patients that follow Buddhism, they believe people were made to endure suffering such as birth, illnesses, aging, and pain. With this belief, they think pain is just apart of life and will not take pain medications. Confucianism is a belief of the Chinese culture where an individual does not experience suffering, but suffering is endured as collectivism and familism. With this thought, the Chinese do not want to tell medical staff their problems since it should be handled inside the family. In this culture, it is preferred to have a same-sex doctor, so while in labor the

patient should be taken care of by a female. While pregnant or in labor the Chinese women fall into the role of being sick where they need extra help or assistance. Childbirth to the Chinese is thought to disturb the hot and cold required for good health. To keep the hot and cold good they will eat special diets such as chicken broth, not eating lamb because of the thoughts it would give the baby epilepsy, or not eating pineapple because it is believed to cause a miscarriage. During labor, many Chinese believe the woman is not allowed to scream our cry. While giving birth they may prefer sitting or squatting. The woman's mother or mother in law will be in the room instead of the husband. After birth, the mother of the new baby may go into a period of confinement where they rest, dress warmly, limit showers, and only eat hot foods. This can affect the care from the medical staff because the patient needs to be up and moving to prevent DVTs.

The family has long been a key component within Chinese society, and many aspects of Chinese life can be tied to honoring one's parents or their ancestors. Due to this focus on the family, it was common for the Chinese, even when fully grown with children of their own, to not only remain in or close to their hometown, but also have many, if not all, living generations of a family living under the same roof. The Chinese family structure has traditionally been rigid and hierarchical, with elders still receiving the largest degree of reverence, respect, and obedience, a practice that has continued into the modern age. A significant aspect of life in the Chinese family is showing the proper amount of respect to the appropriate members of the family. For example, when a woman marries into a family, or there are family members on the maternal side, they put the term "Wai" in front of her name, meaning outsiders. The role of the elders is very important. They are supposed to be paid the upmost respect, more than anyone else in the family. Most Chinese cultures live together in one household, this includes every generation.

In this specific culture, females are allowed to speak to strangers. But it didn't use to be this way. Men were very protective, and it was just the norm that the men were more powerful, with that being said they were always the ones to speak. Females, when they feel comfortable, are able to reach out and talk to strangers but most of the time they are looking out for their husbands to say something first. Chinese people may not talk about their problems in the belief that Westerners may not understand them. They may avoid saying no to people because it can be seen as rude. Open talks about sex is seen as inappropriate. They show nonverbal communication by not giving eye contact and being shy.

Fish is an important Chinese food for the New Year, symbolizing abundance and an increase in prosperity. Eating lobster and chicken at a wedding indicates a “good marriage”. They also eat noodles at birthday parties, because noodles are long, representing a long life. In Chinese culture, mothers are supposed to eat “confinement food”. This is special food that is tailored to nourish the body, help the mom recover, and boost milk supply. This includes foods with high protein and low fat, small frequent meals, adequate calories with foods like Chinese herbal soup, or goji berry tea. Babies may be given boiled rice water or formula instead of colostrum after birth during the first couple of days. In Chinese culture, mothers are supposed to eat “confinement food”. This is special food that is tailored to nourish the body, help the mom recover, and boost milk supply. This includes foods with high protein and low fat, small frequent meals, adequate calories with foods like Chinese herbal soup, or goji berry tea. Babies may be given boiled rice water or formula instead of colostrum after birth during the first couple of days. The Chinese can see colostrum as stale or dirty and throw it away. It will be important for medical staff to explain the benefits of colostrum and encourage them to feed it to their infant.

References

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