

Clinical Culture Report  
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The Amish are a Christian denomination and socially and culturally interdependent

people. According to Schub, Smith, and Pravikoff (2018), approximately one-half of Amish people live in rural areas, separate themselves from the modern world, and maintain aspects of a 19<sup>th</sup>-century agrarian lifestyle. Most Amish communities avoid modern technology, including electricity, telephones, and public sewers. According to Schub, Smith, and Pravikoff (2018), physical contact between females and males is discouraged. The Amish are generally a patriarchal society, the husband may publicly speak for the family, however, the women are respected for their role in the family (Schub, Smith, & Pravikoff, 2018). It is important to speak to both the husband and the wife if a healthcare decision is required. Generally, the Amish are not prohibited religiously against the use of modern technology in healthcare settings (Schub, Smith, & Pravikoff, 2018). The typical diet includes meat, potatoes gravy, eggs, vegetables, bread, pies, and cakes. Due to the diet high in fat and refined sugar, obesity is common in Amish women (Schub, Smith, & Pravikoff, 2018). According to Ricci, Kyle, and Carmen (2017), Amish women consider childbearing their primary role in society, pregnancy and childbirth are considered a private matter, and women typically do not like to be hurried to complete a self-care task. When taking care of an Amish woman during pregnancy or childbirth, the nurse needs to take cues from the patient indicating their readiness to complete self-care tasks Ricci, Kyle, & Carmen, 2017). When taking care of an Amish patient, nurses can schedule appointments by mail or arrange for a telephone call outside of the home and nurses can be aware that some Amish patients may need an interpreter because many Amish people are multilingual.

#### References

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