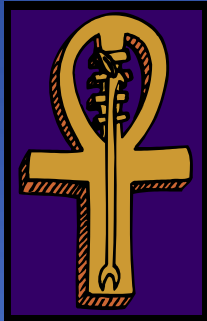


Cultural Diversity in Health Care



Culture

- Set of values, beliefs, attitudes, languages, symbols, rituals, behaviors, customs of a group of people
- Learned and shared
- Dynamic and changing

Ethnicity

- Classification of people based on national origin or culture
- Examples: African American, Asian American, European American, Hispanic American, Middle Eastern/Arabic American, Native American

Race

- Classification of people based on physical or biological characteristics
- Involves multiple cultures and ethnic groups

Cultural Diversity

- Differences based on cultural, ethnic, and racial factors
- Must be considered when providing health care
- Healthcare providers must recognize and appreciate the characteristics of all patients

Holistic Care

- Must be developed to include cultural diversity of America
- Addresses 3 aspects of well-being: mental/emotional, physical, and social

Areas of Cultural Diversity

- Family organization
- Language
- Personal space
- Touching
- Eye contact
- Gestures
- Health care beliefs
- Spirituality
- Religion

Cultural Diversity Impacts Beliefs

- Birth
- Death
- Health
- Illness
- Health Care

Health

Varies Based on Cultural Background

World Health Organization

A state of complete physical, mental, and social well-being, not merely the absence of disease •



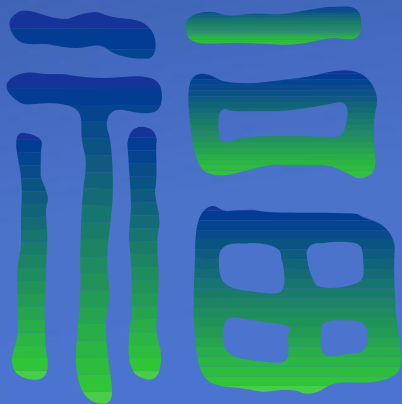
South African

- Harmony with nature
- Harmony of mind, body, and spirit



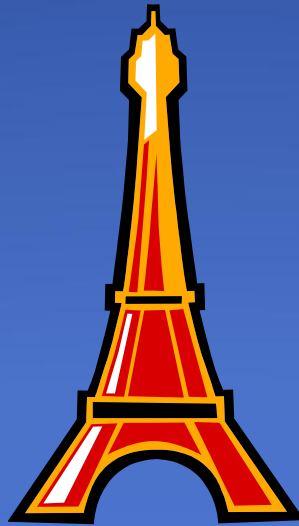
Asian

- Physical and spiritual harmony with nature •
- Balance of yin and yang •



European

- Personal responsibility with diet, rest, exercise, and prevention



Hispanic

- Good luck
- Reward from God
- Balance between hot and cold forces



Middle Eastern/Arabic

- Spiritual Causes
- Cleanliness



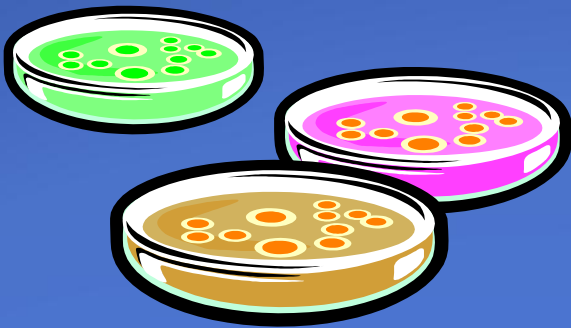
Healthful Hints from Long Ago

- “A sassafras root carried in the pocket guards against illness.” (superstition of Old Saint Simons)
- “Asafetida worn on a string around the neck protects a child from many diseases, and a buckeye carried in the pocket protects against rheumatism.” (Blue Ridge and Great Smokey Mts.)

- “ A single, pierced nutmeg, worn around the neck on a string, will protect you from boils, croup, body lice, and various lung diseases.” (New England)
- “A well-ventilated bedroom will prevent morning headaches and lassitude.” (1914 Almanac)

Illness

- Abnormal functioning of a body's system or systems •
- Causes vary based on cultural/ethnic background •



South African

- Spirits/demons
- Conflicts in life
- God's punishment



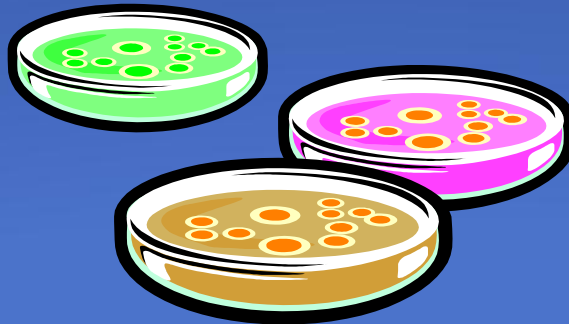
Asian

- Imbalance of yin and yang
- Supernatural forces
- Unhealthy environment



European

- Sin
- Outside sources: microorganisms, toxins



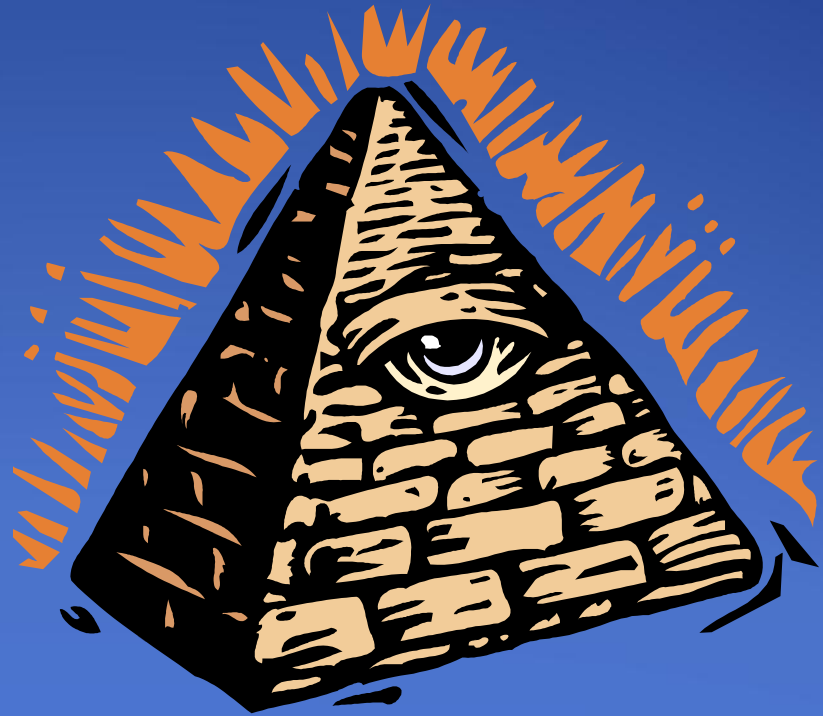
Hispanic

- Sins
- Fright
- Evil Eye
- Envy
- Imbalance between hot and cold



Middle Eastern/Arab

- Sins
- Evil Eye
- Spiritual causes



Native American

- Supernatural forces
- Violation of a taboo
- Imbalance between man and nature



Folk Remedies

- Beliefs and practices ethnically similar
- Religion plays a role in perception of, interpretation of, and behavior in health and illness
- Women are usually the prime caregivers
- Can create delay in seeking professional help

Preventions

- Jewish: camphor around the neck in winter in a small cloth bag to prevent measles and scarlet fever
- Black and Native Americans: blackstrap molasses
- Black Africans (Ethiopia): eat hot & sour foods i.e. lemons, fresh garlic, pepper

Preventions

- Germans: no sweets at meals, drink glass of water at meals, cod-liver oil, plenty of milk, spring tonic (sulfured molasses)
- Islam: dress properly for the season & weather, keep feet from getting wet in the rain

Preventions: Irish

- Clean out bowels with senna for 8 days
- Spring tonic of sulfured molasses
- Onions under the bed to keep nasal passages clear
- Bag of camphor around the neck during flu season

Preventions: Irish

- Never go to bed with wet hair
- Don't look in the mirror at night & close closet doors (prevents evil spirits)
- Eat lots of oily food
- Take Father John's Medicine every so often

Preventions: Italian

- Garlic cloves strung on a piece of string around neck of infants and children to prevent colds and “evil” stares
- Red ribbon around neck of infant does the same thing
- Never wash or bathe during period

Preventions: Italian

- Never wash hair before going outdoors or at night
- Keep a pair of open scissors under mattress of crib to prevent “evil” in newborn
- Wrap a bandage around the baby from the waist to the feet for 1st 6 months to prevent bowlegs

Home Treatments: Jewish

- Sore throat: find salted herring, wrap it in a towel, put it around the neck, let it stay there overnight, gargle with salt water
- Boils: fry chopped onions, make a compress and apply to the infections

Home Treatments: Blacks/Native Americans

- Bloody nose: place keys on chain around neck
- Sore throat: suck yolks out of egg shell, honey and lemon, baking soda, salt , warm water, onions around the neck

Home Treatments: Black African

- Evil Eye: put some kind of plant root on fire and make the man who has the evil eye smile and the man talks about his illness

Home Treatments: Germans

- Coughs: honey & vinegar; boiled onion water, honey, & lemon; hot water & Vicks
- Swollen glands/mumps: put pepper on salt pork and tie around the neck
- Earache: few drops of warm milk in the ear, laxatives when needed

Home Treatments: Germans

- Sty: cold tea-leaf compresses
- Fever: mix whiskey, water, & lemon juice to drink before bed (causes person to sweat and break fever)
- Constipation: Ivory soap suppositories

Home Treatments: Islam

- Sore throat: gargle with vinegar and water
- Indigestion: baking soda and water
- Sore muscles: alcohol and water
- Rashes: apply corn starch

Home Treatments: Irish

- See doctor only in an emergency
- Earache: heat salt, put in stocking behind ear
- Fever: spirits of niter on a dry sugar cube
- Colds: hot lemonade and a tablespoon of whiskey; egg whites; ipecac

Home Treatments: Irish

- Coughs: linseed poultice on chest; flaxseed poultice on back; red flannel cloth soaked in hot water and placed on chest all night
- Menstrual cramps: hot milk sprinkled with ginger, glass of warm wine, hot-water bottle on stomach

Home Treatments: Irish

- Nausea: castor oil, hot ginger ale, cup of hot boiled water
- Sore throat: paint throat with iodine, honey and lemon, Karo syrup; paint with kerosene oil with rag then tie sock around the neck; paint with iodine or Mercurochrome and gargle with salt water, honey melted Vicks

Home Treatments: Italian

- Chicken soup for everything
- Boils: cooked oatmeal wrapped in a cloth (steaming hot) and applied to drain pus
- Headache: kerchief with ice in it wrapped around the head
- Cramps: crème de menthe

Home Treatments: Italian

- Acne: apply baby's urine
- To build up blood: eggnog with brandy; Marsala wine and milk
- Backache: place a silver dollar on the sore area and light a match to it, while the match is burning put a glass over the silver dollar and slightly lift the glass, this causes suction which lifts the pain out

Healthcare Providers' Culture

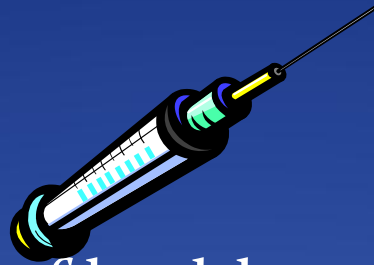
Cultural Diversity in Health and Illness, Second
Edition, p.70

Beliefs

- “Standardized definitions of health and illness
- “The omnipotence of technology”



Practices



- “The maintenance of health and the prevention of disease through such mechanisms as the avoidance of stress and the use of immunizations”
- “Annual physical examinations and diagnostic procedures such as Pap smears”



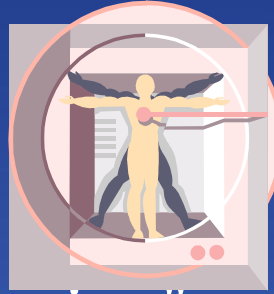
Habits



- “Charting”
- “The constant use of jargon”
- “ Use of a systematic approach and problem-solving methodology”

Likes

- “Promptness”
- “Neatness and organization”
- “Compliance”



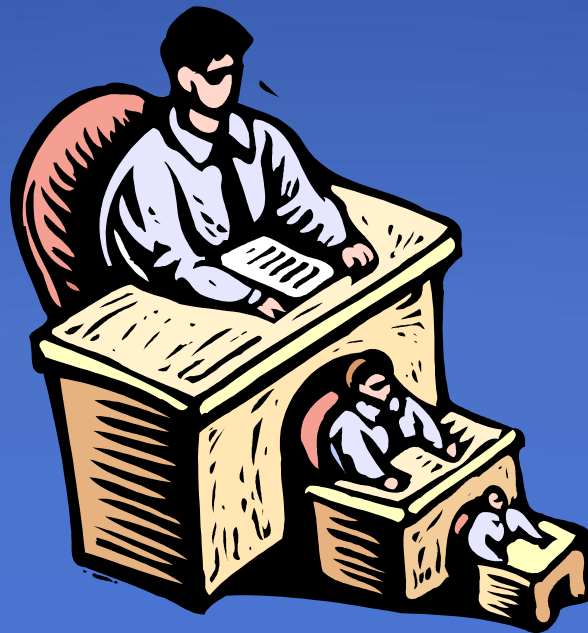
Dislikes

- “Tardiness”
- “Disorderliness and disorganization”



Customs

“Professional deference and adherence to the ‘pecking order’ found in autocratic and bureaucratic systems” •



Customs

- “Handwashing”



Customs

- “Employment of certain procedures attending birth and death”



Rituals

- “The physical examination”
- “The surgical procedure”
- “Limiting visitors and visiting hours”



Cultural Beliefs Concerning Epidemiology and Pain

- Medical culture is in direct opposition sometimes
- Bacteria/viruses/carcinogens/pollutants versus “soul loss”/”spirit possession”/voodoo/witchcraft
- Free, open expression of feelings versus never revealing true feelings

Healthcare Providers

- Must change to accommodate other cultural beliefs and behaviors towards health and illness



Healthcare Providers Must Be Aware of the Multitude of Sources Outside of Mainstream Medicine!

Embrace Diversity in Medicine. Teach Tolerance to
Healthcare Providers!