

Nursing 401 Cultural Exploration Table

<p><b>Description of cultural group (9)</b></p> <ul style="list-style-type: none"> <li>• Culture</li> <li>• Origin</li> <li>• Current population in US</li> <li>• Current population in your community</li> </ul>	<ul style="list-style-type: none"> <li>• Culture: Hispanic/Latino</li> <li>• Origins: Mexico, Puerto Rico, Cuba, El Salvador, Dominican Republic, Venezuela, Spain, Argentina, Ecuador, Nicaragua, Venezuela, Honduras, Columbia, Peru (Pew Research Hispanic Trends,2014)</li> <li>• Current US population: 54 million (CDC,2014)</li> <li>• Current population in Virginia: 649,000 in the state of Virginia (Pew Research Hispanic Trends Project, 2014)</li> <li>• Current population in the community: 2689 in Montgomery County (Pew Research Hispanic Trends Project, 2014)</li> </ul>
<p><b>Cultural beliefs related to communication (10)</b> (eye contact, space &amp; distance issues, time &amp; punctuality, gender communications)</p>	<ul style="list-style-type: none"> <li>• Eye contact: Eye contact may be avoided with authority figures and elders as a sign of respect. Some avoid eye contact due to their belief in evil spirits and the evil eye. They believe the evil eye can cause illness. ("Cultural Competence," n.d.)</li> <li>• Personal space: They like to be close and physical contact is important. (College of DuPage website, 2009)</li> <li>• Time and punctuality: Time is flexible. Deadlines can be changed. They live in the present with little thought of the future. (Hispanic culture: Literacynet website, n.d.)</li> <li>• Gender communications: The eldest male has the greatest power and the female is expected to be submissive. Both males and females are polite and more formal. (Cultural sensitivity n.d.)</li> </ul>
<p><b>How is health maintained? (7)</b></p> <ul style="list-style-type: none"> <li>• Dietary restrictions, health rituals, etc</li> </ul>	<ul style="list-style-type: none"> <li>• Dietary restrictions: They are less likely to eat processed foods. They like beef and drink whole milk. Grains and beans important in their diet. They are less likely to eat vegetables except tomatoes. Their diet is higher fiber and they eat more rice than pasta. (diet.com website, n.d.)</li> <li>• Food is often used to treat illness based on hot and cold as related to the illness. (diet.com website, n.d.)</li> </ul>
<ul style="list-style-type: none"> <li>• What causes ill health? (5)</li> </ul>	<ul style="list-style-type: none"> <li>• Some think good health is due to good luck or a reward for good behavior. (CDC,2014)</li> <li>• Physical and mental illness is thought to be due to a humoral imbalance expressed as either “hot” or “cold”, “wet” or “dry”. (CDC,2014)</li> <li>• Illness is thought to come from an imbalance between the person and their environment.</li> <li>• “Dislocation” of different parts of the body, an example is upset stomach or indigestion (<i>empacho</i>) due to eating the wrong food at the wrong time, eating undercooked food or swallowing gum. (CDC,2014) Weakness, fatigue, or severe headaches may be caused by <i>Mal de ojo</i> (bad eye). This is done by someone due to jealousy or admiration of the victim. (CDC,2014)</li> <li>• <i>Envidia</i> is envy and can cause illness and misfortune. (CDC,2014)</li> <li>• <i>Susto</i> is the term for “fright sickness,” is caused by a frightening or traumatic event. They believe this causes</li> </ul>

	<p>soul loss. Men and women both are vulnerable. Women are affected the most. It causes depression, anxiety, insomnia, lethargy etc... Treatment includes using a folk healer, relaxation techniques, and herbal teas.(CDC,2014)</p> <ul style="list-style-type: none"> <li>• In more rural areas they may use folk remedies instead of western medicine and seek the help of a <i>yerberero</i> (herbalist), <i>sobador</i> (massage therapist), <i>partera</i> (midwife), or <i>curandero</i> (holistic healer).</li> <li>• They may use religious rituals, religious symbols, or visit shrines. (CDC,2014)</li> <li>• They may combine home remedies with western medicine. (CDC,2014)</li> </ul>
<p><b>Health beliefs/ practices specific to pregnancy, the birthing process, and childrearing</b></p> <ul style="list-style-type: none"> <li>• Who attends the birth? (3)</li> </ul>	<ul style="list-style-type: none"> <li>• Delivery of the baby viewed as women's job. Ideally the mother would be present with a midwife. (Transcultural nursing website, 2012)</li> <li>• The man does not see the women or the baby until the birth is over and they have been cleaned up. (Transcultural nursing website, 2012)</li> <li>• Child rearing is viewed as primarily the women's job. Children are treasured. The grandparents are usually involved. Children are taught to be respectful of parents and authority. (Mexican &amp; Mexican-Americans: Health beliefs &amp; practices, 2005)</li> </ul>
<ul style="list-style-type: none"> <li>• Is circumcision done? If so, what rituals are associated with it? (3)</li> </ul>	<ul style="list-style-type: none"> <li>• They do not routinely circumcise their boys. The reasons cited included cultural tradition, cost, fear of injury to the penis, and lack of information about the benefits. (Castro et al., 2010)</li> </ul>
<ul style="list-style-type: none"> <li>• Is birth control practiced and if it is what are the birth control practices? (3)</li> </ul>	<ul style="list-style-type: none"> <li>• Due to most Hispanics being Catholic they do not believe in sex before marriage or contraception. (Issues in Latina health website, n.d.)</li> <li>• They have a very high teenage pregnancy rate. (Issues in Latina health website, n.d.)</li> <li>• Talking about sex is considered taboo. (Issues in Latina health website, n.d.)</li> <li>• They have a high rate of sexually transmitted diseases. (Issues in Latina health website, n.d.)</li> <li>• Due to acculturation more Hispanic women use contraception than in the past. (Issues in Latina health website, n.d.)</li> </ul>
<ul style="list-style-type: none"> <li>• Are there customs associated with the postpartum period for the</li> </ul>	<ul style="list-style-type: none"> <li>• The tradition for the post-partum period is the new mother having a lying in period. This is a time of rest before the mother returns to work. (Transcultural nursing website, 2012)</li> <li>• The baby is kept bundled and warm to prevent them from chilling as this is thought to cause illness. ("Latina baby care," 2008)</li> </ul>

<p>mother or the infant? (3)</p>	<ul style="list-style-type: none"> <li>• It is believed the baby takes in air through the belly button so they may cover it with an <i>ombliquera</i> which is a kind of gauze or fabric. They may also use a cotton ball covered by a coin or button under the wrap. ("Latina baby care," 2008)</li> <li>• They may want to treat a sunken fontanel by holding the baby upside down and strike its feet, use their thumb to push up on the roof of the baby's mouth, or place a raw egg in the depression and allow it to dry. ("Latina baby care," 2008)</li> </ul>
<ul style="list-style-type: none"> <li>• Is breast-feeding supported in the culture? (3)</li> </ul>	<ul style="list-style-type: none"> <li>• Breastfeeding is accepted in the culture and is seen more in new immigrants. (Mexican &amp; Mexican-Americans: Health beliefs &amp; practices, 2005)</li> <li>• Breastfeeding is gaining popularity in those that have lived in the US for an extended period of time. (Mexican &amp; Mexican-Americans: Health beliefs &amp; practices, 2005)</li> </ul>
<ul style="list-style-type: none"> <li>• What are the practices regarding immunizations? (3)</li> </ul>	<ul style="list-style-type: none"> <li>• Most parents want their children immunized to prevent disease but most adults do not keep up with adult vaccinations. Reasons cited for not having immunizations included lack of money or insurance, rural locations, and lack of accessible medical care due to distance from home. (CDC,2014)</li> </ul>
<p><b>Health beliefs/ practices specific to end of life &amp; death rituals (5)</b></p> <ul style="list-style-type: none"> <li>• What are the practices for caring for the dying and the dead?</li> <li>• If any, what are the funeral practices of the culture?</li> </ul>	<ul style="list-style-type: none"> <li>• The family will want to be with the dying person. It is expected that the women care for them although the men will remain close by. (Mexican &amp; Mexican-Americans: Health beliefs &amp; practices, 2005)</li> <li>• Autopsy and organ donation is resisted especially by Hispanics that are Catholic. (Mexican &amp; Mexican-Americans: Health beliefs &amp; practices, 2005)</li> <li>• They view death as part of life. (Funeral wise website, n.d.)</li> <li>• They may bring candles and herbs to burn at the altar. (Funeral wise website, n.d.)</li> <li>• Funerals are usually heavily attended. (Funeral wise website, n.d.)</li> <li>• Funerals of Catholic Hispanic persons will have a priest to lead the funeral to honor the dead. (Funeral wise website, n.d.)</li> </ul>

<ul style="list-style-type: none"> <li>• What are the mourning practices of the culture? (5)</li> </ul>	<ul style="list-style-type: none"> <li>• Public expression of is accepted especially by women. (Mexican &amp; Mexican-Americans: Health beliefs &amp; practices, 2005)</li> <li>• They feel the funeral is an important process to honor and respect the deceased. It may be long and elaborate. (Funeral wise website, n.d.)</li> <li>• They may have long mourning periods. (Funeral wise website, n.d.)</li> </ul>
<p><b>Physiological variations within the culture which affects treatment or response to treatment</b></p> <ul style="list-style-type: none"> <li>• Are there variations within the culture based upon geography? (3)</li> </ul>	<ul style="list-style-type: none"> <li>• Hispanic/Latinos migrate from rural areas for better jobs, higher income, schools, housing, and access to healthcare. (Glencoe &amp; McGraw-Hill, 2001)</li> <li>• They are usually more accepting of modern medicine and may follow treatments. (CDC,2014)</li> <li>• People that live in rural areas are less educated and do not have access to local healthcare so they may rely more on natural remedies and healers. They use modern medicine as a last resort. (CDC,2014)</li> </ul>
<ul style="list-style-type: none"> <li>• Are there genetic predispositions to any diseases? (5)</li> </ul>	<ul style="list-style-type: none"> <li>• The Hispanic population has a predisposition to type II diabetes, obesity, heart disease, and asthma. (CDC,2014)</li> </ul>
<ul style="list-style-type: none"> <li>• Are there environmental factors resulting in physiological variations? (3)</li> </ul>	<ul style="list-style-type: none"> <li>• Due to acculturation Hispanic/Latino’s diet reflects the availability of more processed foods, heavy meals, and fast food. (diet.com website, n.d.)</li> <li>• Eating an Americanized diet may lead to more obesity and risk factors such as heart disease, and diabetes. (diet.com website, n.d.)</li> <li>• They have higher a higher incident of HIV/AIDS. (CDC,2014)</li> </ul>
<p><b>Role of nursing within the culture</b></p> <ul style="list-style-type: none"> <li>• How are nurses valued, viewed / utilized? (5)</li> </ul>	<ul style="list-style-type: none"> <li>• Healthcare workers can be seen as authority figures and are treated with respect although they may not agree with the treatment plan. (Mexican &amp; Mexican-Americans: Health beliefs &amp; practices, 2005)</li> </ul>
<ul style="list-style-type: none"> <li>• Are there restrictions related to the practice of</li> </ul>	<p>None found</p>

nursing? (5)	
Based on the information provided in this table, how would you provide culturally sensitive nursing care to a patient from this culture? Be specific (10)	A hospitalized Hispanic patient needs her family support. I would allow family members to be present with the patient as much as possible. I would be respectful and maintain only short intervals of eye contact. I would approach them in a friendly but formal manner. It is very important to maintain their modesty so I would try to expose as little of their body as possible. I would have an interpreter available if they did not understand or speak English well. I would not discuss any gender matters in mixed company. I would allow their priest to deliver last rites if necessary. I would try to provide a diet consistent with their culture.
Post to group discussion area (5)	
Spelling, punctuation, grammar, organization, reference page included (5)	
Total: 100	Grade= Comments:

Submit table and reference page to faculty mentor via Submissions

Honor Code: \_\_Vickie Rogers\_\_\_\_\_ Student's electronic signature

## References

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