



HANDBOOK  
*Patients' Spiritual  
and Cultural Values  
for Health Care  
Professionals*

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**HealthCare  
Chaplaincy  
Network™**

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## February 2014 Update

### Notes for the Reader

1. This handbook is a guide that is meant to describe beliefs and practices generally found within a particular cultural or religious group. As often as possible, we have verified the content with people who self-identify with that particular group. That process is ongoing. We have consulted, printed, and referred to online sources considered the most authoritative in this content area. However, we understand, as should the reader, that not everyone who identifies with a particular cultural or religious group will adhere to the beliefs or values as presented.
2. This handbook is not complete – and it will likely never be. Thus, the reader will see that much information is still missing because we have not found sources on a given topic that we consider authoritative. We periodically post new versions of the handbook as we accumulate new information. As this handbook is a work in progress, we welcome feedback and contributions via email to the Rev. George Handzo, BCC at [ghandzo@healthcarechaplaincy.org](mailto:ghandzo@healthcarechaplaincy.org)
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## Introduction

Why do we need to be culturally and spiritually sensitive? The Joint Commission (JC) holds hospitals accountable for addressing and maintaining patient rights. Founded in 1951, the Joint Commission looks out to improve the healthcare providence of the general public. The Joint Commission is the oldest standard-setting and accrediting body in health care. The commission is headed and governed by a 32 member board. These rights include the accommodation of cultural, religious, spiritual, and personal values as well as to religious and other spiritual practices.

Health care professionals are entrusted to care for patients as whole persons - body, mind and spirit. The health care approach is interdisciplinary and encompassing. It is important then, for that approach to be culturally and spiritually sensitive. In addition, health care professionals need to be empowered with the capacity, skills, and knowledge to respond to the unique needs of each patient and their loved ones. Applicants seeking who seek accreditation by the commission need to have high expertise in administrative affairs, clinical practice, cultural competence, language access, pastoral access, patient advocacy, patient safety, patient-provider communication, health care policy, research and risk management.

The Joint Commission's *Roadmap for Hospitals: Advancing Effective Communication, Cultural Competence, and Patient- and Family-Centered Care* promotes communication and cultural competence. This monograph provides methods for hospitals to improve their efforts to ensure that all patients are receiving the same high quality healthcare. The *Roadmap for Hospitals* does not detail the process for how to become fully competent and patient/family centered. However, the Joint Commission urges hospitals to adopt a combination of methods as a means of setting a foundation for creating the process, policies and programs that best suit their organization.

The *Roadmap for Hospitals* addresses topics like language access, cultural competency, health literacy and communication barriers and mobility needs. The *Roadmap for Hospitals* is structured so that the beginning chapters mirror the continuum of care including Chapter 1: Admission, Chapter 2: Assessment, Chapter 3: Treatment, Chapter 4: End of Life Care, and Chapter 5: Discharge and Transfer. Chapter 6 addresses Organization Readiness.

The *Roadmap for Hospitals* can be utilized in various ways to improve the quality and level of patient and family centered care. It can be used to improve performance, train staff, help inform policy and evaluate compliance with relevant laws, regulations and standards.

The *Roadmap for Hospitals: Advancing Effective Communication, Cultural Competence, and Patient- and Family-Centered Care* can be found on the Joint Commission's website at:

<http://www.jointcommission.org/assets/1/6/ARoadmapforHospitalsfinalversion727.pdf>

# Religions

## Western Religions

### Comparison of Jewish, Christian and Muslim Traditions

\*The three traditions are historically linked, yet with key differences in belief.

All believe in:

- One God who is almighty, just and merciful.
- Heaven and hell after death.
- God's call to Abraham in the land of Ur.
- Similar codes of ethics.
- Hebrew Scriptures (Christian Old Testament).

\*Primary belief differences concern Jesus Christ.

Christians believe:

- Jesus Christ is the messiah (savior) of humanity.
- Jesus Christ is the holy son of God.
- The Christian Scripture (New Testament) is a continuation of the Hebrew Scripture (Old Testament).

Jews believe:

- Jesus Christ is not the messiah.
- The Hebrew Scripture (Christian Old Testament).

Muslims believe:

- Jesus (called 'Isa) was a prophet.
- 'Isa did receive words from God (called Allah), but the Bible has corrupted those words. Now the Qur'an is the only reliable book of Allah's words and 'Isa's teachings.
- 'Isa didn't die, he ascended to Allah.

## Christianity

All believe in:

- One God who is almighty, just, and merciful.
- Jesus Christ who is the messiah and son of God.
- Jesus' death and resurrection.
- Eternal life through faith in Jesus.
- Following of the Bible, which includes the Old Testament and the New Testament.
- Following of Christ's teachings in daily life. (In ways such as following the 10 Commandments, the New Covenant, the Bible).

## Christian Science

\* Also known as Church of Christ, Scientist

Beliefs	<ul style="list-style-type: none"> <li><input type="checkbox"/> Includes study of Metaphysics, which suggests the presence of spiritual powers that operate on the mind and body.</li> <li><input type="checkbox"/> Faith does not rest on blind belief; rather, understanding perfection of God's spiritual creation in the present.</li> <li><input type="checkbox"/> All religions have value.</li> </ul>
Daily Practices	<ul style="list-style-type: none"> <li><input type="checkbox"/> Prayer and sacraments.</li> </ul>
Dying and Death	<ul style="list-style-type: none"> <li><input type="checkbox"/> Euthanasia contrary to teachings.</li> <li><input type="checkbox"/> Most do not donate body or organs.</li> <li><input type="checkbox"/> Disposal of body and burial is a family decision.</li> </ul>
Facilitating Practices	<ul style="list-style-type: none"> <li><input type="checkbox"/> Always clarify if and what medical and/or psychological techniques, practices, procedures, or medications patient and family wish to use.</li> </ul>
Food	<ul style="list-style-type: none"> <li><input type="checkbox"/> No restrictions although some do not use food or drink which contains stimulants such as caffeine or alcohol.</li> </ul>
Health	<ul style="list-style-type: none"> <li><input type="checkbox"/> Illness believed to be the result of disharmony between mind and matter.</li> <li><input type="checkbox"/> Believe that healing occurs when one draws closer to God and experiences moral and spiritual change.</li> <li><input type="checkbox"/> Not completely opposed to medical treatment but may be fearful of being forced to accept unwanted treatments which violate individual personal beliefs.</li> </ul>
Holy days and festivals	<ul style="list-style-type: none"> <li><input type="checkbox"/> None.</li> </ul>
Pregnancy and birth	<ul style="list-style-type: none"> <li><input type="checkbox"/> Abortion incompatible with faith.</li> <li><input type="checkbox"/> Birth control is an individual decision.</li> <li><input type="checkbox"/> May desire midwife.</li> </ul>
Rituals or ceremonies	<ul style="list-style-type: none"> <li><input type="checkbox"/> No outward ceremonies or observances.</li> </ul>



Spiritual instruments, structure and symbols	<ul style="list-style-type: none"> <li><input type="checkbox"/> Primary text is Science and Health with Key to the Scriptures.</li> <li><input type="checkbox"/> No set apart leadership, but full-time healing ministers (practitioners) structure and practice spiritual healing, which is uniquely different from medical or psychological techniques.</li> </ul>
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## Eastern Orthodox

Beliefs	<ul style="list-style-type: none"> <li><input type="checkbox"/> The community recites the Nicene Creed at every Divine Liturgy, which summarizes the beliefs of the Church. The Orthodox view the Trinity as, three persons, one in essence and undivided.' Christ is understood to be the Son of God, both fully divine and fully human, and the Holy Spirit enables humanity to apprehend God's presence in the world.</li> <li><input type="checkbox"/> In the Bible, God has revealed Himself as living and present in his people. It is considered the "Word of God" though not considered inerrant or literal.</li> <li><input type="checkbox"/> Veneration of Mary referred to as the <i>Theotokos</i> (God-bearer) in that she carried the New Covenant in the person of Christ.</li> <li><input type="checkbox"/> A person's communion with God is expressed in love. Where there is no love, God is absent and there is no spiritual life. All are already saved (Christ's death and resurrection), are still being saved (through participation in the church), and will be saved in the future (second coming of Christ).</li> </ul>
Daily Practices	<ul style="list-style-type: none"> <li><input type="checkbox"/> Divine Liturgy attendance on Sundays and/or holy days; some communities hold Matins and Vespers services daily.</li> <li><input type="checkbox"/> Prayers at home with icons and/or incense.</li> </ul>
Dying and Death	<ul style="list-style-type: none"> <li><input type="checkbox"/> Holy Unction (anointing with oil) is administered to the sick by Orthodox clergy. It is administered to all Orthodox on the Wednesday of Holy Week (the week between Palm Sunday and Easter).</li> <li><input type="checkbox"/> The church offers special prayers for the dead on the third, ninth, fortieth day and one year anniversary of the death. The traditional saying after a person has passed away is "Memory Eternal".</li> <li><input type="checkbox"/> Belief that the departed soul can be affected by intercessory prayers; redemption and reconciliation with God is possible after death.</li> </ul>
Facilitating Practices	<ul style="list-style-type: none"> <li><input type="checkbox"/> Christians pray in the presence of icons, making the sign of the cross. Icons are not worshipped but instead are venerated and honored as "windows" into divine reality and as an aid to prayer.</li> </ul>

Food	<ul style="list-style-type: none"> <li><input type="checkbox"/> Many Orthodox fast from meat, dairy and oil on Wednesdays and Fridays. During Great Lent and Christmas Lent (Advent), a 40-day period of fasting from meat, dairy and oil is observed. The fast is broken with a joyous community feast after the Divine Liturgy. Fasting is flexible for those with health concerns or those who are pregnant.</li> </ul>
Health	<ul style="list-style-type: none"> <li><input type="checkbox"/> God is understood to be the “Divine Physician” and the, healer of our souls and bodies, which is facilitated through prayer and participation in the life of the Church. Traditional medical interventions are generally accepted.</li> </ul>
Holy Days and Festivals	<ul style="list-style-type: none"> <li><input type="checkbox"/> The Church observes a structured liturgical cycle of twelve feast days; <i>Pascha</i> (Easter is considered the “feast of feasts”).</li> <li><input type="checkbox"/> Every Sunday is dedicated to celebrating the Resurrection and the Triune God.</li> <li><input type="checkbox"/> Various saints’ days are celebrated throughout the year.</li> </ul>
Pregnancy and Birth	<ul style="list-style-type: none"> <li><input type="checkbox"/> Babies are baptized by immersion as early as 2 months of age; after baptism, they receive Holy Communion and are full members of the body of the Church.</li> </ul>
Rituals or Ceremonies	<ul style="list-style-type: none"> <li><input type="checkbox"/> Orthodox worship is structured and liturgical, with the use of chanted hymnody, incense and iconography. Participants stand during most of the liturgy. The focus of the liturgy is the blessing and receiving of Holy Communion.</li> </ul>
Spiritual instruments, structure and symbols	<ul style="list-style-type: none"> <li><input type="checkbox"/> The Three-Bar Orthodox Cross Prayer with icons.</li> <li><input type="checkbox"/> 300 million members worldwide.</li> <li><input type="checkbox"/> Composed of numerous self-governing ecclesiastical bodies, each geographically and nationally distinct but theologically and sacramentally unified. Each self-governing (autocephalous) body is shepherded by a Synod of bishops.</li> </ul>

## Jehovah’s Witness

Beliefs	<ul style="list-style-type: none"> <li><input type="checkbox"/> No Holy Trinity. God is the Father, while Jesus Christ is His son, a separate person. The Holy Spirit is God’s motivating force.</li> <li><input type="checkbox"/> Do not participate in nationalistic ceremonies (e.g. saluting the flag), and do not give gifts at holidays or celebrate traditional Christian days.</li> <li><input type="checkbox"/> Believe that after world is restored to state of paradise; beneficiaries of Christ will be resurrected with healthy, perfected physical bodies, and will inhabit earth.</li> </ul>
Daily Practices	<ul style="list-style-type: none"> <li><input type="checkbox"/> Prayer and reading of Scriptures.</li> </ul>
Dying and death	<ul style="list-style-type: none"> <li><input type="checkbox"/> Death is a state of total unconsciousness.</li> <li><input type="checkbox"/> Euthanasia forbidden.</li> <li><input type="checkbox"/> Autopsy acceptable if legally required.</li> <li><input type="checkbox"/> Donation of body or organs is a personal choice.</li> </ul>
Facilitating practices	<ul style="list-style-type: none"> <li><input type="checkbox"/> Be sensitive to strong religious beliefs opposing use of blood or blood products.</li> <li><input type="checkbox"/> Encourage patient or family to consult with congregational elders or to contact the local JW Hospital Liaison Committee for assistance.</li> </ul>
Food	<ul style="list-style-type: none"> <li><input type="checkbox"/> Avoid food that contains blood.</li> </ul>

Health	<input type="checkbox"/> Likely to be strongly opposed to blood transfusion. <input type="checkbox"/> Medications from blood products may not be acceptable. <input type="checkbox"/> Use of extraordinary means to prolong life or right to die is individual choice.
Holy days and festivals	<input type="checkbox"/> Meetings are held 3 times a week in local Kingdom Halls with focus on education. <input type="checkbox"/> Weekly meetings in homes. <input type="checkbox"/> Most important meeting of the year is a congregational celebration of the memorial of Christ's sacrificial death.
Pregnancy and birth	<input type="checkbox"/> Abortion and artificial insemination by a donor are forbidden. <input type="checkbox"/> Birth control is an individual choice. <input type="checkbox"/> No infant baptism.
Rituals or ceremonies	<input type="checkbox"/> Adult baptism. <input type="checkbox"/> No special rituals for sick or dying.
Spiritual instruments, structure and symbols	<input type="checkbox"/> None
Link	<a href="http://www.jw.org/en/">http://www.jw.org/en/</a>

### Mormon (Church of Jesus Christ of Latter-day Saints)

Beliefs	<input type="checkbox"/> Centered and focused on Jesus Christ as the Firstborn of God. <input type="checkbox"/> Members are literal spiritual sons and daughters of a living Father in Heaven. <input type="checkbox"/> Mortality is a probationary period in which people are tested to see if they will obey the Lord's commandments given through ancient and current prophets. <input type="checkbox"/> Building of temples where sacred and personal covenants can be entered into with the Lord.
Daily Practices	<input type="checkbox"/> Prayer and reading of Scriptures.
Dying and death	<input type="checkbox"/> Belief that all individuals will be resurrected, and will attain degree of glory in heaven for those qualified from acts during their mortality. <input type="checkbox"/> Euthanasia not practiced. <input type="checkbox"/> Promote peaceful and dignified death if inevitable. <input type="checkbox"/> Organ donation an individual choice. <input type="checkbox"/> Autopsy permitted.
Facilitating practices	<input type="checkbox"/> Allow for visits by church representatives; privacy for prayer or ritual.
Food	<input type="checkbox"/> Coffee, tea, tobacco and alcohol are discouraged. <input type="checkbox"/> Fasting (no food or drink for 24 hours) required once each month - ill people not required to fast.
Health	<input type="checkbox"/> Faith healing (faith in Jesus Christ and power of priesthood to heal) and medical care/treatment used together. <input type="checkbox"/> No restrictions on blood, blood products or medications.
Holy days and festivals	<input type="checkbox"/> Follow basic Christian holidays such as Christmas and Easter, as well as national holidays and church specific holidays.

Pregnancy and birth	<input type="checkbox"/> Belief that one of central purposes of life is procreation. <input type="checkbox"/> Birth control contrary to beliefs. <input type="checkbox"/> Abortion forbidden except when mother's life in danger or rape. <input type="checkbox"/> Artificial insemination acceptable between husband and wife.
Rituals or ceremonies	<input type="checkbox"/> Naming and blessing of children. <input type="checkbox"/> Two elders required for ritual of blessing of the sick. <input type="checkbox"/> "Family Home Evenings" held once a week is important.
Spiritual instruments, structure and symbols	<input type="checkbox"/> King James Version of Old and New Testaments, the Book of Mormon and other scriptures. <input type="checkbox"/> No formal clergy but designated leaders for specific roles, including Bishops and Elders. <input type="checkbox"/> None.

## Protestant

\*Numerous Christian groups in the U.S.

\*Mainline denominations include: Baptist, Christian (also Disciples of Christ, Churches of Christ), Episcopalian (also Anglican), Lutheran, Mennonites (also Amish), United Methodist, Presbyterian, Reformed, and United Church of Christ.

Beliefs	<input type="checkbox"/> Jesus of Nazareth is the son of God. <input type="checkbox"/> Emphasis on Scripture/Holy Bible as word of faith and life. Groups vary widely in how literally they adhere to Scripture. <input type="checkbox"/> Traditionally two Sacraments- Baptism and Communion. <input type="checkbox"/> Community worship important.
Daily Practices	<input type="checkbox"/> Prayer, Scripture reading.
Dying and Death	<input type="checkbox"/> Organ donation, autopsy, burial or cremation usually individual decisions. <input type="checkbox"/> Euthanasia beliefs vary from individual decision to religious restrictions. <input type="checkbox"/> Body to be treated with respect.
Facilitating Practices	<input type="checkbox"/> Ask patient and family what practices they support. <input type="checkbox"/> Provide privacy as needed.
Food	<input type="checkbox"/> No restrictions.
Health	<input type="checkbox"/> In most denominations, decisions about blood, blood products, vaccines, biopsies, amputations and transplants are an individual choice. <input type="checkbox"/> Prayer, anointing, Eucharist or other rituals may be important.
Holy Days and Festivals	<input type="checkbox"/> Traditional Christian holidays and observances

Pregnancy and Birth	<input type="checkbox"/> In most denominations, decisions about genetic counseling, birth control, fertility tests, and artificial insemination are an individual choice. <input type="checkbox"/> Some denominations may have restrictions. <input type="checkbox"/> Baptism of infants practiced in some denominations; others may desire blessing or dedication ritual.
Rituals or Ceremonies	<input type="checkbox"/> Prayers for healing and comfort of the sick, commendation of the dying, personal prayer, Sacraments.
Spiritual instruments, structure and symbols	<input type="checkbox"/> Bible <input type="checkbox"/> Cross <input type="checkbox"/> Many mainline denominations ordain both men and women while some conservative denominations may have only male leadership.

## Roman Catholicism

\*Roman Catholicism is the largest group in the US. Because many Roman Catholics in the US are immigrants, practice may be heavily culture and ethnicity dependent.

Beliefs	<input type="checkbox"/> Strong tradition of liturgy (ceremony). <input type="checkbox"/> Emphasis on practices (usually termed, sacraments), including: baptism, Eucharist, prayers for the sick, holy orders, marriage, confirmation and confession/penance. <input type="checkbox"/> Dedication to creeds (formulated statements of beliefs). <input type="checkbox"/> Belief in Apostolic succession in leadership, meaning leaders are male successors of the original apostles of Jesus.
Daily Practices	<input type="checkbox"/> Prayers at table, bedside and other times. <input type="checkbox"/> May desire daily Eucharist or attendance at Mass. <input type="checkbox"/> Use of sacramentals or aids in the spiritual life, such as rosary beads/prayer, holy images, candles, etc.
Dying and Death	<input type="checkbox"/> Belief in life after death. <input type="checkbox"/> Persons experiencing grave suffering and/or approaching death are usually encouraged to compare their suffering to that of Christ's. <input type="checkbox"/> Sacrament of the Anointing of the Sick very important for the seriously ill, frail and elderly. Used to be called Last Rites. <input type="checkbox"/> Autopsy and Organ Donation acceptable. <input type="checkbox"/> Body to be treated with respect. <input type="checkbox"/> Wakes encouraged- usually in a funeral home the day before the funeral. <input type="checkbox"/> Funeral Mass is the norm but can be replaced with a funeral version of Liturgy of the Word. <input type="checkbox"/> Graveside service is also typical.
Facilitating Practices	<input type="checkbox"/> Ask patient and family about preferred practices. <input type="checkbox"/> Ask about rituals and needs such as Eucharist/Communion or anointing. <input type="checkbox"/> Provide for privacy as needed.

Food	<ul style="list-style-type: none"> <li><input type="checkbox"/> Traditional Catholics may fast and/or ask for sacramental confession prior to receiving Eucharist and may wish to avoid meat on Fridays, especially during season of Lent; offer to provide fish instead.</li> <li><input type="checkbox"/> No general dietary restrictions.</li> </ul>
Health	<ul style="list-style-type: none"> <li><input type="checkbox"/> Blood and blood products acceptable.</li> <li><input type="checkbox"/> May wish major amputated limb to be buried in consecrated ground.</li> <li><input type="checkbox"/> Sacrament of the Sick (anointing by a priest) may be very important.</li> <li><input type="checkbox"/> May believe suffering is part of one's fate or punishment from God.</li> </ul>
Holy days and festivals	<ul style="list-style-type: none"> <li><input type="checkbox"/> Traditional Christian holidays as well as observance of special holy days when attendance at Mass is viewed as an obligation.</li> <li><input type="checkbox"/> Holidays such as Christmas and Easter are celebrated as a season, not only for one significant day.</li> </ul>
Pregnancy and Birth	<ul style="list-style-type: none"> <li><input type="checkbox"/> Natural means of birth control only.</li> <li><input type="checkbox"/> Abortion and sterilization prohibited.</li> <li><input type="checkbox"/> Artificial means of conception are discouraged.</li> <li><input type="checkbox"/> Baptism of infants may be required and urgent if prognosis is grave.</li> </ul>
Rituals or Ceremonies	<ul style="list-style-type: none"> <li><input type="checkbox"/> Attending mass (worship) on Sunday and Holy Days, sometimes daily.</li> <li><input type="checkbox"/> Observing sacraments.</li> <li><input type="checkbox"/> Praying the rosary (beads to aid in saying prayers).</li> <li><input type="checkbox"/> Lighting candles.</li> <li><input type="checkbox"/> Be aware of cultural differences in observance and practice, especially in the large and growing number of Spanish speaking communities.</li> </ul>
Spiritual instruments, structure and symbols	<ul style="list-style-type: none"> <li><input type="checkbox"/> Rosary (prayer beads).</li> <li><input type="checkbox"/> Holy water.</li> <li><input type="checkbox"/> Incense.</li> <li><input type="checkbox"/> Saints, especially Mary the mother of Jesus and saints associated with healing.</li> <li><input type="checkbox"/> Jesus pictures and statues; crucifix (cross with corpus of Jesus).</li> <li><input type="checkbox"/> Name of Jesus is important.</li> <li><input type="checkbox"/> Only (male) priest can offer Sacraments.</li> <li><input type="checkbox"/> Leadership includes priest (Father), deacon (Mr. or Deacon), nuns (Sister) and brothers (Brother), whom all have taken vows, as well as Eucharistic ministers (lay-men and women who bring Eucharist/communion); chaplains, both men and women, who are specially trained and certified.</li> </ul>

\*Eastern Rite Catholics (different from Eastern Orthodox Christians) have similar but not identical beliefs and practices.

## Seventh-day Adventist

\* Also known as Adventist, Church of God, Advent Christian Church

Beliefs	<input type="checkbox"/> Bible is interpreted literally. <input type="checkbox"/> Believe it is a duty to warn others to prepare for second coming of Christ. <input type="checkbox"/> Body considered temple of God and must be kept healthy. <input type="checkbox"/> Operate one of world's largest religious health care systems.
Daily Practices	<input type="checkbox"/> Prayer
Dying and Death	<input type="checkbox"/> Euthanasia not practiced. <input type="checkbox"/> Autopsy, donation of body or organs acceptable. <input type="checkbox"/> Disposal of body and burial are individual decisions. <input type="checkbox"/> Death is held to be a state of unconsciousness with a return to consciousness coming at the Second Advent- the second coming of Christ.
Facilitating practices	<input type="checkbox"/> Ask patient and family about beliefs and preferences. <input type="checkbox"/> Provide privacy.
Food	<input type="checkbox"/> Vegetarian diet encouraged. <input type="checkbox"/> Consuming alcohol, tea, and coffee is a matter of individual choice although many refrain. <input type="checkbox"/> May practice fasting.
Health	<input type="checkbox"/> Believe healing can be accomplished both through medical intervention and divine healing. <input type="checkbox"/> Chaplains and physicians are inseparable. <input type="checkbox"/> Emphasize physical medicine, rehabilitation and therapeutic diets. <input type="checkbox"/> No restrictions on medications, blood or blood products or vaccines. <input type="checkbox"/> Some may not condone use of narcotics or stimulants. <input type="checkbox"/> No restrictions on surgical procedures.
Holy days and festivals	<input type="checkbox"/> Saturday is the Sabbath, a day of worship and rest.
Pregnancy and birth	<input type="checkbox"/> Birth control is an individual choice. <input type="checkbox"/> Abortion is discouraged but the choice is left to the conscience of the woman. <input type="checkbox"/> Opposed to infant baptism.
Rituals and Ceremonies	<input type="checkbox"/> Pastors and elders may pray and anoint ill person with oil.
Spiritual instruments, structure and symbols	<input type="checkbox"/> In some groups, all pastors and elders are male. In other groups, females do serve in these roles.

## Islam (Muslim)

The religion is “Islam”. Those who practice this religion are “Muslim”.

<p>The Five Basic Principles of Al-Islam/Beliefs</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <i>Shahadatain</i> (Declaration of Faith) - To declare there is only one God, Allah, and that Muhammad is his messenger.</li> <li><input type="checkbox"/> <i>Salat</i> (Prayer/ Worship) - Muslims must pray five times a day. The Qur'an is the final revelation to Humanity.</li> <li><input type="checkbox"/> <i>Zakat</i> (Charitable Contributions) - Requires that once a year a Muslim is to give at the rate of 2.5% to a charitable cause.</li> <li><input type="checkbox"/> <i>Sawm</i> (Fasting) - Participate in the month long fast of Ramadan, in which they restrain from food, drink, and sex during daylight hours.</li> <li><input type="checkbox"/> <i>Hajj</i> (Pilgrimage to Mecca) - If in good health and with enough money, one must make the pilgrimage to Mecca once in their lifetime.</li> </ul>
<p>Beliefs</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> One God, or Allah, is most important principle.</li> <li><input type="checkbox"/> Complete submission to God.</li> <li><input type="checkbox"/> Prophet Muhammad and Holy Qur'an.</li> <li><input type="checkbox"/> A judgment day and life after death.</li> <li><input type="checkbox"/> Commitment to fast during the holy month of Ramadan: abstaining from food, drink, sexual intercourse and evil intentions and actions.</li> <li><input type="checkbox"/> Commitment to attempt a pilgrimage to Mecca (in Saudi Arabia) at least once in life.</li> <li><input type="checkbox"/> Duty to give generously to poor people.</li> <li><input type="checkbox"/> Belief in Oneness of God.</li> <li><input type="checkbox"/> Belief in His Angels.</li> <li><input type="checkbox"/> Belief in His Books (All the revealed Scriptures).</li> <li><input type="checkbox"/> Belief in His Messengers (All of them).</li> <li><input type="checkbox"/> Belief in Hereafter (Life after Death).</li> <li><input type="checkbox"/> Belief in the Day of Judgment.</li> <li><input type="checkbox"/> Belief in Reward and Punishment.</li> </ul>
<p>Daily Practices</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> May engage in prayer 5 times a day facing Mecca (dawn, mid-day, mid-afternoon, sunset, night); face, hands and feet are washed before prayer. Do not interrupt or walk in front of patient when he/she is saying prayers unless it is an emergency.</li> <li><input type="checkbox"/> Days of observance occur throughout the Muslim lunar calendar.</li> </ul>
<p>Dying and Death</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Death is controlled by God's plan.</li> <li><input type="checkbox"/> Euthanasia or any attempt to shorten life prohibited.</li> <li><input type="checkbox"/> Organ or body donation acceptable.</li> <li><input type="checkbox"/> Autopsy permitted only for medical or legal reasons.</li> <li><input type="checkbox"/> Confession of sins and begging forgiveness often occurs in presence of family upon death.</li> <li><input type="checkbox"/> Important to follow five steps of burial procedure which specifies washing, dressing, and positioning of the body. First step is traditional washing of the body by Muslim of same gender.</li> <li><input type="checkbox"/> As moment of death approaches, Islamic Creed should be recited.</li> <li><input type="checkbox"/> Grief expressed by shedding tears, but forbidden to wail, beat breast, slap face, tear hair or garments, or complain or curse.</li> <li><input type="checkbox"/> The <i>Janazah</i> Prayer (Prayer for the deceased) must be said in Arabic</li> </ul>



	and led by a male- an Imam is preferred. This process should take place within 72 hours after death. Therefore, a death certificate should be signed quickly to facilitate the process.
Facilitating practices	<ul style="list-style-type: none"> <li><input type="checkbox"/> Explore what practices are most important to patient/family.</li> <li><input type="checkbox"/> Be aware that some customs prohibit handshakes or any contact between genders.</li> <li><input type="checkbox"/> Female patients may want a female physician.</li> <li><input type="checkbox"/> Be aware of language barriers.</li> </ul>
Food	<ul style="list-style-type: none"> <li><input type="checkbox"/> <i>Tayyib</i>: what is good, pure, clean, wholesome, nourishing, pleasant and tasteful.</li> <li><input type="checkbox"/> <i>Halal</i>: what is lawful and allowed for Muslims to eat.</li> <li><input type="checkbox"/> <i>Halal Diet</i>: Pork, and some shellfish prohibited; alcohol is possibly prohibited.</li> <li><input type="checkbox"/> Only vegetable oil to be used.</li> <li><input type="checkbox"/> Any food invoked by a name besides God's may be prohibited.</li> <li><input type="checkbox"/> <u>Children, pregnant women, and those who are ill are exempt from fasting laws, however may resist and need support from faith group/leader.</u></li> <li><input type="checkbox"/> May only eat with right hand, which is considered to be the clean hand.</li> </ul>
Health	<ul style="list-style-type: none"> <li><input type="checkbox"/> No restrictions on blood or blood products, medications, amputations, organ transplants, or biopsies.</li> <li><input type="checkbox"/> Most surgical procedures permitted.</li> <li><input type="checkbox"/> Doctors are seen as helpers of God's will.</li> <li><input type="checkbox"/> Abortion is prohibited except in cases of rape, incest and if the life of the mother is threatened. A fetus is considered a human being after 25-week gestation.</li> </ul>
Holy Days and Festivals	<ul style="list-style-type: none"> <li><input type="checkbox"/> Fasting during the month of <i>Ramadan</i> is included in the 5 pillars of Islam and is considered to be a spiritual obligation. Fasting happens from sunrise to sunset. The ill and children are exempt from fasting, but they may join anyway if safe to do so.</li> <li><input type="checkbox"/> <i>Jum'ah</i> Prayer (Congregational Prayer) held every Friday, the Holiest Day for Muslims and takes place at noon prayer. One may not work during this time.</li> <li><input type="checkbox"/> Islamic days are based on the lunar calendar. Muslims do not work on two Holy days during the year; 1) <i>Eid-ul-Fitr</i> (Celebration of the Fast Breaking)- this is held on the first day of the ninth month of the lunar calendar. 2) <i>Eid- ul- Aha</i> (Celebration of the Sacrifice of Abraham) - a three day celebration beginning on the 10th day of the twelfth month called <i>Dhul Hijjah</i>.</li> <li><input type="checkbox"/> These Holy days consist of prayer and a short sermon in congregation followed by food, entertainment, feeding of the poor and visiting the sick and shut-in.</li> </ul>
Pregnancy and birth	<ul style="list-style-type: none"> <li><input type="checkbox"/> At 25 weeks gestation the fetus is considered a living human being. Before and after that period there are no abortions, except if the Mother's life is threaten. In any case it is the decision of the Mother</li> </ul>

Rituals and Ceremonies	<ul style="list-style-type: none"> <li>□ There are many cultures in Islam that have their own particular rituals and ceremonies such as facing the east before death, but there are religious rituals and ceremonies that cross all cultural lines such as; A Akika (New born ceremony) naming the child within 7 days of birth with family and friends. Chapter 96 (Yasin) is read to the sick. The declaration of Faith is said at the end-of-life by patient. Washing, shrouding and Janazah Prayer (Funeral Service) and burial are done with-in 72 hours of death.</li> </ul>
Spiritual instruments, structure and symbols	<ul style="list-style-type: none"> <li>□ Muslims turn to the Kaaba (House Built to Worship One G-D) to pray 5 times a day, when the direction is known, although they can pray in any position or direction if dictated by circumstances. There are no symbols or signs that represent Islam except the Holy Qur'an.</li> </ul>

<u>Sunni</u>	<u>Shia</u>
<ul style="list-style-type: none"> <li>□ Sunni roughly means “words and actions” or example of the Prophet Muhammad.</li> <li>□ Believe that when the prophet Muhammad died, it was his wish that the next leader would be elected. Abu Bakr, Muhammad’s closest friend, was elected.</li> <li>□ Believe the caliphs (leaders) of Islam should continue to be elected (and they are).</li> <li>□ 85% of Muslims are Sunni.</li> </ul>	<ul style="list-style-type: none"> <li>□ Shia roughly means, Party of Ali.</li> <li>□ Believe that when the prophet Muhammad died, it was his wish that Ali, his cousin and son-in-law, would be the new caliph.</li> <li>□ Believe that the caliphs (leaders) of Islam should continue to be direct descendents of the Prophet Muhammad.</li> <li>□ Shia Muslims choose to ignore the elected Sunni leaders, and instead follow their own leaders, direct descendents of Muhammad called Imams.</li> <li>□ 15% of Muslims are Shia.</li> <li>□ Iran and Iraq are the only countries that have a majority of Shia Muslims. Shia Muslims are the minority in the rest of the Islamic world.</li> <li>□ Can also be found in Pakistan, Azerbaijan, Afghanistan, India and Syria.</li> <li>□ Some Shia Muslims pray only 3 times a day; all Sunni Muslims pray 5 times a day.</li> </ul>

# Judaism

All believe:

- There is one all-powerful God who created the universe.
- God communicated the commandments to Moses on Mount Sinai, they are written in the Torah.
- Commitments, obligations, duties, and commandments to religion have priority over rights and individual pleasures.
- Sanctity of life overrides nearly all religious obligations. Therefore, the sick are exempt from normal fasting requirements.

Major Jewish Movements:

- Orthodox
- Conservative
- Reform

**Note-** In describing a person’s religious affiliation, be aware that there are Orthodox Jews and (Eastern) Orthodox Christians both often referred to as “Orthodox”. Likewise, someone who labels themselves as “Reform” is Jewish. Someone who labels themselves as “Reformed” is Christian.

Orthodox Jews believe in:

- Strict and traditional interpretation of the Torah.
- Strict and traditional interpretation of laws and commandments.
- That the Torah is divine and unalterable.
- Following of the code of Jewish Law.

Conservative Jews believe in:

- Acceptance of traditional and modern religious observances.
- Conservation of Jewish tradition, but also changing to fit modern times.

Reform Jews believe in:

- Freedom to interpret the Torah and choose religious observances.

Beliefs	<ul style="list-style-type: none"> <li><input type="checkbox"/> Majority of Jews unaffiliated-Judaism can be seen as identity and not faith system.</li> <li><input type="checkbox"/> Orthodoxy is the most fundamental of the movements-adhering to Written and Oral Laws.</li> <li><input type="checkbox"/> Conservative sees revelation as divinely inspired and contains a large tent between Orthodoxy and Reform.</li> <li><input type="checkbox"/> Reform sees revelation as interpreted by the individual in a dialogue between Jewish history and contemporary wisdom.</li> <li><input type="checkbox"/> Other smaller movements generally fall on the more liberal side although there is a branch loosely known as Ultra Orthodox.</li> </ul>
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Daily Practices	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Orthodox</b>- May pray three times daily-ideally in community. Less open to non-liturgical prayer life.</li> <li><input type="checkbox"/> <b>Conservative</b>-Daily prayers valued. Individual approaches can vary.</li> <li><input type="checkbox"/> <b>Reform</b>- prayers are valued- can be more open to multi-faith and prayers at bedside.</li> </ul>
Dying and Death	<ul style="list-style-type: none"> <li><input type="checkbox"/> Belief in life after death accepted by Orthodox and Conservative; Reform acknowledges as part of tradition but allows for individuals to form their own belief system.</li> <li><input type="checkbox"/> Persons experiencing grave suffering and/or approaching death are usually encouraged to connect with community (all denominations) and pray appropriately to denominational beliefs.</li> <li><input type="checkbox"/> Prayers for sick can be an important part of faith in illness for those who celebrate their Judaism in a religious fashion. The most common prayer used in this context is called <i>micheberach</i>.</li> <li><input type="checkbox"/> Autopsy and Organ Donation acceptable to the Conservative and Reform movements and smaller segments of Orthodoxy. <u>Always</u> have families in touch with their rabbi.</li> <li><input type="checkbox"/> Body to be treated with respect. Family may want to stay with the body until it is removed by the funeral director.</li> <li><input type="checkbox"/> Burial recommended as soon as possible.</li> <li><input type="checkbox"/> Cremation either prohibited or discouraged.</li> <li><input type="checkbox"/> Graveside and funeral home services are typical.</li> </ul>
Facilitating Practices	<ul style="list-style-type: none"> <li><input type="checkbox"/> Ask patient and family about preferred practices.</li> <li><input type="checkbox"/> Provide for privacy as needed.</li> </ul>
Food	<ul style="list-style-type: none"> <li><input type="checkbox"/> Orthodox and many Conservative will need kosher-certified food.</li> </ul>
Health	<ul style="list-style-type: none"> <li><input type="checkbox"/> Blood and blood products acceptable.</li> <li><input type="checkbox"/> May wish major amputated limb to be buried in consecrated ground.</li> <li><input type="checkbox"/> Consult Rabbi with issues of tube feeding and life support.</li> </ul>
Holy days and festivals	<ul style="list-style-type: none"> <li><input type="checkbox"/> <i>Rosh Hashanah</i>- Jewish New Year (Solemn).</li> <li><input type="checkbox"/> <i>Yom Kippur</i>-Fast (no eating or drinking); Day of Atonement.</li> <li><input type="checkbox"/> <i>Sukkot</i>- Weeklong festival of Tabernacles.</li> <li><input type="checkbox"/> <i>Channukah</i>- eight day festival of lights.</li> <li><input type="checkbox"/> <i>Purim</i>-Preceded by Fast of Esther (no eating or drinking) holiday of the Book of Esther.</li> <li><input type="checkbox"/> <i>Pesach/Passover</i>- Week long Holiday of Freedom.</li> <li><input type="checkbox"/> Shavuot/Pentecost- Holiday of revelation.</li> <li><input type="checkbox"/> <i>Asara B'tevet, Tzom Gedalia, Shiva Asar B'Tamuz and Tisha B'Av</i>-fast days (no eating or drinking) of mourning.</li> <li><input type="checkbox"/> NOTE- be in touch with rabbi to facilitate religious celebration in a healing environment- especially around fasting.</li> <li><input type="checkbox"/> Sabbath and Holy Days can be days where electricity is not used(Orthodox)- consult with Rabbinic authority</li> </ul>

Pregnancy and birth	<ul style="list-style-type: none"> <li><input type="checkbox"/> Orthodox- Consult Rabbinic authority about birth control. Other denominations are more liberal.</li> <li><input type="checkbox"/> All denominations allow abortion to save the mother- consult Rabbinic and other authorities.</li> </ul>
Rituals or ceremonies	<ul style="list-style-type: none"> <li><input type="checkbox"/> Synagogue/Temple attendance.</li> <li><input type="checkbox"/> Lighting candles before Sabbath and Holidays.</li> <li><input type="checkbox"/> Be aware of cultural differences in observance and practice, especially in the large and growing number of Spanish speaking communities.</li> </ul>
Spiritual instruments, structure and symbols	<ul style="list-style-type: none"> <li><input type="checkbox"/> Electric Sabbath Candles can be meaningful.</li> </ul>

## Eastern Religions

### Buddhism

\*There are 3 major Buddhist traditions: *Theravada*, *Mahayana*, and *Tibetan*

Beliefs	<ul style="list-style-type: none"> <li><input type="checkbox"/> The main goal is to reach spiritual enlightenment through meditation and conscious living.</li> <li><input type="checkbox"/> Personal insight replaces belief in God with the complete study of the laws of cause and effect (<i>Karma</i>).</li> </ul>
Daily Practices	<ul style="list-style-type: none"> <li><input type="checkbox"/> May include meditation or chanting according to the form of Buddhism the Buddhist follows.</li> </ul>
Dying and Death	<ul style="list-style-type: none"> <li><input type="checkbox"/> All rituals at death are aimed at promoting human rebirth in the next life, as well as preventing lower forms of rebirth taking place.</li> <li><input type="checkbox"/> May wish prayers/chanting to take place.</li> <li><input type="checkbox"/> Person's state of mind at moment of death believed to influence rebirth, so they will want to be calm and peaceful.</li> <li><input type="checkbox"/> Person may not want medication while dying if it affects clarity of mind.</li> <li><input type="checkbox"/> Imperative that a Buddhist representative be notified well in advance to see that appropriate person presides over the care of a dying person.</li> <li><input type="checkbox"/> Unexpected death or death of small child may necessitate special rituals.</li> <li><input type="checkbox"/> Traditionally, there is a 3-5 day period when the body is not disturbed following death.</li> </ul>
Facilitating Practices	<ul style="list-style-type: none"> <li><input type="checkbox"/> Allow for quiet time to observe practices.</li> <li><input type="checkbox"/> Ensure calm and peaceful environment and comfort, especially for dying person.</li> </ul>
Food	<ul style="list-style-type: none"> <li><input type="checkbox"/> May be vegetarian, may avoid stimulants (coffee, alcohol, tobacco).</li> </ul>
Health	<ul style="list-style-type: none"> <li><input type="checkbox"/> Illness is a result of karma (law of cause and effect), therefore an inevitable consequence of actions in this or a previous life.</li> <li><input type="checkbox"/> Health is holistic (connect between mind and body); mental cures are important.</li> <li><input type="checkbox"/> Healing and recovery promoted by awakening to wisdom of Buddha, which is spiritual peace and freedom from anxiety.</li> <li><input type="checkbox"/> Do not believe in healing through faith.</li> <li><input type="checkbox"/> No restrictions on blood or blood products, surgical procedures, organ donation, autopsy.</li> <li><input type="checkbox"/> Medications acceptable if in great discomfort as long as they do not affect state of mind.</li> </ul>
Holy Days and Festivals	<ul style="list-style-type: none"> <li><input type="checkbox"/> While some celebrations are common to all Buddhists, many are unique to particular schools.</li> </ul>

Pregnancy and birth	<ul style="list-style-type: none"> <li><input type="checkbox"/> Artificial insemination, sterility testing and birth control acceptable.</li> <li><input type="checkbox"/> Buddhists do not condone taking a life; circumstances of patient determine whether abortion acceptable.</li> <li><input type="checkbox"/> Pregnant women may avoid funerals to prevent bad luck for baby.</li> </ul>
Rituals or ceremonies	<ul style="list-style-type: none"> <li><input type="checkbox"/> There is a monthly atonement ceremony on the full moon. The major rituals are around baby blessings, lay and monk ordination, marriage and death.</li> </ul>
Spiritual instruments, social structure and symbols	<ul style="list-style-type: none"> <li><input type="checkbox"/> Incense burning, flower and fruit offerings, altars/images/statues of Buddha, social and ancestors, prayer beads, chant boxes.</li> <li><input type="checkbox"/> Ordained spiritual community involves full ordination for women and men.</li> <li><input type="checkbox"/> Lay vows for women and men.</li> <li><input type="checkbox"/> No institutionally organized hierarchical structure.</li> <li><input type="checkbox"/> Buddha image, lotus, swastika-looking symbol (which represents peace).</li> </ul>

## Hinduism

\*3<sup>rd</sup> largest religion in the world

\*Large population in India, Nepal and Bangladesh

Beliefs	<ul style="list-style-type: none"> <li><input type="checkbox"/> A wide variety of beliefs held together by an attitude of mutual tolerance and belief that all approaches to God are valid.</li> <li><input type="checkbox"/> Humankind's goal is to break free of this imperfect world and reunite with God.</li> <li><input type="checkbox"/> Reincarnation and <i>karma</i> (law of cause and effect).</li> <li><input type="checkbox"/> One must perform his/her duties to God, parents, teachers and society.</li> </ul>
Daily practices	<ul style="list-style-type: none"> <li><input type="checkbox"/> Personal hygiene very important and bathing is required every day, but bathing after meal may be viewed as harmful.</li> <li><input type="checkbox"/> Hot water may be added to cold, but not the opposite.</li> <li><input type="checkbox"/> Removal of shoes before entering a room.</li> </ul>
Dying and Death	<ul style="list-style-type: none"> <li><input type="checkbox"/> The atmosphere around the dying person must be peaceful.</li> <li><input type="checkbox"/> The last thoughts or words are of God; the <i>Gita</i> (scripture) is recited to strengthen the person's mind and provide comfort. Religious chanting before and after death is continually offered by family, friends and priest.</li> <li><input type="checkbox"/> Prefer to die at home, as close to mother earth as possible (usually on the ground).</li> <li><input type="checkbox"/> Active euthanasia viewed as destructive.</li> <li><input type="checkbox"/> No custom or restriction on prolongation of life.</li> <li><input type="checkbox"/> Immediately after death priest may pour water into mouth of deceased and family may wash the body.</li> <li><input type="checkbox"/> Customary for body not to be left alone until cremated.</li> <li><input type="checkbox"/> Autopsy and organ donation acceptable.</li> <li><input type="checkbox"/> Cremation is common on day of death.</li> <li><input type="checkbox"/> Fetus or children under age 2 may be buried; no rituals observed.</li> </ul>

Facilitating practices	<ul style="list-style-type: none"> <li><input type="checkbox"/> Provide supportive environment and privacy for rites.</li> <li><input type="checkbox"/> Involve family members in plan of care and determine which member will provide personal care.</li> <li><input type="checkbox"/> Father/husband is primary spokesperson to whom questions should be directed - women may not request special care.</li> <li><input type="checkbox"/> Special respect for elders.</li> </ul>
Food	<ul style="list-style-type: none"> <li><input type="checkbox"/> Usually vegetarian.</li> <li><input type="checkbox"/> If not vegetarian, may avoid beef and pork.</li> <li><input type="checkbox"/> According to dietary law, right hand is used for eating and left hand for toileting and hygiene.</li> <li><input type="checkbox"/> May fast on special holy days</li> </ul>
Health	<ul style="list-style-type: none"> <li><input type="checkbox"/> Prayer for health considered low form of prayer; stoicism is preferable.</li> <li><input type="checkbox"/> Medications, blood and blood products, donation and receipt of organs.</li> </ul>
Holy Days and Festivals	<ul style="list-style-type: none"> <li><input type="checkbox"/> Several, which are observed at home; some take place in a temple.</li> <li><input type="checkbox"/> Must be barefoot during religious worship or any kind of religious celebration.</li> <li><input type="checkbox"/> Must sit at a lower elevation than where the image of the deity has been placed.</li> </ul>
Pregnancy and Birth	<ul style="list-style-type: none"> <li><input type="checkbox"/> Exact time of birth may be important to family.</li> <li><input type="checkbox"/> Circumcision is uncommon.</li> <li><input type="checkbox"/> May not want to name the newborn immediately.</li> <li><input type="checkbox"/> May be against abortion.</li> <li><input type="checkbox"/> Birth control, artificial insemination and amniocentesis acceptable.</li> </ul>
Rituals and Ceremonies	<ul style="list-style-type: none"> <li><input type="checkbox"/> On 10<sup>th</sup> or 11<sup>th</sup> day after birth, priest performs naming ceremony.</li> <li><input type="checkbox"/> Specific ceremonies vary according to local customs.</li> <li><input type="checkbox"/> Praying, meditating, scripture reading and recitation is common.</li> </ul>
Spiritual instruments, structure and symbols	<ul style="list-style-type: none"> <li><input type="checkbox"/> Various sacred writings</li> <li><input type="checkbox"/> Various objects for rituals- including sandalwood, incense, candle, symbols structure and or pictures, fresh flowers, prayer beads.</li> <li><input type="checkbox"/> Not a church-based religion; no hierarchical structure.</li> <li><input type="checkbox"/> Religious practitioner is priest acceptable.</li> <li><input type="checkbox"/> Pain and suffering seen as result of past actions (Karma).</li> <li><input type="checkbox"/> Future lives influenced by how one faces illness, disability and/or death.</li> </ul>



## Sikhism

\*Mostly from Pakistani and Indian region of Punjab

Beliefs	<ul style="list-style-type: none"> <li><input type="checkbox"/> God is formless, eternal, and unobserved.</li> <li><input type="checkbox"/> God is the supreme Guru, revealed as guide and teacher throughout the World.</li> <li><input type="checkbox"/> Reincarnation as a cycle of rebirth.</li> <li><input type="checkbox"/> Tension exists between God's sovereignty and human free will.</li> <li><input type="checkbox"/> Salvation is liberation from the cycle of rebirth. Salvation can be achieved through disciplined meditation and spiritual union with God.</li> <li><input type="checkbox"/> Ideal life is one of work, worship and charity.</li> <li><input type="checkbox"/> Equality of all people.</li> </ul>
Daily Practices	<ul style="list-style-type: none"> <li><input type="checkbox"/> Private worship twice daily: Morning and night.</li> <li><input type="checkbox"/> Following of the 10 Sikh gurus (enlightened leaders) and the Holy Scriptures.</li> </ul>
Dying and Death	<ul style="list-style-type: none"> <li><input type="checkbox"/> Body is bathed, dressed, and cremated.</li> <li><input type="checkbox"/> Floor is washed and covered with white sheets; shoes taken outside the room.</li> </ul>
Facilitating practices	<ul style="list-style-type: none"> <li><input type="checkbox"/> Provide privacy.</li> <li><input type="checkbox"/> Respect wearing of religious objects; do not remove without permission.</li> </ul>
Food	<ul style="list-style-type: none"> <li><input type="checkbox"/> Fasting not accepted as a religious practice, although can be observed for medical reasons.</li> </ul>
Health	<ul style="list-style-type: none"> <li><input type="checkbox"/> Adult members have made a vow never to cut the hair on any part of their body.</li> </ul>
Holy Days and Festivals	<ul style="list-style-type: none"> <li><input type="checkbox"/> Meet as a congregation for prayer service and common meal on six primary holidays.</li> </ul>
Pregnancy and Birth	<ul style="list-style-type: none"> <li><input type="checkbox"/> Child is often named by opening the <i>Guru Granth Sahib</i> (book of collected religious writings) at random; the first letter of the first verse on the left- hand page becomes the first initial of the child's name.</li> <li><input type="checkbox"/> There are no particular rituals connected with the birth of a child in the Sikh community. Some sections of the Sikhs recite the five verses of the Morning Prayer, <i>Japji Sahib</i> into the ears of the newborn child.</li> <li><input type="checkbox"/> <i>Gurthi</i>: A respected, intelligent and favorite member of the family gives a drop of honey to the new born child so as to give the child his characters later in life. This is not a ritual and it mostly takes place in the hospital itself.</li> <li><input type="checkbox"/> <i>Shushak</i>: When a child is born into the Sikh fold, the maternal grandparents gift him a package called <i>Shushak</i>, which consists of clothes for the child and his family, a spoon, glass, and a bowl for the child, money and gold ornaments for the child according to their financial status.</li> </ul>

Rituals and Ceremonies	<ul style="list-style-type: none"> <li><input type="checkbox"/> Sikh Baptisms (<i>Amrit</i>).</li> <li><input type="checkbox"/> Naming Ceremonies.</li> <li><input type="checkbox"/> Birth Ceremonies.</li> </ul>
Spiritual instruments, structure and symbols	<ul style="list-style-type: none"> <li><input type="checkbox"/> <i>Guru Granth Sahib</i>, collection of religious writings, is the “Living Word” and instruments, the “Living Guru” or teacher.</li> <li><input type="checkbox"/> A turban may be worn as a symbol of personal sovereignty and symbolizes responsibility to others.</li> <li><input type="checkbox"/> Symbolic objects include wooden comb, cloth around chest, and iron bracelet which must never be removed.</li> <li><input type="checkbox"/> Local leadership consists of elected committee of 5 elders.</li> <li><input type="checkbox"/> <i>Khanda</i>, which reflects certain fundamental concepts of the faith (looks like two swords crossed with a circle overlapping).</li> </ul>

## Other Religions

### Bahá'í

Beliefs	<ul style="list-style-type: none"> <li><input type="checkbox"/> The oneness of God, the oneness of religion, and the oneness of humanity.</li> <li><input type="checkbox"/> All great religions are divine in origin and represent successive stages of revelation throughout human history.</li> <li><input type="checkbox"/> Unification of humanity and end of racial and religious prejudice.</li> <li><input type="checkbox"/> Search for truth is an individual responsibility.</li> <li><input type="checkbox"/> Harmony of religion and science.</li> <li><input type="checkbox"/> Basic education for all children.</li> <li><input type="checkbox"/> Abolition of extreme wealth and poverty.</li> <li><input type="checkbox"/> Equality of the sexes.</li> </ul>
Daily Practices	<ul style="list-style-type: none"> <li><input type="checkbox"/> Daily prayer and reading of Bahá'í sacred writings.</li> <li><input type="checkbox"/> All work performed in the spirit of service is considered to be worship.</li> </ul>
Dying and Death	<ul style="list-style-type: none"> <li><input type="checkbox"/> An individual's reality is spiritual, not physical.</li> <li><input type="checkbox"/> The body is seen as the throne of the soul, worthy to be treated with honor and respect even when dead.</li> <li><input type="checkbox"/> After death, the soul continues to progress to the next stage of existence closer to God.</li> <li><input type="checkbox"/> Body should be buried, not cremated, preferably without embalming unless required by law.</li> <li><input type="checkbox"/> Body must not be transported more than one hour's journey from the place of death.</li> <li><input type="checkbox"/> For persons over 15 years old, the Prayer for the Dead is recited at burial.</li> </ul>
Facilitating Practices	<ul style="list-style-type: none"> <li><input type="checkbox"/> Provide privacy and supportive environment.</li> </ul>
Food	<ul style="list-style-type: none"> <li><input type="checkbox"/> Bahá'í Fast March 2-20: Bahá'ís over the age of 15 who are in good health abstain from food and drink from sunrise to sunset each day.</li> </ul>
Health	<ul style="list-style-type: none"> <li><input type="checkbox"/> Consumption of alcohol or mind-altering drugs is forbidden except when prescribed by a physician.</li> </ul>
Holy Days and Festivals	<ul style="list-style-type: none"> <li><input type="checkbox"/> 7 Holy Day festivals per year in which one does not work or go to school.</li> <li><input type="checkbox"/> Other Holy Days also observed.</li> </ul>
Pregnancy and Birth	<ul style="list-style-type: none"> <li><input type="checkbox"/> No special requirements.</li> </ul>
Rituals or Ceremonies	<ul style="list-style-type: none"> <li><input type="checkbox"/> Daily private prayer and annual fast lasting throughout day from sunrise to sunset March 2-20.</li> </ul>
Spiritual instruments, Social structure and symbols	<ul style="list-style-type: none"> <li><input type="checkbox"/> Bahá'í prayers for private worship.</li> <li><input type="checkbox"/> Local, national and international representatives.</li> <li><input type="checkbox"/> Authorized representatives perform special religious rituals.</li> <li><input type="checkbox"/> 9 pointed star.</li> </ul>

## Hawaiian Spirituality

(Content provided by: Kanoelani Davis, Cultural Health Navigator Manager, Molokai Community Health Center)

No founder; tradition has evolved over centuries, passed down through genealogy and storytelling.

Beliefs	<ul style="list-style-type: none"> <li><input type="checkbox"/> Fundamental inter-connectedness of all natural things; all forms of life, with the land are of primary importance.</li> <li><input type="checkbox"/> Basic sense of community or group.</li> <li><input type="checkbox"/> 'Aumakua' are regarded as family guardians and are respected.</li> </ul>
Daily Practices	<ul style="list-style-type: none"> <li><input type="checkbox"/> Daily prayers.</li> <li><input type="checkbox"/> Days of observance occur throughout the lunar calendar.</li> </ul>
Dying and Death	<ul style="list-style-type: none"> <li><input type="checkbox"/> Body to be treated with respect.</li> <li><input type="checkbox"/> Disposal of body and burial are individual decisions.</li> </ul>
Facilitating Practices	<ul style="list-style-type: none"> <li><input type="checkbox"/> Provide time, space, privacy &amp; include the spiritual leader or elder.</li> <li><input type="checkbox"/> Do not pretend to be familiar with traditions and do not interfere with them.</li> <li><input type="checkbox"/> Involve family members in plan of care and determine which member will provide personal care.</li> <li><input type="checkbox"/> Special respect for elders.</li> </ul>
Food	<ul style="list-style-type: none"> <li><input type="checkbox"/> No general dietary restrictions.</li> <li><input type="checkbox"/> Fasting as a traditional practice</li> <li><input type="checkbox"/> Depending on the ceremony specific foods are used. 'Awa is used more commonly.</li> <li><input type="checkbox"/> After ceremony or prayer, foods consumed will likely be provided by family.</li> </ul>
Health	<ul style="list-style-type: none"> <li><input type="checkbox"/> May believe that all bad health results from not living in harmony or being out of balance with nature, social relationships, and/or supernatural environments.</li> <li><input type="checkbox"/> Health is holistic (connection between mind, body, and spirit); mental cures are important.</li> <li><input type="checkbox"/> Health care practices intertwined with religious and cultural beliefs.</li> <li><input type="checkbox"/> Medications acceptable if in great discomfort as long as they do not affect state of mind.</li> <li><input type="checkbox"/> Belief in a long partnership with provider and self for the continuity of their health. Each person is valued for their responsibilities to becoming healthy.</li> </ul>
Holy Days & Festivals	<ul style="list-style-type: none"> <li><input type="checkbox"/> Closely related to seasonal changes, the moon, provision of food and other life essentials.</li> </ul>
Pregnancy & Birth	<ul style="list-style-type: none"> <li><input type="checkbox"/> Pregnant women may avoid funerals.</li> <li><input type="checkbox"/> Avoid wearing Lei or garlands in a full circle are practiced to avoid unfortunate circumstances.</li> <li><input type="checkbox"/> Certain foods may be avoided during pregnancy.</li> <li><input type="checkbox"/> Belief that pregnant women should be massaged by specialized practitioners to avoid early labor.</li> </ul>

	<ul style="list-style-type: none"> <li><input type="checkbox"/> Names for newborn may take up to a month to be revealed to the mother as many rely on dreams, signs, and visions to occur.</li> </ul>
Rituals & Ceremony	<ul style="list-style-type: none"> <li><input type="checkbox"/> Performed with intent of seeing, understanding, or obtaining a vision of clarity of oneself and individual issues in order to relate to one's self and others.</li> <li><input type="checkbox"/> Ceremonies are done to connect to self and elements for value and respect.</li> <li><input type="checkbox"/> Prayers, fasting, and silence for healing.</li> <li><input type="checkbox"/> Chanting for various rituals and ceremony.</li> <li><input type="checkbox"/> Females that are menstruating are asked to be observers during ceremony and have a separate responsibility from those who are active in specific ceremonies. Depending on the district or tradition, this may vary.</li> <li><input type="checkbox"/> Sex, alcohol, nicotine, and drug consumption is avoided.</li> </ul>
Spiritual instruments, structures, and symbols	<ul style="list-style-type: none"> <li><input type="checkbox"/> There are no written scriptures or writings; everything is handed down by generations, practices, traditions, &amp; stories.</li> <li><input type="checkbox"/> Offerings are generally called ho'okupu which is valued from the time it is gathered to the time it is given. It should not touch the ground or by a female who is menstruating.</li> <li><input type="checkbox"/> Females that are menstruating are asked to be observers during ceremony and have a separate responsibility from those who are active in specific ceremonies. Depending on the district or tradition, this may vary.</li> <li><input type="checkbox"/> Traditional ceremonial wear is to be expected</li> <li><input type="checkbox"/> Cleansing prior to ceremony is done and may start days to weeks prior to the actually ceremony and can include fasting and a physical cleanse internally and externally.</li> <li><input type="checkbox"/> Silence is golden and observation is key.</li> <li><input type="checkbox"/> Respect for female and male elders.</li> <li><input type="checkbox"/> Respect for the care takers and protectors of images and to prostrate before them.</li> </ul>

## Native American Spirituality

\*No founder; tradition has evolved over centuries, passed down by storytelling.

\*More than 2 million people in 300-500 different American Indian tribal groups, each with its own culture and responses to specific situations.

Beliefs	<ul style="list-style-type: none"> <li><input type="checkbox"/> Creator - some tribes use “God” and “Creator” interchangeably.</li> <li><input type="checkbox"/> Fundamental inter-connectedness of all natural things, all forms of life, with the land, or Mother Earth, are of primary importance.</li> <li><input type="checkbox"/> Basic sense of community or group/tribe.</li> </ul>
Daily Practices	<ul style="list-style-type: none"> <li><input type="checkbox"/> Prayers, may include using sacred objects, usually private and without strangers present.</li> </ul>
Dying and Death	<ul style="list-style-type: none"> <li><input type="checkbox"/> Beliefs and practices vary widely from tribe to tribe.</li> <li><input type="checkbox"/> Body is sometimes prepared for burial by family or tribe members.</li> <li><input type="checkbox"/> After person dies, some tribes will not touch deceased person’s clothes or belongings.</li> </ul>
Facilitating Practices	<ul style="list-style-type: none"> <li><input type="checkbox"/> Provide time, space, privacy and include tribal spiritual leader.</li> <li><input type="checkbox"/> Do not pretend to be familiar with traditions and do not interfere with them.</li> </ul>
Food	<ul style="list-style-type: none"> <li><input type="checkbox"/> After ceremony or prayer, foods consumed will likely be provided by family.</li> </ul>
Health	<ul style="list-style-type: none"> <li><input type="checkbox"/> Health care practices intertwined with religious and cultural beliefs.</li> <li><input type="checkbox"/> May believe that Ill health results from not living in harmony or being out of balance with nature and social and supernatural environments.</li> </ul>
Holy Days and Festivals	<ul style="list-style-type: none"> <li><input type="checkbox"/> Closely related to seasonal changes, the moon, provision of food and other life essentials.</li> </ul>
Pregnancy and Birth	<ul style="list-style-type: none"> <li><input type="checkbox"/> Pregnant women included in religious ceremonies until delivery.</li> </ul>
Rituals or Ceremonies	<ul style="list-style-type: none"> <li><input type="checkbox"/> Performed with intent of seeing, understanding, or obtaining a vision of clarity of oneself and individual issues in order to relate to oneself and others.</li> <li><input type="checkbox"/> Prayer accompanied by burning of sacred plants, i.e. sweet grass, sage, cedar or tobacco.</li> </ul>
Spiritual Instruments, social structure and symbols	<ul style="list-style-type: none"> <li><input type="checkbox"/> No written scriptures; ceremonies and beliefs learned by word of mouth and instruments experience.</li> <li><input type="checkbox"/> Sacred and should not be touched without permission, especially by a stranger.</li> <li><input type="checkbox"/> Medicine bag: leather pouch usually worn around neck. Do not open or question.</li> <li><input type="checkbox"/> Religious articles carried by elders must not be touched by anyone other than the elder; if inspection is required, an elder should be invited to provide inspection services.</li> <li><input type="checkbox"/> A woman should not come near sacred objects during menstruation.</li> <li><input type="checkbox"/> Respect for female and male elders.</li> <li><input type="checkbox"/> Medicine Man or Woman will probably not have identification defining member.</li> <li><input type="checkbox"/> Include elder, medicine person, or spiritual leader as colleague to</li> </ul>

	<p>assist in healing process.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> A great variety of symbols which vary from one tribe to another.</li> </ul>
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## Rastafarian Movement

\*Started in the 1930's in Jamaica

\*About 10% of Jamaicans are Rastafarian

Beliefs	<ul style="list-style-type: none"> <li><input type="checkbox"/> One God, <i>Jah</i>, is the former emperor of Ethiopia (<i>Haile Selassie I</i>) incarnated. He is the messiah promised in the Bible.</li> <li><input type="checkbox"/> Superiority of African civilization and culture.</li> <li><input type="checkbox"/> Being all-natural and as close to nature as possible.</li> <li><input type="checkbox"/> Love and respect for all living things.</li> <li><input type="checkbox"/> The dream of returning to Africa (original home).</li> <li><input type="checkbox"/> Following of the Old Testament.</li> <li><input type="checkbox"/> Spiritual use of marijuana.</li> </ul>
Daily Practices	<ul style="list-style-type: none"> <li><input type="checkbox"/> Often wear dreadlocks, either as a religious decision or a style decision. However, not all Rastafarians have dreadlocks.</li> <li><input type="checkbox"/> May not wash hair or body to be all natural.</li> <li><input type="checkbox"/> Buttons and pins with images of <i>Haile Selassie</i> or the Lion of Judah.</li> <li><input type="checkbox"/> More conservative Rastafarians may wear robes and head scarves.</li> <li><input type="checkbox"/> Knit hats.</li> </ul>
Dying and Death	<ul style="list-style-type: none"> <li><input type="checkbox"/> Believe in everlasting life. As a result, they might be hesitant to prepare for death or talk about terminal illness.</li> <li><input type="checkbox"/> Since death is not real, they believe that <i>Haile Selassie I</i> is still alive</li> </ul>
Food	<ul style="list-style-type: none"> <li><input type="checkbox"/> Limited meat- no pork or shellfish (following of Old Testament restrictions).</li> <li><input type="checkbox"/> May avoid all meat.</li> <li><input type="checkbox"/> May be vegan.</li> <li><input type="checkbox"/> May avoid alcohol.</li> <li><input type="checkbox"/> Caribbean food is popular, especially healthy fruits and vegetables.</li> <li><input type="checkbox"/> May only want to eat natural foods, called "<i>I-ta</i>" foods in Jamaica.</li>   <li><input type="checkbox"/> Jamaican Patois, the Jamaican Creole, may be hard to understand because of the patient's accent and idioms. However, they can usually understand English since the language is English-based.</li> <li><input type="checkbox"/> Some Rastafarians speak Amharic, the original language of Ethiopia. However, this is not common and most speak English or Jamaican-English.</li> </ul>
Health	<ul style="list-style-type: none"> <li><input type="checkbox"/> The body may be seen as a church. Therefore it is sacred and they may be hesitant to put anything unnatural into it.</li> </ul>

Rituals or Ceremonies	<input type="checkbox"/> May include discussion, singing, dancing, and marijuana use. <input type="checkbox"/> Readings of the Old Testament.
Spiritual instruments, social structure and symbols	<input type="checkbox"/> Believe in the spiritual use of marijuana. Marijuana is common during ceremonies or habitually. It is acceptable because it is considered to be natural. <input type="checkbox"/> Marijuana is seen as cleansing, spiritual, and written about in the Bible. <input type="checkbox"/> May avoid taking any un-natural drugs. <input type="checkbox"/> Local, national and international representatives. <input type="checkbox"/> Authorized representatives perform special religious rituals. <input type="checkbox"/> Often red, yellow and green (colors of the Ethiopian flag).

## Santeria

Beliefs	<input type="checkbox"/> Similar to Voodoo spirituality. <input type="checkbox"/> Mix of Catholic rituals and various African deities.
Healing	<input type="checkbox"/> May seek a Santeria priest for physical and mental healing who may use herbal formulas, prayers, and ritual.
Ceremonies	<input type="checkbox"/> Mostly performed secretly at home because of Santeria's stigma. <input type="checkbox"/> Can include spells, magic, and animal sacrifice.

## Voodoo

\*There are many variations of Voodoo...the following describes Voodoo Spirituality found in the United States

Beliefs	<input type="checkbox"/> There is one God, <i>Bondye</i> , and many other spiritual beings, called <i>Iwa</i> . <input type="checkbox"/> <i>Iwa</i> are the ruling force of the world, they decide the fate of everything. They are asked for help and for change.
Ceremonies	<input type="checkbox"/> Include drums, dancing and animal sacrifice. Animals are sacrificed to please and thank the spirits. <input type="checkbox"/> Because many Westerners are afraid of Voodoo culture, ceremonies may be held in secret.
Demographics	<input type="checkbox"/> Originated in West Africa. It has spread to the Caribbean, the Philippines, North and South America.
Healing	<input type="checkbox"/> Spiritual healing may include herbs, ritual, and faith healing.



## Wicca

\*Historically have met in small private groups called covens, which are autonomous although many share common traditions.

Beliefs	<ul style="list-style-type: none"> <li><input type="checkbox"/> Polytheistic - many gods and goddesses.</li> <li><input type="checkbox"/> Principal deity is the Earth/Mother Nature.</li> <li><input type="checkbox"/> Concern for ecological issues.</li> <li><input type="checkbox"/> Reconstructs the ancient worship practices of pre-Christian civilizations such as the Greek, Norse, Celtic, Sumerian or Egyptian.</li> <li><input type="checkbox"/> Law of Nature: no action can occur without having significant repercussions throughout the world, eventually returning to affect the original actor.</li> </ul>
Daily Practices	<ul style="list-style-type: none"> <li><input type="checkbox"/> Individual study.</li> <li><input type="checkbox"/> Principal form of worship is usually called ritual or circle.</li> </ul>
Dying and Death	<ul style="list-style-type: none"> <li><input type="checkbox"/> Beliefs and practices vary.</li> <li><input type="checkbox"/> No restrictions on autopsy.</li> </ul>
Facilitating Practices	<ul style="list-style-type: none"> <li><input type="checkbox"/> Make time and space for rituals; provide privacy and quiet.</li> <li><input type="checkbox"/> Consecrated items must not be removed from patient or handled by anyone but the wearer.</li> </ul>
Food	<ul style="list-style-type: none"> <li><input type="checkbox"/> May not desire various foods due to beliefs; ask for preferences.</li> </ul>
Health	<ul style="list-style-type: none"> <li><input type="checkbox"/> Patient may want to contact his or her coven to request a healing rite.</li> </ul>
Holy days and Festivals	<ul style="list-style-type: none"> <li><input type="checkbox"/> Various.</li> </ul>
Pregnancy and Birth	<ul style="list-style-type: none"> <li><input type="checkbox"/> Rituals for blessings of pregnancy performed by women of community and are held every trimester of pregnancy.</li> <li><input type="checkbox"/> Ritual of naming and blessing of children.</li> </ul>
Rituals and Ceremonies	<ul style="list-style-type: none"> <li><input type="checkbox"/> Rituals are a large part of the Wiccan faith.</li> <li><input type="checkbox"/> Full moon held to be a time of great magical energy, a good time for putting a lot of effort into one's spiritual life and work.</li> </ul>
Spiritual Instruments, social structure and symbols	<ul style="list-style-type: none"> <li><input type="checkbox"/> Written works and codes of conduct.</li> <li><input type="checkbox"/> Consecrated pendant in the form of a pentacle/pentagram (interlaced five pointed star within a circle) is often worn; don't remove without asking.</li> <li><input type="checkbox"/> Various sacred objects including a wand, chalice, wine or juice, incense, candles, images of gods or goddesses, herbs, oil.</li> <li><input type="checkbox"/> Weekly worship and classes.</li> <li><input type="checkbox"/> Priests and priestesses perform special rituals.</li> <li><input type="checkbox"/> Five-pointed star inside a circle.</li> <li><input type="checkbox"/> A variety of symbols are used.</li> </ul>

# Cultures

## Major American Cultures

### African-American/Black Culture

	Cultural and Family Structure
Important Historical Issues	<input type="checkbox"/> Distrust of medical culture due to experimentation and abuse. <input type="checkbox"/> Extremely diverse population; determine subgroup, such as Caribbean or African immigrants/cultures.
Clothing or Amulets	<input type="checkbox"/> Religious items
Language	<input type="checkbox"/> English
Communication, Nonverbal, and Greetings	<input type="checkbox"/> May have regional dialects. <input type="checkbox"/> Refusal to sign forms could indicate literacy issues or distrust. <input type="checkbox"/> Address by title and last name. <input type="checkbox"/> Handshakes are appropriate for both men and women. <input type="checkbox"/> Maintain eye contact to show respect and assess/establish trust. <input type="checkbox"/> Silence may indicate lack of trust and/or arrogance.
Family structure	<input type="checkbox"/> Nuclear, extended and single parent households. <input type="checkbox"/> Often family friends are referred to with familiar pronouns, i.e. Uncle, Aunt, etc.
Food practices/beliefs	<input type="checkbox"/> May have religious restrictions against certain foods and drinks.
Spokesperson and Decision-making	<input type="checkbox"/> Usually father or eldest male family member; however many Black homes are led by a strong matriarch, such as a grandmother or single mother. <input type="checkbox"/> Determine who has final role within nuclear family as this can vary widely from family to family.
Time orientation	<input type="checkbox"/> Life issues may take priority over keeping appointments.
	Health, Illness and Death
Illness beliefs	<input type="checkbox"/> Varies from natural causes and exposure to cold air to God's punishment or work of devil or a spell/curse.
Consents	<input type="checkbox"/> Avoid using medical jargon. <input type="checkbox"/> Solicit feedback to assess understanding of the patient and/or his or her family.
Invasive Procedures	<input type="checkbox"/> Historically skeptical, though with clear explanations, needed surgery is accepted.
Pain	<input type="checkbox"/> Pain scales helpful. <input type="checkbox"/> May not wish medication due to fear of addiction.
Visitors	<input type="checkbox"/> May bring food and/or desserts. <input type="checkbox"/> May sleep at bedside.

Terminal Illness Discussion	<input type="checkbox"/> Patient and family may wish to include spiritual/religious leader.
Dying Process	<input type="checkbox"/> May show open and public display of immense grief. <input type="checkbox"/> Attendance from family and relatives expected but independence maintained.
Death-Special Needs	<input type="checkbox"/> May have spiritual practices or rituals that can vary from Islam to Baptist Christianity.
Death-Body Care	<input type="checkbox"/> May want professionals to clean and prepare body.
Organ Donation	<input type="checkbox"/> May be hesitant due to lack of trust, faith issues, or fears; however number of consents continues to increase.
<b>Pregnancy, Birth, Postpartum</b>	
Prenatal Care	<input type="checkbox"/> Varies; may wait until after first trimester.
Labor	<input type="checkbox"/> Active participant. <input type="checkbox"/> Father's role varies; may have only females present.
C-Section	<input type="checkbox"/> Accepted if indicated.
Postpartum and Breastfeeding	<input type="checkbox"/> May refuse bath/shower or hair washing until bleeding stops. <input type="checkbox"/> Breastfeeding benefits need to be explained
Genetic Defects and/or Sick Newborn	<input type="checkbox"/> May be viewed as God's will. <input type="checkbox"/> Older females in family relied on for support.
<b>Religious and Spiritual Practices</b>	
Religion	<input type="checkbox"/> Prayer, visits from spiritual leader and/or faith group members depending upon spiritual tradition.
Spiritual Healing	<input type="checkbox"/> May incorporate faith and folk healing.

## Hispanic-American Culture

Preferred Term: Hispanic or Latino

<b>Cultural and Family Structure</b>	
Important Historical Issues	<input type="checkbox"/> Wide diversity due to area of historical or recent country of origin
Clothing or Amulets	<input type="checkbox"/> Religious items, such as rosaries, frequently kept on person or on bed.
Language	<input type="checkbox"/> Spanish and American-English.
Communication, Nonverbal, and Greetings	<input type="checkbox"/> Differences in word usage depending on individual's home and region. <input type="checkbox"/> Oral English skills may exceed skill in reading and writing English. May speak Spanish at home even if born in the US. <input type="checkbox"/> Same gender translation if possible. <input type="checkbox"/> Strongly influenced by respect. <input type="checkbox"/> Direct eye contact often avoided with someone perceived to have more authority, i.e. doctors <input type="checkbox"/> Handshaking considered polite and usually welcomed. <input type="checkbox"/> Address individuals formally, especially elders; include children. <input type="checkbox"/> Silence may mean disagreement
Spokesperson and	<input type="checkbox"/> Usually head of household - father or oldest male.

Decision-making	<input type="checkbox"/> Important decisions may require consultation among entire family. <input type="checkbox"/> Traditionally, father or oldest male holds ultimate authority.
Family structure	<input type="checkbox"/> Strong sense of loyalty, reciprocity, and solidarity among members. <input type="checkbox"/> Mothers revered for cultural wisdom and life experience. Usually families are matriarchal.
Food practices/beliefs	<input type="checkbox"/> Some patients may adhere to hot/cold theory of foods.
Time orientation	<input type="checkbox"/> Traditionally present-oriented and punctual.
<b>Health, Illness and Death</b>	
Illness beliefs	<input type="checkbox"/> Health is controlled by God and by fate. <input type="checkbox"/> Holistic understanding of emotional, spiritual, social and physical factors; including connection between mind (emotions) and body <input type="checkbox"/> Illness seen as a crisis for the entire family. <input type="checkbox"/> Modesty very important.
Consents	<input type="checkbox"/> Requires clear explanation of situation and choices for intervention.
Invasive Procedures	<input type="checkbox"/> Usually accepted if practitioner is trusted. <input type="checkbox"/> May ask for amputated limb so it can be buried in consecrated ground.
Pain	<input type="checkbox"/> Patients tend not to complain of pain; assess by nonverbal clues.
Visitors	<input type="checkbox"/> Stressful for individual to be separated from family group. <input type="checkbox"/> Large numbers of visitors, usually quiet and respectful.
Terminal Illness Discussion	<input type="checkbox"/> Family may want to protect patient from knowledge of seriousness of illness due to concern that worry will worsen health status. <input type="checkbox"/> Information usually handled by family spokesperson. <input type="checkbox"/> Traditionally women look after person with terminal illness at home; may be resistance to placement in a nursing home or other facility
Dying Process	<input type="checkbox"/> Family member at person's side at all time <input type="checkbox"/> Strong religious faith may lead one to believe that a miracle may still happen <input type="checkbox"/> Extended families obligated to attend to sick and dying and pay respects. <input type="checkbox"/> Hospital environment may be seen as restrictive to family needs, i.e. attendance of large number of family
Death-Special Needs	<input type="checkbox"/> Prayers commonly practiced at bedside of dying patient. <input type="checkbox"/> Family time with body before it is taken to morgue.
Death-Body Care	<input type="checkbox"/> Death a very important spiritual event. <input type="checkbox"/> Relative or member of extended family may help wash the body.
Organ Donation	<input type="checkbox"/> May have misinformation, i.e. not understanding that brain death means death; ensure full understanding of facts.
<b>Pregnancy, Birth, Postpartum</b>	
Prenatal Care	<input type="checkbox"/> May believe unnecessary; assess for barriers such as finances,

	<p>transportation</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> May use folk medicine and have traditional beliefs, such as mother avoiding evil eye, be frightened, or having cravings unfulfilled; beliefs not always shared with practitioners.</li> <li><input type="checkbox"/> Culture may prohibit pregnant women from caring for dying person or attending funerals.</li> <li><input type="checkbox"/> Medications, including iron and vitamins, may be seen as potentially dangerous and avoided, even after delivery.</li> </ul>
Labor	<ul style="list-style-type: none"> <li><input type="checkbox"/> Walking recommended to encourage quick birth.</li> <li><input type="checkbox"/> Fears include unnecessary or dangerous medical interventions, separation from family members and loss of privacy.</li> <li><input type="checkbox"/> Laboring women seen as strong and participatory.</li> <li><input type="checkbox"/> Female relatives may assist.</li> </ul>
C-Section	<ul style="list-style-type: none"> <li><input type="checkbox"/> If needed for health of mother or baby</li> </ul>
Postpartum and Breastfeeding	<ul style="list-style-type: none"> <li><input type="checkbox"/> May resist getting out of bed for or taking showers for several days.</li> <li><input type="checkbox"/> May cover back and wear a wide cloth band around abdomen.</li> <li><input type="checkbox"/> Breastfeeding and bottle both acceptable</li> </ul>
Genetic Defects and/ or Sick Baby	<ul style="list-style-type: none"> <li><input type="checkbox"/> Traditional family may feel that new mothers should be sheltered from worry.</li> <li><input type="checkbox"/> Baptism of infants may be especially urgent to Christian/Roman Catholic families if prognosis is grave.</li> <li><input type="checkbox"/> May be interpreted as will of God</li> <li><input type="checkbox"/> Family may prefer to take care of disabled rather than long-term care.</li> </ul>
<b>Religious and Spiritual Practices</b>	
Religion	<ul style="list-style-type: none"> <li><input type="checkbox"/> Roman Catholic, Protestant, Jehovah's Witness, Mormon (LDS)</li> <li><input type="checkbox"/> Virgin of Guadalupe may be a powerful and popular cultural religious image.</li> <li><input type="checkbox"/> Daily prayer common.</li> <li><input type="checkbox"/> Prayer and anointing of the sick may be important rituals.</li> </ul>
Spiritual Healing	<ul style="list-style-type: none"> <li><input type="checkbox"/> May use traditional healers or healing remedies.</li> </ul>

## Native American Culture

Preferred Term: Tribal Name

<b>Cultural and Family Structure</b>	
Important Historical Issues	<ul style="list-style-type: none"> <li><input type="checkbox"/> Native American culture is not comprised of only one tribe/nation but rather a collection of many.</li> <li><input type="checkbox"/> Spiritual and healing methods vary between tribes</li> </ul>
Clothing or Amulets	<ul style="list-style-type: none"> <li><input type="checkbox"/> Certain forms of dress indicate rank, specific kin and individual role as a member of their respective society</li> <li><input type="checkbox"/> Feathers, prayer ties, dreamcatchers and other items all have symbolic meaning regarding prayer and/or healing</li> <li><input type="checkbox"/> Do not casually move, examine, or admire medicine bag or other symbols.</li> </ul>

	<ul style="list-style-type: none"> <li><input type="checkbox"/> If removal required, allow patient or family to handle it, keep it close to person and replace as soon as possible.</li> <li><input type="checkbox"/> Burning sage brings purification; spray sage acceptable in room</li> </ul>
Language	<ul style="list-style-type: none"> <li><input type="checkbox"/> American-English, French, Spanish, Native American Languages.</li> </ul>
Communication, Nonverbal, and Greetings	<ul style="list-style-type: none"> <li><input type="checkbox"/> Do not interrupt speaker.</li> <li><input type="checkbox"/> Long pauses are part of conversation.</li> <li><input type="checkbox"/> Tone expresses urgency; when imperative command required, be direct, emphatic, clear, and calm.</li> <li><input type="checkbox"/> In making request, explain why it is needed; be personable and polite.</li> <li><input type="checkbox"/> Loudness associated with aggression</li> <li><input type="checkbox"/> Respect communicated by avoiding eye contact.</li> <li><input type="checkbox"/> Keep respectful distance.</li> <li><input type="checkbox"/> Light touch handshake.</li> </ul>
Spokesperson and Decision-making	<ul style="list-style-type: none"> <li><input type="checkbox"/> Generally, individuals speak for themselves, family members may speak on behalf of person who is ill.</li> <li><input type="checkbox"/> Give information and let family know providers need to know family's wishes for care/treatment; let spokesperson emerge from family. <ul style="list-style-type: none"> <li><input type="checkbox"/> Spokesperson may not be decision maker.</li> <li><input type="checkbox"/> Autonomy highly valued; do not assume spouse would make important decision.</li> <li><input type="checkbox"/> Includes responsibility to community, family and tribe.</li> </ul> </li> </ul>
Family structure	<ul style="list-style-type: none"> <li><input type="checkbox"/> May be either matriarchal or patriarchal.</li> <li><input type="checkbox"/> Elders respected.</li> <li><input type="checkbox"/> Children not encouraged finding help outside family.</li> </ul>
Food practices/beliefs	<ul style="list-style-type: none"> <li><input type="checkbox"/> Hospitality and respect may lead patient to sharing hospital food with visiting family and friends as well as consume food brought by visitors.</li> <li><input type="checkbox"/> Nutritional guidance should respect religious choices and incorporate them; May believe that when food is blessed it is no longer harmful.</li> </ul>
Time orientation	<ul style="list-style-type: none"> <li><input type="checkbox"/> Emphasis on present moment may conflict with appointment schedules.</li> <li><input type="checkbox"/> Expect careful consideration in answering questions.</li> <li><input type="checkbox"/> Rushing an elder is considered rude and very disrespectful.</li> </ul>
<b>Health, Illness and Death</b>	
Illness beliefs	<ul style="list-style-type: none"> <li><input type="checkbox"/> Mental illness a culturally specific concept; beliefs about cause may include ghosts, breaking taboos, or loss of harmony w/environment.</li> <li><input type="checkbox"/> Sick role is to be quiet and stoic.</li> <li><input type="checkbox"/> Home and folk remedies may be common.</li> </ul>

Consents	<ul style="list-style-type: none"> <li><input type="checkbox"/> Talk about everyone's role in procedure, family's as well as patients.</li> <li><input type="checkbox"/> Allow time for consultation with family before consenting, if possible.</li> <li><input type="checkbox"/> May be unwilling to sign written consents based on political and personal history of documents being misused or fear that worst will happen.</li> <li><input type="checkbox"/> Consent processes may lead families to believe they are not being heard, or not considered competent.</li> </ul>
Invasive Procedures	<ul style="list-style-type: none"> <li><input type="checkbox"/> May be skeptical of procedures but will allow treatment if needed.</li> <li><input type="checkbox"/> Likely to ask for amputated limb so it can be buried according to customs</li> </ul>
Pain	<ul style="list-style-type: none"> <li><input type="checkbox"/> Generally under-treated.</li> <li><input type="checkbox"/> May complain in general terms or may complain to trusted family member or visitor who will relay message to health care worker.</li> </ul>
Visitors	<ul style="list-style-type: none"> <li><input type="checkbox"/> Extended family may visit or hold rituals for critically ill person.</li> </ul>
Terminal Illness Discussion	<ul style="list-style-type: none"> <li><input type="checkbox"/> Some cultures prefer not to openly discuss terminal status and DNR orders discussion due to belief that negative thoughts may hasten events and/or death</li> </ul>
Dying Process	<ul style="list-style-type: none"> <li><input type="checkbox"/> Some tribes avoid contact with the dying.</li> <li><input type="checkbox"/> If family wants to be present 24 hours a day, this may include immediate and extended family and close friends; small children also included.</li> <li><input type="checkbox"/> Although outcome tacitly recognized, positive attitude maintained and family may avoid discussing impending death.</li> <li><input type="checkbox"/> Sadness and mourning done in private, away from patient.</li> <li><input type="checkbox"/> May prefer to have body oriented toward a certain direction prior to death.</li> <li><input type="checkbox"/> Family may hug, touch, sing, and stay close to deceased.</li> <li><input type="checkbox"/> Wailing, shrieking and other outward signs of grieving may occur.</li> </ul>
Death-Special Needs	<ul style="list-style-type: none"> <li><input type="checkbox"/> Be prepared to support or inquire if family wants to bring in tribal healers to attend to spiritual health.</li> </ul>
Death-Body Care	<ul style="list-style-type: none"> <li><input type="checkbox"/> Traditional practices include turning and/or flexing body, sweetgrass smoke care or other purification, women may want to prepare and dress body.</li> <li><input type="checkbox"/> Family may choose to stay in room with deceased for a time, then have individual visitation; other tribal traditions prohibit any contact with deceased.</li> <li><input type="checkbox"/> Ask if it is acceptable to prepare body in the room before individual visits.</li> </ul>
Organ Donation	<ul style="list-style-type: none"> <li><input type="checkbox"/> Be sure to distinguish fact from probability.</li> <li><input type="checkbox"/> Indicate that consent or refusal is equally welcome.</li> <li><input type="checkbox"/> Organ donation generally not desired however this is changing depending on the tribal beliefs</li> </ul>
Pregnancy, Birth, Postpartum	

Prenatal Care	<input type="checkbox"/> Prenatal care expected, and exchange of ideas generally appreciated.
Labor	<input type="checkbox"/> Practices may vary. <input type="checkbox"/> Mother or other female relative may be present. <input type="checkbox"/> Stoicism encouraged by laboring woman. <input type="checkbox"/> Father may be expected to practice certain rituals and be absent following birth.
C-Section	<input type="checkbox"/> Acceptable if needed for health of mother or baby
Postpartum and Breastfeeding	<input type="checkbox"/> Viewed as important for mother and baby to rest <input type="checkbox"/> Umbilical cord has spiritual meaning; typically saved by family for ritual <input type="checkbox"/> Breastfeeding and bottle both acceptable.
Genetic Defects and/or Sick Baby	<input type="checkbox"/> Beliefs in cause vary with individual and tribal culture. <input type="checkbox"/> If mother too ill or young to make decisions, family will be involved. <input type="checkbox"/> If baby not expected to live, family may wish to conduct naming or other rituals.
<b>Religious and Spiritual Practices</b>	
Religion	<input type="checkbox"/> Do not expect traditional religion to be openly discussed.
Spiritual Healing	<input type="checkbox"/> May be combined with Western medicine. <input type="checkbox"/> May include having no staff present and no interruption of ritual. <input type="checkbox"/> Do not casually admire, examine or move sacred items. If necessary, ask family member to move them.

## Native Hawaiian – American Culture

(Content provided by: Kanoelani Davis, Cultural Health Navigator Manager, Molokai Community Health Center)

Preferred term: Hawaiian

Culture & Family Structure	
Demographics	<input type="checkbox"/> 1.2 million Identified in the United States as Native Hawaiian & Other Pacific Islander. *2010 US Census.
Symbols	<input type="checkbox"/> Clothing & Amulets: Cloth wrapped on one shoulder called kihei, used for protection and/or status <input type="checkbox"/> The way it's tied can signify authority, male/female, or significant moment in life <input type="checkbox"/> Salt called pa'akai is used for purification and ti leaf lei or garlands for protection
Language	<input type="checkbox"/> Hawaiian: 'Olelo Makuahine <input type="checkbox"/> Pidgin/creole English <input type="checkbox"/> America-English
Communication	<input type="checkbox"/> Do not interrupt speaker. <input type="checkbox"/> Long pauses are part of conversation



	<ul style="list-style-type: none"> <li><input type="checkbox"/> Speaks in kaona or hidden meanings</li> <li><input type="checkbox"/> Sensitive to body language</li> <li><input type="checkbox"/> May downplay or ignore symptoms because illness can be shameful</li> <li><input type="checkbox"/> Will not ask for help, will wait for it to be offered</li> </ul>
Decision-making	<ul style="list-style-type: none"> <li><input type="checkbox"/> Important decisions may require consultation among entire family</li> <li><input type="checkbox"/> Includes responsibility to community and family</li> <li><input type="checkbox"/> Females will usually fill out documentation &amp; forms</li> </ul>
Family Structure	<ul style="list-style-type: none"> <li><input type="checkbox"/> Maybe matriarchal or patriarchal</li> <li><input type="checkbox"/> Elders known as kupuna are respected</li> <li><input type="checkbox"/> Often family friends are referred to with familiar pronouns i.e. Uncle, Aunt, etc.</li> </ul>
Food practices/ beliefs	<ul style="list-style-type: none"> <li><input type="checkbox"/> Eating is important for recovery; offering food is associated with nurturing</li> <li><input type="checkbox"/> Beliefs caring for, accepting, and trusting.</li> <li><input type="checkbox"/> Rice and/or poi are a main staple.</li> <li><input type="checkbox"/> It is natural to bless the food prior to eating through inter-mixed religions or cultural practice.</li> </ul>
Greetings	<ul style="list-style-type: none"> <li><input type="checkbox"/> Address by Aunty, Uncle, or first name depending on connection.</li> <li><input type="checkbox"/> Hugs and a kiss on the cheek are acceptable.</li> <li><input type="checkbox"/> Honi is a form where nose meets nose and forehead meets forehead with an exchange of breath.</li> <li><input type="checkbox"/> Aloha is used to say hello, goodbye, and can mean various things.</li> <li><input type="checkbox"/> It is traditional to bring something of value when entering one's home or space.</li> </ul>
Non-verbal	<ul style="list-style-type: none"> <li><input type="checkbox"/> Listening is key, body language, strongly influenced by respect, cautious in disclosure of thoughts to non-intimates, aware of external judgment and concerned with respectability and good appearance.</li> <li><input type="checkbox"/> Prefers not to be helped, it's a sign of weakness but welcomes the offer.</li> <li><input type="checkbox"/> Believes illness resulted from loss of mana or energy/force which could happen through jealousy, hate, breaking kapu (sacredness), or possession by evil spirits.</li> </ul>
Spokesperson	<ul style="list-style-type: none"> <li><input type="checkbox"/> Mothers play a strong role in the family. They are the main caretakers although they will usually consult with the male family member to come up with a mutual decision.</li> </ul>
Time orientation	<ul style="list-style-type: none"> <li><input type="checkbox"/> On time kept for official business and more spontaneous for social and informal gatherings; emphasize importance of appointment times.</li> </ul>
Health, Illness, and Death	
Consents	<ul style="list-style-type: none"> <li><input type="checkbox"/> Avoid using medical jargon.</li> <li><input type="checkbox"/> Assess understanding by asking clear questions.</li> </ul>

	<ul style="list-style-type: none"> <li><input type="checkbox"/> May require clear explanation of situation and choices for intervention. The female will take the role in filling and prepping all paperwork, please allow time for family to come up with a decision.</li> </ul>
Death-body care	<ul style="list-style-type: none"> <li><input type="checkbox"/> Traditional practices include prayer.</li> <li><input type="checkbox"/> Spending time with the body is highly respected, especially the bones, as they are believed they carry great mana, divine power.</li> <li><input type="checkbox"/> May request not to cover face until body is fully removed from presence.</li> </ul>
Death-special needs	<ul style="list-style-type: none"> <li><input type="checkbox"/> Be sensitive to spiritual needs.</li> <li><input type="checkbox"/> After the body is attended it is likely the family will be blessed with salt water and lei or garlands may be present.</li> </ul>
Dying process	<ul style="list-style-type: none"> <li><input type="checkbox"/> Attendance from family and relatives expected but independence maintained.</li> <li><input type="checkbox"/> Inform designated head of family of impending death.</li> <li><input type="checkbox"/> May have food for comfort and family, may 'celebrate' life instead of mourn in death.</li> </ul>
Illness beliefs	<ul style="list-style-type: none"> <li><input type="checkbox"/> Health is a deeply rooted cultural concept.</li> <li><input type="checkbox"/> Holistic understanding of emotional, spiritual, social and physical factors.</li> <li><input type="checkbox"/> Illness seen as a crisis for the entire family.</li> <li><input type="checkbox"/> May participate in traditional cultural medicine, which includes herbal remedies, fasting, and prayer.</li> <li><input type="checkbox"/> May believe illnesses are caused by spirits which reside within individuals and desire a healing ceremony according to cultural traditions.</li> <li><input type="checkbox"/> Family expected to care for patient.</li> </ul>
Invasive procedures	<ul style="list-style-type: none"> <li><input type="checkbox"/> May be skeptical of procedures but will allow treatment if needed.</li> <li><input type="checkbox"/> Usually accepted if practitioner is trusted.</li> </ul>
Organ donations	<ul style="list-style-type: none"> <li><input type="checkbox"/> Be sure to distinguish fact from probability.</li> <li><input type="checkbox"/> Indicate that consent or refusal is equally welcome.</li> <li><input type="checkbox"/> May have religious restrictions.</li> </ul>
Pain	<ul style="list-style-type: none"> <li><input type="checkbox"/> Pain scales helpful.</li> <li><input type="checkbox"/> May accept medication, however may also decline except for severe pain.</li> <li><input type="checkbox"/> May not complain, awareness of non-verbal cues are important.</li> </ul>
Terminal Illness Discussion	<ul style="list-style-type: none"> <li><input type="checkbox"/> May prefer to have doctor disclose diagnosis to patient with family present and prognosis to head of family and discussion of who will determine whether to and when to tell patient.</li> </ul>

Visitors	<input type="checkbox"/> May bring food and/or desserts. <input type="checkbox"/> May sleep at bedside. <input type="checkbox"/> Welcomed and considered helpful in recovery. <input type="checkbox"/> Common for large number of family members to visit.
<b>Pregnancy, Birth, Postpartum</b>	
Breastfeeding	<input type="checkbox"/> Breastfeeding and bottle. <input type="checkbox"/> Breastfeeding is encouraged. <input type="checkbox"/> Beliefs that certain greens and foods should be avoided believing they will give baby colic.
C-Section	<input type="checkbox"/> Not preferred. <input type="checkbox"/> Will if necessary.
Genetic Defects	<input type="checkbox"/> Same beliefs as illness. <input type="checkbox"/> Unconditional acceptance of loved ones <input type="checkbox"/> Family may prefer to take care of disabled rather than long-term care.
Labor	<input type="checkbox"/> Walking or swimming recommended to encourage quick birth <input type="checkbox"/> Fears include unnecessary or dangerous medical interventions, separation from family members & loss of privacy. <input type="checkbox"/> Laboring women seen as strong and participatory. <input type="checkbox"/> Father's involved <input type="checkbox"/> Female family members supportive and present.
Postpartum	<input type="checkbox"/> Remnant of umbilical cord and/or placenta may have spiritual value; family may request it. <input type="checkbox"/> Rest is important. <input type="checkbox"/> If baby hasn't been named yet, parents will await for a family member to have a dream to come up with the baby's name.
Prenatal Care	<input type="checkbox"/> Culture may prohibit pregnant women from caring for dying person or attending funerals. <input type="checkbox"/> May use traditional, natural medicines. <input type="checkbox"/> Prenatal care accepted & exchange of ideas generally appreciated.
Sick Baby	<input type="checkbox"/> Traditional practice includes prayer. <input type="checkbox"/> If mother is too ill or young to make decisions, family will be involved. <input type="checkbox"/> Important to reassure mother and family that no one is to blame and not to assume there is fault.
<b>Religious &amp; Spiritual Practices</b>	
Religion	<input type="checkbox"/> Prayer, visits from spiritual leader and/or faith group members depending upon spiritual tradition. <input type="checkbox"/> Traditional religion may not be openly discussed.
Spiritual Healing	<input type="checkbox"/> May use traditional healers or healing remedies. <input type="checkbox"/> May be combined with western medicine.

## African Cultures

Also see Middle Eastern/North African Cultures

### Ghanaian Culture

\*Located in Western Africa

\* Accustomed to Western culture

Important Historical Issues	<ul style="list-style-type: none"> <li><input type="checkbox"/> Traditional cultural values: human dignity, attitudes to nature and the environment, law and order, honesty and truthfulness, unity and peace, self-reliance and dignity of labor, family community and national solidarity.</li> </ul>
Clothing or Amulets	<ul style="list-style-type: none"> <li><input type="checkbox"/> Kente cloth— usually worn for special ceremonies that may include religious observance, birth of a child, or death.</li> <li><input type="checkbox"/> Charms, amulets and talismans may be common.</li> </ul>
Language	<ul style="list-style-type: none"> <li><input type="checkbox"/> English, Akan, Ewe, Ga, and Hausa</li> </ul>
Communication, Nonverbal, and Greetings	<ul style="list-style-type: none"> <li><input type="checkbox"/> More indirect</li> <li><input type="checkbox"/> Take care not to relay information in any way that would harm their own and others' or disrupt harmonious relationships including giving someone bad news.</li> <li><input type="checkbox"/> Proverbs, wise sayings, analogies may be used to convey messages</li> <li><input type="checkbox"/> Silence is a common means of communication. If someone is uncomfortable with a question or does not think the asker will appreciate response, they will say nothing.</li> <li><input type="checkbox"/> It is considered neglectful to take part in extensive and informal inquiring conversations.</li> <li><input type="checkbox"/> May approach very close to others when speaking, and may attempt to hold one's hand.</li> </ul>
Spokesperson and Decision-making	<ul style="list-style-type: none"> <li><input type="checkbox"/> Spokesperson is male head of the family.</li> <li><input type="checkbox"/> Decision making is a family endeavor with male head of family having final authority.</li> </ul>
Family structure	<ul style="list-style-type: none"> <li><input type="checkbox"/> Greatly important, and includes immediate, extended, and community.</li> </ul>
Food practices/beliefs	<ul style="list-style-type: none"> <li><input type="checkbox"/> Eating manners are typically formal.</li> <li><input type="checkbox"/> Soups are the primary component.</li> </ul>
Time orientation	<ul style="list-style-type: none"> <li><input type="checkbox"/> May not observe specific time restrictions.</li> </ul>

	Health, Illness and Death
Illness beliefs	<ul style="list-style-type: none"> <li><input type="checkbox"/> Illness is generally believed to be a very personal and private matter that is not openly discussed.</li> <li><input type="checkbox"/> Based on science and medicine as well as beliefs in supernatural</li> <li><input type="checkbox"/> Strong ties to traditional African medicine—herbalism and spiritual care can supplement conventional treatment of the individual, including care from a shaman.</li> <li><input type="checkbox"/> Illness comes from chance occurrences—from both social and spiritual imbalances.</li> <li><input type="checkbox"/> Illness can come from envy, seeking vengeance or someone wishing the person ill.</li> </ul>
Consents	<input type="checkbox"/> Typically male head of family
Invasive Procedures	<input type="checkbox"/> Agreeable when explanations are understood
Pain	<input type="checkbox"/> May describe their pain as spiritual or emotional pain
Visitors	<input type="checkbox"/> Family, included extended family, are important to have around one when ill.
Terminal Illness Discussion	<ul style="list-style-type: none"> <li><input type="checkbox"/> In traditional culture, the conversation takes place with the family rather than the patient; offensive to do otherwise.</li> <li><input type="checkbox"/> Telling a person they are going to die is unacceptable in traditional culture; family may give partial disclosure to patient.</li> <li><input type="checkbox"/> Belief that time of death is in God’s hands; until then often cure continues to be sought.</li> <li><input type="checkbox"/> Families expect physician to be sad and apologetic when giving bad news.</li> <li><input type="checkbox"/> “Putting your house in order” is more familiar than advance directive language.</li> </ul>
Dying Process	<ul style="list-style-type: none"> <li><input type="checkbox"/> Important to hear the last words of the dying person</li> <li><input type="checkbox"/> Depending on family’s religious and spiritual affiliation they may want to pray at the bedside.</li> <li><input type="checkbox"/> Often prefer to care for dying at home</li> </ul>
Death-Special Needs	<input type="checkbox"/> Death, suffering and diseases may be attributed to witchcraft; it will be important to identify if these are beliefs that are important.
Death-Body Care	<ul style="list-style-type: none"> <li><input type="checkbox"/> Many wish to send the body back to Ghana.</li> <li><input type="checkbox"/> Belief among many Ghanaian-Americans is to root the individual back in their ancestral homeland.</li> <li><input type="checkbox"/> Women elders may want to wash the body.</li> </ul>
Organ Donation	<input type="checkbox"/> Becoming more prevalent due to education.
	Pregnancy, Birth, Postpartum
Prenatal Care	<ul style="list-style-type: none"> <li><input type="checkbox"/> Cultural and religious beliefs may impact care women choose to receive; often include aspects of both in medical care.</li> <li><input type="checkbox"/> May believe pregnancy needs to be protected from evil eyes and spirits to prevent miscarriage.</li> </ul>
Labor	<input type="checkbox"/> Mother’s mother or another elder woman may often be in attendance.
C-Section	<input type="checkbox"/> Varies with individual preference.

Postpartum and Breastfeeding	<input type="checkbox"/> Culturally critical that the child is with the mother <input type="checkbox"/> May want to dress newborn in waist beads for protection from disease and evil spirits. <input type="checkbox"/> Breastfeeding is common practice
Genetic Defects and/or Sick Baby	<input type="checkbox"/> A child suffering from a physical or psychological disorder may be viewed as a disgrace upon mother and her family.
<b>Religious and Spiritual Practices</b>	
Religion	<input type="checkbox"/> Christian, Islam, Hinduism and traditional African religions. <input type="checkbox"/> Religious beliefs are important both as source of support/coping and in decision-making.
Spiritual Healing	<input type="checkbox"/> Families will seek out the support, guidance and advice of their religious leaders and members of their religious community. <input type="checkbox"/> Use of charms, amulets and talismans may be common.

## Kenyan Culture

Cultural and Family Structure	
Important Historical Issues	<input type="checkbox"/> Great sense of national pride <input type="checkbox"/> Numerous tribes
Clothing or Amulets	<input type="checkbox"/> Some women may wear a kanga, a large piece of cloth that can be wrapped around the body as a skirt or shawl; head scarves are also common.
Language	<input type="checkbox"/> English, Swahili, tribal languages
Communication, Nonverbal, and Greetings	<input type="checkbox"/> Not facially expressive <input type="checkbox"/> Deliver messages in a sensitive way rather than direct and abruptly; uncomfortable with blunt statements. <input type="checkbox"/> Providers may need to and decipher what may really being said by analogies, stories or metaphors. <input type="checkbox"/> Short and brief introductions <input type="checkbox"/> Elderly treated with great respect and deference
Spokesperson and Decision-making	<input type="checkbox"/> Usually leading male is spokesperson and makes decisions
Family structure	<input type="checkbox"/> Patriarchal; women often treated as “second-class” in traditional culture. <input type="checkbox"/> Traditionally polygamous (in Kenya) <input type="checkbox"/> Extended family
Food practices/beliefs	<input type="checkbox"/> Tea with milk and sugar is a common drink <input type="checkbox"/> Beverages usually not served with meal but consumed at end; as considered impolite.
Time orientation	<input type="checkbox"/> Viewed as flexible

Health, Illness and Death	
Illness beliefs	<input type="checkbox"/> Onset of sickness is caused by witchery imposed by someone else. <input type="checkbox"/> Someone has violated a social norm. <input type="checkbox"/> May want to utilize traditional cures, which includes plants, bark, etc and diviners who can expel evil spirits.
Consents	<input type="checkbox"/> Main male spokesperson/decision maker should be consulted.
Invasive Procedures	<input type="checkbox"/> May be accepted
Pain	
Visitors	<input type="checkbox"/> Family, both immediate and extended as well as community members.
Terminal Illness Discussion	<input type="checkbox"/> To be held with male head of family <input type="checkbox"/> Life is to be preserved at all cost
Dying Process	<input type="checkbox"/> Often final words/rituals to be done with dying person <input type="checkbox"/> Prefer death at home with family providing support
Death-Special Needs	<input type="checkbox"/> May believe body and persons' possessions are 'unclean' <input type="checkbox"/> May express great concern that person have a "proper" burial in order that they will have peace. <input type="checkbox"/> May want body to be removed from room feet first <input type="checkbox"/> Burial rites are very important
Death-Body Care	
Organ Donation	<input type="checkbox"/> Acceptable, however cultural superstitions or religious beliefs regarding need for body to be whole may lead to non-consent.
Pregnancy, Birth, Postpartum	
Prenatal Care	<input type="checkbox"/> Cultural and religious beliefs may impact care women choose to receive; often include aspects of both in medical care.
Labor	<input type="checkbox"/> Traditionally only females present
C-Section	<input type="checkbox"/> Acceptable if needed
Postpartum and Breastfeeding	<input type="checkbox"/> Family may request special food to give mom strength and help her in successful breastfeeding. <input type="checkbox"/> Breastfeeding is common practice
Genetic Defects and/or Sick Baby	<input type="checkbox"/> Talk to father first <input type="checkbox"/> May be believed to be caused by evil
Religious and Spiritual Practices	
Religion	<input type="checkbox"/> Predominately Christian, also Baha'i, Hinduism, Islam, and traditional religions
Spiritual Healing	<input type="checkbox"/> May seek the guidance of their religious leader or members of their religious community.

## South African Culture

\*South Africa is a country comprised of many different ethnicities with eleven official languages.

	Cultural and Family Structure
Important Historical Issues	<ul style="list-style-type: none"> <li><input type="checkbox"/> Nelson Mandela and Steven Biko are seen as the leading icons for many black South Africans.</li> </ul>
Clothing or Amulets	<ul style="list-style-type: none"> <li><input type="checkbox"/> Bright colored traditional African clothing represents different regions</li> <li><input type="checkbox"/> Amulets may be worn or tattooed for to bring a sense of the sacred: protection, healing, or strength from ancestors</li> <li><input type="checkbox"/> May be carried in a belt, on a chain, or connected to the body of the person with leather or string. Ask before removal and treat with respect.</li> </ul>
Language	<ul style="list-style-type: none"> <li><input type="checkbox"/> Main languages are Xhosa, Zulu, English and Afrikaans.</li> </ul>
Communication, Nonverbal, and Greetings	<ul style="list-style-type: none"> <li><input type="checkbox"/> Warm introductions upon first meeting are acceptable between individuals.</li> <li><input type="checkbox"/> Shake with right hand as left is assumed to be used for bodily hygiene.</li> <li><input type="checkbox"/> Keep respectful distance.</li> <li><input type="checkbox"/> Respect communicated by Avoiding direct eye contact</li> </ul>
Spokesperson and Decision-making	<ul style="list-style-type: none"> <li><input type="checkbox"/> Usually the leading male</li> </ul>
Family structure	<ul style="list-style-type: none"> <li><input type="checkbox"/> Extended family units</li> <li><input type="checkbox"/> Friends of the family are usually referred to and regarded as family—fictive kinship.</li> <li><input type="checkbox"/> Strong sense of loyalty, reciprocity, and solidarity</li> </ul>
Food practices/beliefs	<ul style="list-style-type: none"> <li><input type="checkbox"/> Ritual slaughtering of cows, chickens, and goats is done in celebration of a birth or death.</li> <li><input type="checkbox"/> Only food prepared in these rituals is to be used by the family</li> </ul>
Time orientation	<ul style="list-style-type: none"> <li><input type="checkbox"/> May not be concerned with specific time deadlines</li> <li><input type="checkbox"/> Concept of time in South African culture is seen as a “loose concept”</li> </ul>
	Health, Illness and Death
Illness beliefs	<ul style="list-style-type: none"> <li><input type="checkbox"/> Onset of diseases or debilitating conditions may be attributed to someone wishing the person ill, or to envy or vengeance.</li> <li><input type="checkbox"/> Illness can be seen in “hot” or “cold” context.</li> <li><input type="checkbox"/> A holistic relationship is recognized between the emotional, spiritual and physical states of someone’s condition.</li> </ul>
Consents	<ul style="list-style-type: none"> <li><input type="checkbox"/> Individual, immediate family members should be consulted for consent.</li> </ul>
Invasive Procedures	<ul style="list-style-type: none"> <li><input type="checkbox"/> May not be accepted</li> </ul>
Pain	<ul style="list-style-type: none"> <li><input type="checkbox"/> Medication may be accepted, varies with the individual</li> </ul>
Visitors	<ul style="list-style-type: none"> <li><input type="checkbox"/> Extended family—both blood and family friends—will most likely be asked to visit</li> </ul>
Terminal Illness	<ul style="list-style-type: none"> <li><input type="checkbox"/> Should take place with the individual and main spokesperson of</li> </ul>



Discussion	the family—husband, brother, uncle, son etc. A general consensus should be reached.
Dying Process	<input type="checkbox"/> Death is feared, and any discussion or preparation for approaching death is often strongly discouraged as there is a belief that by talking about it, it will happen. <input type="checkbox"/> Senior member of family should be present for decision-making.
Death-Special Needs	<input type="checkbox"/> May wish to hear dying person’s last words
Death-Body Care	<input type="checkbox"/> Traditional belief is that body - and family – are polluted until after appropriate mourning rituals are completed
Organ Donation	<input type="checkbox"/> Acceptable, however cultural superstitions or religious beliefs regarding need for body to be whole may lead to non-consent.
<b>Pregnancy, Birth, Postpartum</b>	
Prenatal Care	<input type="checkbox"/> Cultural and religious beliefs may impact care women choose to receive; often include aspects of both in medical care.
Labor	<input type="checkbox"/> Older female in the family often present
C-Section	<input type="checkbox"/> May be accepted, depends on the individual
Postpartum and Breastfeeding	<input type="checkbox"/> May want placenta for ritual <input type="checkbox"/> Breastfeeding is common practice
Genetic Defects and/or Sick Baby	<input type="checkbox"/> Everything should be done to take care of the sick infant
<b>Religious and Spiritual Practices</b>	
Religion	<input type="checkbox"/> Christian, Muslim, and Hindu
Spiritual Healing	<input type="checkbox"/> Families will seek out the support, guidance and advice of their religious leaders and members of their religious community.

## Caribbean Cultures

## Cuban Culture

Cultural and Family Structure	
Important Historical Issues	<ul style="list-style-type: none"> <li><input type="checkbox"/> Cuban revolution still has impact on daily life</li> <li><input type="checkbox"/> Afro-Cuban music and dance.</li> </ul>
Clothing or Amulets	<input type="checkbox"/> Religious items, necklaces, herbs for healing
Language	<input type="checkbox"/> English, Spanish, and Haitian Creole.
Communication, Nonverbal and Greetings	<ul style="list-style-type: none"> <li><input type="checkbox"/> Tend to speak loudly, may seem aggressive.</li> <li><input type="checkbox"/> Tend to make direct requests and statements, may seem aggressive.</li> <li><input type="checkbox"/> Lack of eye contact shows disrespect.</li> <li><input type="checkbox"/> Handshakes and a light embrace are acceptable</li> <li><input type="checkbox"/> Upon first meeting someone, a warm welcome between two parties is acceptable</li> <li><input type="checkbox"/> Once one has met an individual(s) of Cuban descent, a light embrace is acceptable</li> <li><input type="checkbox"/> May come across as less aware of personal-physical space. This is acceptable within their circle of interaction</li> </ul>
Spokesperson and Decision-making,	<ul style="list-style-type: none"> <li><input type="checkbox"/> Traditionally Cuban families are patriarchal. Major family decisions are generally made by the leading male.</li> <li><input type="checkbox"/> The female head of household typically takes on the role of emotional provider and mediator across generations.</li> <li><input type="checkbox"/> Depending on the family, male or female spokespeople may have to be consulted</li> <li><input type="checkbox"/> May see physician as a director rather than a partner.</li> <li><input type="checkbox"/> Elders are often consulted first for decision-making.</li> </ul>
Family structure	<input type="checkbox"/> In Cuba, families are becoming smaller.
Food practices/beliefs	<input type="checkbox"/> Rice, beans, root vegetables, pork and meat make up the bulk of diet
Time orientation	<input type="checkbox"/> Usually present oriented
Health, Illness and Death	
Illness beliefs	<ul style="list-style-type: none"> <li><input type="checkbox"/> According to traditional Cuban culture, mind, body and spirit are connected.</li> <li><input type="checkbox"/> Use of complementary mind-spirit, religious, and herbal practices</li> <li><input type="checkbox"/> Physical illness may be thought to be caused by mental stress or supernatural forces.</li> <li><input type="checkbox"/> The sick may be passive and dependent.</li> <li><input type="checkbox"/> May decline shampooing of hair</li> <li><input type="checkbox"/> Doctors and other healthcare providers are seen as having authority and their decisions are respected.</li> </ul>

Consents	<ul style="list-style-type: none"> <li><input type="checkbox"/> Consent is often given through family consultation and consensus.</li> <li><input type="checkbox"/> Important to clarify with patient whether he/she wants information first and who within family can receive it to reduce potential conflicts.</li> </ul>
Invasive Procedures	<ul style="list-style-type: none"> <li><input type="checkbox"/> Acceptable</li> </ul>
Pain	<ul style="list-style-type: none"> <li><input type="checkbox"/> Often incorporate mind-body modalities</li> <li><input type="checkbox"/> Expressed openly, but may be stoic</li> </ul>
Visitors	<ul style="list-style-type: none"> <li><input type="checkbox"/> The company of immediate and extended family members is much sought after.</li> <li><input type="checkbox"/> Family member may want to stay around the clock</li> </ul>
Terminal Illness Discussion	<ul style="list-style-type: none"> <li><input type="checkbox"/> In Cuban health care, there is little discussion between physicians and patient/families so this may be a new experience.</li> <li><input type="checkbox"/> Some expect that family spokesperson is informed before patient with exception of HIV/AIDS diagnosis, which is to be shared only with patient.</li> <li><input type="checkbox"/> Involve immediate and extended members of the family</li> </ul>
Dying Process	<ul style="list-style-type: none"> <li><input type="checkbox"/> DNR is usually unacceptable.</li> <li><input type="checkbox"/> Belief that everything possible to keep patient alive should be done.</li> <li><input type="checkbox"/> Belief that DNR indicates giving up hope or abandonment.</li> <li><input type="checkbox"/> Patient and family may have strong fears of death.</li> </ul>
Death-Special Needs	<ul style="list-style-type: none"> <li><input type="checkbox"/> Families may consult a senior male or female, or one who is most educated or influential in the community when deciding on health care treatment and making end of life decisions.</li> <li><input type="checkbox"/> Religious beliefs and practices are very important prior to and after death. Family will likely want a religious leader present.</li> <li><input type="checkbox"/> Grief may be expressed loudly</li> </ul>
Death-Body Care	<ul style="list-style-type: none"> <li><input type="checkbox"/> Family member may want to stay with body until buried</li> <li><input type="checkbox"/> Often buried quickly with funeral/ritual several days later</li> </ul>
Organ Donation	<ul style="list-style-type: none"> <li><input type="checkbox"/> Acceptable to save a life</li> </ul>
Pregnancy, Birth, Postpartum	
Prenatal Care	<ul style="list-style-type: none"> <li><input type="checkbox"/> Traditional women may be fearful of evil eye or having someone they don't know touch their belly or ask information about pregnancy.</li> <li><input type="checkbox"/> Do not discuss negative issues during pregnancy, including potential deformities or risks.</li> </ul>
Labor	<ul style="list-style-type: none"> <li><input type="checkbox"/> Natural delivery or other procedures suggested by healthcare providers to help labor progress are acceptable.</li> <li><input type="checkbox"/> Traditionally, only female relative present but this is changing so father is present.</li> </ul>
C-Section	<ul style="list-style-type: none"> <li><input type="checkbox"/> Generally accepted</li> </ul>

Postpartum and Breastfeeding	<input type="checkbox"/> Traditionally baby dressed in red to ward off evil eye. <input type="checkbox"/> Traditionally mom and baby stay confined at home for a month or more. <input type="checkbox"/> Breastfeeding common
Genetic Defects and/or Sick Baby	<input type="checkbox"/> Talk to father first <input type="checkbox"/> May be feared to have been caused by supernatural forces
<b>Religious and Spiritual Practices</b>	
Religion	<input type="checkbox"/> Roman Catholic, Protestant, or Santeria which is also often practiced alongside Christianity
Spiritual Healing	<input type="checkbox"/> Those individuals who practice Santeria will seek spiritual comfort as a way to ease physical pain <input type="checkbox"/> Many Cuban Americans seek out the support of their church for spiritual guidance and advice.

## Haitian Culture

<b>Cultural and Family Structure</b>	
Important Historical Issues	<input type="checkbox"/> The expulsion of the French in 1804, making Haiti the first independently black-ruled nation in the world
Clothing or Amulets	<input type="checkbox"/> Religious medallions or other spiritual objects.
Language	<input type="checkbox"/> Haitian Creole, French, English.
Communication, Nonverbal, and Greetings	<input type="checkbox"/> Handshakes are acceptable <input type="checkbox"/> Informal introductions are acceptable upon first meeting
Spokesperson and Decision-making	<input type="checkbox"/> Females are seen as the decision makers for the family <input type="checkbox"/> Women are usually thought of as the marketers of the family, so they usually control their husband's earnings.
Family structure	<input type="checkbox"/> Households typically are made up of nuclear family members and adopted children or young relatives. <input type="checkbox"/> Elderly widows and widowers may live with their children and grandchildren. The husband is thought of as the owner of the house and must tend to the maintenance of it. <input type="checkbox"/> However, the house typically is associated with the woman, and a woman is thought of as the manager of the property and the decision maker regarding use of funds from wages
Food practices/beliefs	<input type="checkbox"/> Staples in diet: rice, beans, sweet potatoes, manioc, yams, corn, rice, pigeon peas, cowpeas, bread, and coffee
Time orientation	<input type="checkbox"/> Usually present oriented
<b>Health, Illness and Death</b>	
Illness beliefs	<input type="checkbox"/> Haitians have tremendous faith in informal healing procedures and commonly believe that HIV can be cured.
Consents	<input type="checkbox"/> Women often hold the authority to make and sign off on

	decisions regarding their families
Invasive Procedures	<input type="checkbox"/> Accepted but frightening, particularly abdominal surgeries
Pain	<input type="checkbox"/> Vocal about pain although vague about source; may prefer injections over oral medication
Visitors	<input type="checkbox"/> Includes both immediate and extended family members.
Terminal Illness Discussion	<input type="checkbox"/> Discussion should occur with immediate family present, and if need be, extended family.
Dying Process	<input type="checkbox"/> Haitians prefer to die at home, though dying in a hospital is acceptable. <input type="checkbox"/> When a person dies, the entire extended family is affected. The oldest family member makes all the arrangements and notifies the family.
Death-Special Needs	<input type="checkbox"/> The moment of death is marked by ritual wailing among family members, friends, and neighbors.
Death-Body Care	<input type="checkbox"/> Family member may want to bathe body. <input type="checkbox"/> Autopsy acceptable; may be requested by family <input type="checkbox"/> Cremation usually preferred; may want mortuary to keep body until all family members can gather
Organ Donation	<input type="checkbox"/> Organ donation typically not discussed or encouraged
<b>Pregnancy, Birth, Postpartum</b>	
Prenatal Care	<input type="checkbox"/> Not traditionally sought.
Labor	<input type="checkbox"/> Midwives may be preferred
C-Section	<input type="checkbox"/> Generally accepted
Postpartum and Breastfeeding	<input type="checkbox"/> Traditionally common to have mother and child confined as considered to be susceptible and vulnerable to illness <input type="checkbox"/> Postpartum ritual frequently used includes special baths with herbs and water to bathe in for the first three days and a tea made to drink. The next three days she is encouraged to bathe in herb fortified water that is warmed by the sun. <input type="checkbox"/> Breastfeeding is the norm <input type="checkbox"/> Some traditions believe that the breast is to be withheld from newborns for the first twelve to forty-eight hours <input type="checkbox"/> Traditional liquid supplements usually introduced within first two weeks of life, and food supplements often are begun thirty days after birth.
Genetic Defects and/or Sick Baby	<input type="checkbox"/> May believe defects are caused by an angry spirit or a spell cast by an enemy
<b>Religious and Spiritual Practices</b>	
Religion	<input type="checkbox"/> Roman Catholic (about 80%), Protestant (about 20%), Voodoo (see Voodoo page). <input type="checkbox"/> Many people have rejected voodoo, becoming instead <i>katolik fran</i> (“unmixed Catholics” who do not combine Catholicism with service to the <i>Iwa</i> ) or <i>levanjil</i> , (Protestants). <input type="checkbox"/> Catholics and Protestants generally believe in the existence of <i>Iwa</i> , but consider them demons to be avoided rather than family spirits to be served.

Spiritual Healing	<input type="checkbox"/> With the spread of Pentecostal evangelism, Christian faith healing has spread rapidly.
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## Jamaican Culture

	Cultural and Family Structure
Important Historical Issues	<input type="checkbox"/> Proud of independence from Britain in 1962
Clothing or Amulets	<input type="checkbox"/> Headwear varies from bandana wrapped in a special design to straw hat decorated with flowers.
Language	<input type="checkbox"/> American-English (Official Language). <input type="checkbox"/> Jamaican-English. <input type="checkbox"/> Patois/Jamaican Creole - English-based, but may be hard to understand due to a thick accent and African-based idioms. However, Jamaican Americans almost always understand American-English. <input type="checkbox"/> Jamaican accent may drop H's and W's and has a distinctive rhythmic and melodic quality.
Communication, Nonverbal, and Greetings	<input type="checkbox"/> The most common greeting is the handshake with direct eye contact, and a warm smile. <input type="checkbox"/> Use the appropriate salutation for the time of day: "good morning", "good afternoon", or "good evening." <input type="checkbox"/> Once a friendship has been established, women may hug and kiss on each cheek, starting with the right. <input type="checkbox"/> Men often pat each other's shoulder or arm during the greeting process or while conversing. <input type="checkbox"/> Address people by their honorific title (Mr., Mrs., or Miss) and their surname until a personal relationship has developed. <input type="checkbox"/> Always wait until invited before using someone's first name. <input type="checkbox"/> As your friendship deepens, you may be asked to call the person by their nickname.
Spokesperson and Decision-making	<input type="checkbox"/> Usually male
Family structure	<input type="checkbox"/> Women have primary responsibility of raising children and supporting them, often alone or with help of extended family. <input type="checkbox"/> Domestic violence can be an issue <input type="checkbox"/> Marriage less common <input type="checkbox"/> Families contain a close-knit web of aunts, uncles, cousins and grandparents. <input type="checkbox"/> Families provide economic and emotional support to its members.
Food practices/beliefs	<input type="checkbox"/> Depending on religious beliefs, may have dietary needs regarding foods that can or cannot be eaten
Time orientation	<input type="checkbox"/> Usually present oriented
<b>Health, Illness and Death</b>	
Illness beliefs	<input type="checkbox"/> Death is regarded as a natural transformation, and except in the

	<p>case of the very old, its cause is believed to be the violation of a cultural norm, evil spirits, or envy.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Illness is thought to be imposed by evil supernatural forces or cultural taboos. May tend to self-medicate and exhaust every possible home remedy before seeking professional medical assistance.</li> <li><input type="checkbox"/> Once seeking professional medical attention, there is a sincere belief in the physician or medical providers to cure the illness.</li> </ul>
Consents	<ul style="list-style-type: none"> <li><input type="checkbox"/> Male may wish to do consents, however be aware that not all marriages are legal</li> <li><input type="checkbox"/> Ensure that children's legal parents are identified as many may move from relative to relative</li> </ul>
Invasive Procedures	<ul style="list-style-type: none"> <li><input type="checkbox"/> Problems are initially dealt with holistically. However, if such an invasive procedure is seen as the last resort, then it is acceptable.</li> </ul>
Pain	<ul style="list-style-type: none"> <li><input type="checkbox"/> May depend on the individual involved</li> </ul>
Terminal Illness Discussion	<ul style="list-style-type: none"> <li><input type="checkbox"/> Should be done within the context of patient/family religious beliefs</li> </ul>
Visitors	<ul style="list-style-type: none"> <li><input type="checkbox"/> Family and extended family</li> </ul>
Dying Process	<ul style="list-style-type: none"> <li><input type="checkbox"/> When a Jamaican individual dies, family at bedside to cry and mourn.</li> </ul>
Death-Special Needs	<ul style="list-style-type: none"> <li><input type="checkbox"/> May have rituals based on superstitions regarding all in family including children, needing to say goodbye</li> </ul>
Death-Body Care	<ul style="list-style-type: none"> <li><input type="checkbox"/> Body to be washed; family may have superstitions or rituals regarding how this is to take place</li> </ul>
Organ Donation	<ul style="list-style-type: none"> <li><input type="checkbox"/> Becoming more acceptable</li> </ul>
<b>Pregnancy, Birth, Postpartum</b>	
Prenatal Care	<ul style="list-style-type: none"> <li><input type="checkbox"/> Not always sought</li> </ul>
Labor	<ul style="list-style-type: none"> <li><input type="checkbox"/> May wish a midwife</li> <li><input type="checkbox"/> Viewed as a religious/spiritual event and may want objects present</li> </ul>
C-Section	<ul style="list-style-type: none"> <li><input type="checkbox"/> Varies and depends on the individual mother</li> </ul>
Postpartum and Breastfeeding	<ul style="list-style-type: none"> <li><input type="checkbox"/> May wish to keep placenta for ritual</li> <li><input type="checkbox"/> An open Bible is often placed in a newborn's bed, to protect the baby and ward off evil</li> <li><input type="checkbox"/> A red string may be tied around a newborn's wrist, or in the hair to chase ghosts away and ward off evil.</li> <li><input type="checkbox"/> Breastfeeding common practice</li> </ul>
Genetic Defects and/or Sick Baby	<ul style="list-style-type: none"> <li><input type="checkbox"/> May be perceived as God's will or result of evil spirit</li> </ul>

	Religious and Spiritual Practices
Religion	<input type="checkbox"/> Christianity and Rastafarian
Spiritual Healing	<input type="checkbox"/> Important part of belief system and approach to medical understanding and treatment



## Middle Eastern/North African Cultures

### Arab Culture

\*Preferred Term: Identified by region

	Cultural and Family Structure
Important Historical issues	<input type="checkbox"/> Arab world is culturally rich, complex and diverse: It includes 22 countries
Clothing or Amulets	<input type="checkbox"/> Head scarves may be important or even essential for women. <input type="checkbox"/> May wear blue beads, religious scriptures, or other amulets as necklaces <input type="checkbox"/> Amulets. Qur'an or Bible nearby.
Language	<input type="checkbox"/> Modern Standard Arabic (MSA) and many dialects related to geographical location
Communication, Nonverbal, and Greetings	<input type="checkbox"/> May not speak English but not admit it. <input type="checkbox"/> Head nodding and smiles do not always mean comprehension. <input type="checkbox"/> Will tend to repeat same information several times if feel misunderstood. <input type="checkbox"/> May downplay or ignore symptoms because illness can be shameful. <input type="checkbox"/> May have flat affect to protect others from accessing their inner feelings. <input type="checkbox"/> Respect elders and professionals and are reluctant to take up their time. <input type="checkbox"/> Comfortable in touching within gender but not between genders. <input type="checkbox"/> Traditional women may avoid eye contact with men. <input type="checkbox"/> Politeness means not disagreeing outwardly; may respond in ways that they think others want them to respond. <input type="checkbox"/> Use title and first name. <input type="checkbox"/> Approach by shaking hands and acknowledge country of origin and something personal about patient or family. <input type="checkbox"/> Smiling face helps; direct eye contact, even if avoided by patient.
Spokesperson and Decision-making	<input type="checkbox"/> If there is a grandmother, may defer to her counsel. <input type="checkbox"/> Physicians expected to make decisions related to care of patient. <input type="checkbox"/> Families make collective decisions
Family structure	<input type="checkbox"/> Includes nuclear and extended family. <input type="checkbox"/> Children are sacred (parents usually very strict); expected at bedside.

Food practices/beliefs	<ul style="list-style-type: none"> <li><input type="checkbox"/> Eating is important for recovery; offering food is associated with nurturing, beliefs caring for, accepting and trusting.</li> <li><input type="checkbox"/> Take time to share a cup of tea or a sweet offering, indicates acceptance.</li> <li><input type="checkbox"/> Follow hot/cold theory; i.e. hot soup helps recovery; do not give ice with drinks.</li> <li><input type="checkbox"/> If Muslim, have food restrictions (see spiritual beliefs).</li> </ul>
Time orientation	<ul style="list-style-type: none"> <li><input type="checkbox"/> On time kept for official business and more spontaneous for social and informal gatherings; emphasize importance of appointment times.</li> </ul>
Health, Illness and Death	
Illness beliefs	<ul style="list-style-type: none"> <li><input type="checkbox"/> Health defined as gift from God; illness caused by evil eye, bad luck, stress in family, germs, winds, drafts, imbalance in hot and dry and cold and moist, and sudden fears.</li> <li><input type="checkbox"/> Being overweight associated with health and strength.</li> <li><input type="checkbox"/> Patient encouraged to be passive and pampered; not make decisions.</li> </ul>
Consents	<ul style="list-style-type: none"> <li><input type="checkbox"/> Written consents may be problematic because verbal consent based on trust is a more acceptable mode of contracting.</li> <li><input type="checkbox"/> Dislike listening to all possible complications before procedure.</li> <li><input type="checkbox"/> Explain need for written consent, emphasize positive consequences and humanize process.</li> </ul>
Invasive Procedures	<ul style="list-style-type: none"> <li><input type="checkbox"/> Children may have morbid fear of injections and invasive procedures; may want to negotiate having parents out of room during procedures.</li> <li><input type="checkbox"/> High acceptance of treatments and procedures expected to cure; low acceptance of complications, viewed as negligence or lack of expertise.</li> </ul>
Pain	<ul style="list-style-type: none"> <li><input type="checkbox"/> Very expressive, especially in presence of family.</li> <li><input type="checkbox"/> Pain feared and causes panic; better able to cope if source and prognosis of pain is understood.</li> <li><input type="checkbox"/> May have difficulty with numerical scale; use metaphors (fire, knife, etc).</li> </ul>
Visitors	<ul style="list-style-type: none"> <li><input type="checkbox"/> Social expectations high priority; entire families may visit patient and family.</li> </ul>
Terminal Illness Discussion	<ul style="list-style-type: none"> <li><input type="checkbox"/> Will find it difficult to decide on DNR; may lose trust in health care providers discussion if this option is offered.</li> </ul>
Dying Process	<ul style="list-style-type: none"> <li><input type="checkbox"/> Timing of death is seen as God's will.</li> <li><input type="checkbox"/> Traditionally do not openly anticipate or grieve before death.</li> <li><input type="checkbox"/> Inform designated head of family of impending death or death.</li> <li><input type="checkbox"/> Prepare private room for family members to meet and grieve.</li> <li><input type="checkbox"/> May avoid discussing death.</li> </ul>
Death-Special Needs	<ul style="list-style-type: none"> <li><input type="checkbox"/> Be sensitive to religion-specific needs and/or rituals.</li> </ul>
Death-Body Care	<ul style="list-style-type: none"> <li><input type="checkbox"/> May have special rituals for washing body due to spiritual beliefs.</li> </ul>
Organ Donation	<ul style="list-style-type: none"> <li><input type="checkbox"/> Acceptable to save a life</li> </ul>

<b>Pregnancy, Birth, Postpartum</b>	
Prenatal Care	<input type="checkbox"/> May believe pregnancy is not an illness and prenatal care unnecessary. <input type="checkbox"/> Encouraged to rest, do minimal work and eat well. Little or no preparation for birth or baby; very present-oriented.
Labor	<input type="checkbox"/> Tend to be passive; i.e. tense muscles and wait for delivery. <input type="checkbox"/> Father not expected to participate. <input type="checkbox"/> Mother, sister or mother-in-law expected to be present and supportive.
C-Section	<input type="checkbox"/> May be greatly feared.
Postpartum and Breastfeeding	<input type="checkbox"/> Expect complete bed rest. <input type="checkbox"/> May fear bathing or showering. <input type="checkbox"/> Very difficult time for first time mother without extended family; needs more understanding, support and networking. <input type="checkbox"/> May believe colostrum is harmful to baby. <input type="checkbox"/> May not request assistance for fear of imposing on staff.
Genetic Defects and/or Sick Baby	<input type="checkbox"/> Include mother, father, aunts or grandparents when discussing baby. <input type="checkbox"/> Often believed to be due to wrath of God, God's will, test of endurance. <input type="checkbox"/> Disclosure an issue; prefer to "hide" genetically defective family member; tend to care for patient at home and shun institutionalized care. <input type="checkbox"/> Genetic counseling may be refused as believed to defy God's will.
<b>Religious and Spiritual Practices</b>	
Religion	<input type="checkbox"/> Christian or Sunni/Shia Muslim
Spiritual Healing	<input type="checkbox"/> Western medicine respected and sought after. <input type="checkbox"/> Home and folk remedies may be used.

## Egyptian Culture

Important Historical Issues	<input type="checkbox"/> Emphasis placed on social and financial status <input type="checkbox"/> Women do not have same legal rights as men in issues such as marriage
Clothing or Amulets	<input type="checkbox"/> Modest clothing <input type="checkbox"/> Woman may cover up depending on the degree of their Islamic observance <input type="checkbox"/> Amulets or religious verses may be worn as necklaces
Language	<input type="checkbox"/> Arabic
Communication, Nonverbal, and Greetings	<input type="checkbox"/> May present as stoic, self restrained, hesitant; typically quiet and reserved <input type="checkbox"/> May not ask about treatment plan <input type="checkbox"/> Half closed eyes do not express boredom

	<input type="checkbox"/> Men and women stand relatively far apart and generally do not touch. <input type="checkbox"/> Rude to show the sole of one's shoe <input type="checkbox"/> Handshakes are followed with a touch on the elbow
Spokesperson and Decision-making	<input type="checkbox"/> Primarily leading male
Family structure	<input type="checkbox"/> Patriarchal <input type="checkbox"/> Nuclear families
Food practices/beliefs	<input type="checkbox"/> Islamic practices—no blood, gelatin or other bodily products from the animal that is about to be eaten <input type="checkbox"/> Allowed foods are regarded as “halaal” and prohibited foods are regarded as “haram” <input type="checkbox"/> Feasting and fasting days are celebrated according to the lunar calendar
Time orientation	<input type="checkbox"/> Usually present-oriented although slower and unhurried
Health, Illness and Death	
Illness beliefs	<input type="checkbox"/> Onset of illness is a part of God's plan <input type="checkbox"/> Will avoid discussion about death <input type="checkbox"/> Euthanasia is forbidden
Consents	<input type="checkbox"/> Include close family members in the consent process <input type="checkbox"/> May feel uncomfortable giving written consent
Invasive Procedures	<input type="checkbox"/> Usually acceptable
Pain	<input type="checkbox"/> Prefer prescriptions of pain killers except possibly near death when ability to recite the Islamic creed is desired.
Visitors	<input type="checkbox"/> Integral in the dying process for loved ones to visit the individual
Terminal Illness Discussion	<input type="checkbox"/> Will tend to avoid the discussion <input type="checkbox"/> If Muslim, religious views are important, particularly around issue of futile treatment which prevents person's death
Dying Process	<input type="checkbox"/> Islamic creed should be recited before death if Muslim <input type="checkbox"/> Grief is not expressed other than through tears
Death-Special Needs	<input type="checkbox"/> Death is not prepared for with prior funeral arrangements; to do so is disrespectful <input type="checkbox"/> Physician should inform elder of family first, even prior to spouse, to show respect <input type="checkbox"/> Emotive in grief, including wailing and gasping
Death-Body Care	<input type="checkbox"/> Islamic protocols for body care: washing, dressing and specific positioning of the body. Care provided by person of the same sex. <input type="checkbox"/> Autopsies only if foul play is suspected as considered disrespectful <input type="checkbox"/> Family will stay with body until transported from facility

Organ Donation	<input type="checkbox"/> While may be acceptable by religious tradition, it is an issue involving misinformation and high ethical debate
<b>Pregnancy, Birth, Postpartum</b>	
Prenatal Care	<input type="checkbox"/> Strong support and advice from family members <input type="checkbox"/> Do not always seek out care except for emergencies <input type="checkbox"/> Prefer female health care providers
Labor	<input type="checkbox"/> Typically women only are present <input type="checkbox"/> Modesty very important
C-Section	<input type="checkbox"/> Acceptable
Postpartum and Breastfeeding	<input type="checkbox"/> Breastfeeding is common practice and encouraged for first two years
Genetic Defects and/or Sick Baby	<input type="checkbox"/> May believe that everything should be done to take care of the sick infant
<b>Religious and Spiritual Practices</b>	
Religion	<input type="checkbox"/> Muslim, Christian
Spiritual Healing	<input type="checkbox"/> Families will seek out the support, guidance of their religious leader and members of their religious community including in the making of treatment decisions.

## Iranian Culture

\*Primarily Shiite Muslim, could be Jewish, Christian, Bahá'í, Sunni Muslim

<b>Cultural and Family Structure</b>	
Important Historical Issues	<input type="checkbox"/> Multiethnic, multicultural society rich in cultural symbolism <input type="checkbox"/> Uses solar calendar
Clothing or Amulets	<input type="checkbox"/> May try to keep body covered to avoid draft. <input type="checkbox"/> May wear gold charm on neck chain symbolizing Islam.
Language	<input type="checkbox"/> Farsi <input type="checkbox"/> Various dialects
Communication, Nonverbal, and Greetings	<input type="checkbox"/> Cautious in disclosure of thoughts to non-intimates. <input type="checkbox"/> Aware of external judgment and concerned with respectability and good appearance. <input type="checkbox"/> Silence can have many meanings. <input type="checkbox"/> May prefer use of last name. <input type="checkbox"/> Handshakes, a slight bow, even standing when someone enters the room are appropriate; greet elderly first.
Spokesperson and Decision-making	<input type="checkbox"/> Father, eldest son, eldest daughter, or eldest male family member. <input type="checkbox"/> Patriarchal society.

Family structure	<input type="checkbox"/> Family-oriented. <input type="checkbox"/> The concept of family is more private than in many other cultures. Female relatives must be protected from outside influences and are taken care of at all times. It is inappropriate to ask questions about an Iranian's wife or other female relatives. <input type="checkbox"/> Iranians take their responsibilities to their family quite seriously. <input type="checkbox"/> Families tend to be small, only 1 or 2 children, but the extended family is quite close. <input type="checkbox"/> The individual's social network and assistance in times of need comes from the family. <input type="checkbox"/> Elderly relatives are kept at home, not placed in a nursing home. <input type="checkbox"/> Loyalty to the family comes before other social relationship, even business. <input type="checkbox"/> Nepotism is considered a good thing, since it implies that employing people one knows and trusts is of primary importance.
Food practices/beliefs	<input type="checkbox"/> Diet centered on fresh fruits, greens and vegetables with meat as a condiment <input type="checkbox"/> Primary beverage black tea
Time orientation	<input type="checkbox"/> May have fatalistic beliefs which can hinder understanding and compliance with present needs.
<b>Health, Illness and Death</b>	
Illness beliefs	<input type="checkbox"/> Health a deeply rooted cultural concept. <input type="checkbox"/> Body viewed in relationship with environment, society, God, nutrition, family, etc. <input type="checkbox"/> Patient generally assumes passive role. <input type="checkbox"/> Sense of hope always important.
Consents	<input type="checkbox"/> Explain procedure/treatment to family spokesperson. <input type="checkbox"/> Some families believe in protecting loved one from information.
Invasive Procedures	<input type="checkbox"/> Accepted.
Pain	<input type="checkbox"/> Expressed by facial grimaces, guarded body posture, moans. <input type="checkbox"/> More easily expressed by quality than numeric scale.
Visitors	<input type="checkbox"/> Welcomed and considered helpful in recovery.
Terminal Illness Discussion	<input type="checkbox"/> Talk with family spokesperson first. <input type="checkbox"/> Bad news may be kept from patient by family.
Dying Process	<input type="checkbox"/> Religious beliefs may require that environment be as peaceful as possible so that dying person can complete spiritual requirements <input type="checkbox"/> Death seen as beginning, not end, of spiritual life <input type="checkbox"/> Grief can be very emotional
Death-Special Needs	<input type="checkbox"/> Notify head of family or spokesperson first.

Death-Body Care	<input type="checkbox"/> Family may wish to wash body according to religious requirements
Organ Donation	<input type="checkbox"/> Accepted.
<b>Pregnancy, Birth, Postpartum</b>	
Prenatal Care	<input type="checkbox"/> Diet and rest encouraged as well as refraining from heavy work.
Labor	<input type="checkbox"/> Walking encouraged. <input type="checkbox"/> Fathers involved. <input type="checkbox"/> Female family members supportive and present.
C-Section	<input type="checkbox"/> Acceptable
Postpartum and Breastfeeding	<input type="checkbox"/> Showering common shortly after birth. <input type="checkbox"/> Emphasis on rest, diet, hygiene and emotional care. <input type="checkbox"/> Breastfeeding preferred.
Genetic Defects and/or Sick Baby	<input type="checkbox"/> Talk first to father of child. <input type="checkbox"/> May be viewed in scientific terms or as God's punishment.
<b>Religious and Spiritual Practices</b>	
Religion	<input type="checkbox"/> Shiite Muslim; Jewish, Christian, Bahá'í, Sunni Muslim, Zoroastrianism, Baha'i <input type="checkbox"/> Silent prayers at bedside.
Spiritual Healing	<input type="checkbox"/> Viewed as a complementary method in addition to medical treatment.

## Libyan Culture

<b>Cultural and Family Structure</b>	
Important Historical Issues	<input type="checkbox"/> Historically restrictions on human rights, including freedom of speech, press, assembly, association, and religion and gender roles.
Clothing or Amulets	<input type="checkbox"/> Modest dress/traditional Islamic clothing
Language	<input type="checkbox"/> Arabic
Communication, Nonverbal, and Greetings	<input type="checkbox"/> May come across as reserved <input type="checkbox"/> Light hand shake <input type="checkbox"/> Smiling important <input type="checkbox"/> Eye contact okay, but intermittent rather than constant <input type="checkbox"/> Titles important; do not use first name unless invited to
Spokesperson and Decision-making	<input type="checkbox"/> Leading male
Family structure	<input type="checkbox"/> Patriarchal <input type="checkbox"/> Domestic violence common <input type="checkbox"/> Nuclear and extended

Food practices/beliefs	<input type="checkbox"/> Islamic practices—no blood, gelatin or other bodily products from the animal that is about to be eaten. <input type="checkbox"/> Allowed foods are regarded as “halaal” and prohibited foods are regarded as “haram.” <input type="checkbox"/> Feasting and fasting days are celebrated according to the lunar calendar.
Time orientation	<input type="checkbox"/> Present oriented
<b>Health, Illness and Death</b>	
Illness beliefs	<input type="checkbox"/> Onset of disease is part of God’s plan
Consents	<input type="checkbox"/> Be aware that medical care in Libya is limited; as a result may need to provide a lot of education regarding consents and treatment. <input type="checkbox"/> Should approach close family members and main spokesperson. <input type="checkbox"/> May feel uncomfortable giving written consent
Invasive Procedures	<input type="checkbox"/> Usually accepted.
Pain	<input type="checkbox"/> Muslims may avoid pain medicine near death in order to be able to recite the Islamic creed.
Visitors	<input type="checkbox"/> Family, nuclear and extended as well as religious community
Terminal Illness Discussion	<input type="checkbox"/> Will tend to avoid the discussion <input type="checkbox"/> Only God can determine time of death
Dying Process	<input type="checkbox"/> Religious beliefs may require that environment be as peaceful as possible so that dying person can complete spiritual requirements. <input type="checkbox"/> Death seen as beginning, not end, of spiritual life <input type="checkbox"/> Grief can be very emotional
Death-Special Needs	<input type="checkbox"/> Tell leading male first, even before spouse.
Death-Body Care	<input type="checkbox"/> Islamic protocols for body care: washing, dressing and specific positioning of the body. Care provided by person of the same sex.
Organ Donation	<input type="checkbox"/> Living donation accepted, however cadaver donation a new concept and most decline
<b>Pregnancy, Birth, Postpartum</b>	
Prenatal Care	<input type="checkbox"/> Diet important; may need education if pregnancy falls during religious fasting times that eating allowed
Labor	<input type="checkbox"/> Modesty important <input type="checkbox"/> May desire female medical team <input type="checkbox"/> May want a female relative present <input type="checkbox"/> Father’s presence personal choice
C-Section	<input type="checkbox"/> Acceptable
Postpartum and Breastfeeding	<input type="checkbox"/> Father may want to whisper traditional prayer to baby shortly after birth. <input type="checkbox"/> Breastfeeding common practice



Genetic Defects and/or Sick Baby	<input type="checkbox"/> Tell father first <input type="checkbox"/> Typically viewed as God's will
<b>Religious and Spiritual Practices</b>	
Religion	<input type="checkbox"/> Primarily Sunni Muslim, some Christian, Hindus, Baha'is, and Buddhists
Spiritual Healing	<input type="checkbox"/> Viewed as a complementary method in addition to medical treatment.

## East Indian Cultures

\* Preferred Term: May be religious affiliation rather than nation of origin.

	Cultural and Family Structure
Important Historical Issues	<ul style="list-style-type: none"> <li><input type="checkbox"/> Religion is central to life</li> <li><input type="checkbox"/> East Indians from various regions are primarily distinguished by language.</li> </ul>
Clothing or Amulets	<ul style="list-style-type: none"> <li><input type="checkbox"/> May include: sacred thread around the body, cloth around chest, wooden comb, iron bracelet, scripture verses folded in cloth, etc. Do not remove without permission of patient or family member.</li> <li><input type="checkbox"/> Prayer beads called a <i>mala</i> hold great spiritual significance for the patient.</li> <li><input type="checkbox"/> A deity whose right hand is raised with their palm facing out is in prayer.</li> </ul>
Language	<ul style="list-style-type: none"> <li><input type="checkbox"/> English is common both oral and written; additionally at least 15 official languages and many dialects.</li> </ul>
Communication, Nonverbal, and Greetings	<ul style="list-style-type: none"> <li><input type="checkbox"/> Loudness may be interpreted as disrespect, command, emotional outburst and/or violence.</li> <li><input type="checkbox"/> Touching not common; love and caring expressed through eyes and facial expressions.</li> <li><input type="checkbox"/> Direct eye contact may be considered sign of rudeness or disrespect.</li> <li><input type="checkbox"/> Silence usually indicates acceptance, approval and/or tolerance.</li> <li><input type="checkbox"/> Greet with the right hand—handshaking or embracing—as the left hand is seen to be impure.</li> <li><input type="checkbox"/> Hindus and Sikhs press palm of hands together in front of chest while also expressing verbal greeting.</li> <li><input type="checkbox"/> Muslims take the palm of right hand to forehead and bow down slightly while also expressing verbal greeting.</li> <li><input type="checkbox"/> Shaking hands common among men but not women.</li> <li><input type="checkbox"/> Elders addressed by titles.</li> </ul>
Spokesperson and Decision-making	<ul style="list-style-type: none"> <li><input type="checkbox"/> Male family member, usually eldest son, has decision-making power in family; however other family members are consulted.</li> </ul>
Family structure	<ul style="list-style-type: none"> <li><input type="checkbox"/> Nuclear and extended family structures; most families are multigenerational.</li> <li><input type="checkbox"/> Gender roles are very distinct</li> </ul>
Food practices/beliefs	<ul style="list-style-type: none"> <li><input type="checkbox"/> May prefer metal utensils for cooking and eating.</li> <li><input type="checkbox"/> Food given much respect.</li> <li><input type="checkbox"/> May use fingers of right hand to eat food and prefer to wash hands before touching food.</li> <li><input type="checkbox"/> May refrain from meat and fish and also fast daily or weekly.</li> </ul>
Time orientation	<ul style="list-style-type: none"> <li><input type="checkbox"/> May not be extremely time conscious.</li> <li><input type="checkbox"/> May not like to monitor every moment which may impact treatment.</li> </ul>

Health, Illness and Death	
Illness beliefs	<input type="checkbox"/> Strong belief that health and treatment involve integration of physical, mental, and spiritual health. <input type="checkbox"/> May believe illness can result from past actions, not necessarily in this life, and that illness washes away person's sins. <input type="checkbox"/> May believe illness results from body imbalances. <input type="checkbox"/> Use of herbs and other complementary treatments are often utilized.
Consents	<input type="checkbox"/> Approach for consent with close family members present for moral support and consultation. <input type="checkbox"/> May feel uncomfortable giving written consent. <input type="checkbox"/> Explain procedure in simple terms. <input type="checkbox"/> May rely completely on health professionals to make decisions.
Invasive Procedures	<input type="checkbox"/> Receptive to blood transfusion and surgery; may prefer to receive blood from individuals of own caste or religion.
Pain	<input type="checkbox"/> May accept medication, however may also decline except for severe pain.
Visitors	<input type="checkbox"/> Close female family member may stay and participate in care. <input type="checkbox"/> May bring food for patient.
Terminal Illness Discussion	<input type="checkbox"/> May prefer to have doctor disclose diagnosis and prognosis to family first, who will determine whether to and when to tell patient.
Dying Process	<input type="checkbox"/> Unusual to inform dying person of impending death; family members told first and decide whether to tell person.
Death-Special Needs	<input type="checkbox"/> Spiritual needs should to be met including prayer and ritual. <input type="checkbox"/> Grief expressed openly.
Death-Body Care	<input type="checkbox"/> May have rituals for body care, including washing.
Organ Donation	<input type="checkbox"/> Due to black marketing scandals in home country, poverty, and misinformation, not usually accepted
Pregnancy, Birth, Postpartum	
Prenatal Care	<input type="checkbox"/> Pregnancy considered hot state and cool food encouraged. <input type="checkbox"/> Hot foods (such as such as meat, eggs, nuts, herbs and spices) avoided as they may be believed to cause miscarriage. <input type="checkbox"/> Baby considered to be prone to evil spirits, so mother typically stays at home during pregnancy
Labor	<input type="checkbox"/> Female family member present; <input type="checkbox"/> Fathers may not be present at delivery but this is changing <input type="checkbox"/> Pain medications may not be accepted. <input type="checkbox"/> After birth, father or grandfather may wish to whisper traditional prayers to baby.
C-Section	<input type="checkbox"/> Acceptable
Postpartum and Breastfeeding	<input type="checkbox"/> Mother may want to keep warm. <input type="checkbox"/> May not want to shower. <input type="checkbox"/> Breastfeeding strongly encouraged.
Genetic Defects	<input type="checkbox"/> If serious, father or mother-in-law approached first.

and/or Sick Baby	<input type="checkbox"/> Doctor expected to reveal diagnosis. <input type="checkbox"/> May believe to be a result of actions in a past life.
<b>Religious and Spiritual Practices</b>	
Religion	<input type="checkbox"/> Primarily Hindu; also Muslim, Christian, Buddhist, or Sikh
Spiritual Healing	<input type="checkbox"/> While Western medicine accepted, spiritual healing may also be important to incorporate.

## East Asian Cultures

### Chinese Culture

	Cultural and Family Structure
Important Historical Issues	<ul style="list-style-type: none"> <li><input type="checkbox"/> Important national symbol is the dragon, which provides what is needed.</li> <li><input type="checkbox"/> Respect for one's parents and ancestors considered most important virtue.</li> </ul>
Clothing or Amulets	<ul style="list-style-type: none"> <li><input type="checkbox"/> Good luck articles (jade, rope around waist) may be worn to ensure good health and good luck-avoid removing.</li> <li><input type="checkbox"/> May want incense burned; will need to determine alternatives</li> </ul>
Language	<ul style="list-style-type: none"> <li><input type="checkbox"/> Three major languages: Mandarin (official language), Wu, and Cantonese; various dialects.</li> </ul>
Communication, Nonverbal, and Greetings	<ul style="list-style-type: none"> <li><input type="checkbox"/> Elderly, especially women, may be unable to read or write.</li> <li><input type="checkbox"/> Nodding politely does not mean understanding.</li> <li><input type="checkbox"/> May maintain an impassive expression.</li> <li><input type="checkbox"/> Eye contact avoided with authority figures as sign of respect.</li> <li><input type="checkbox"/> Keep respectful distance.</li> <li><input type="checkbox"/> Asking questions seen as disrespectful; silence may mean respect.</li> <li><input type="checkbox"/> Frowning while someone is speaking is interpreted as a sign of disagreement.</li> <li><input type="checkbox"/> Considered disrespectful to stare into another person's eyes; will avoid eye contact to give themselves privacy.</li> <li><input type="checkbox"/> Often shy, especially in unfamiliar environments.</li> <li><input type="checkbox"/> Use of first name could be considered disrespectful.</li> </ul>
Spokesperson and Decision-making	<ul style="list-style-type: none"> <li><input type="checkbox"/> Patriarchal society; oldest male in household usually spokesperson and makes decisions.</li> </ul>
Family structure	<ul style="list-style-type: none"> <li><input type="checkbox"/> Nuclear and extended families</li> <li><input type="checkbox"/> Children highly valued.</li> <li><input type="checkbox"/> Elders very respected and honored.</li> <li><input type="checkbox"/> Belief it is a moral duty to take care of a sick family member.</li> </ul>
Food practices/beliefs	<ul style="list-style-type: none"> <li><input type="checkbox"/> Important in maintaining balance of hot and cold in body.</li> </ul>
Time orientation	<ul style="list-style-type: none"> <li><input type="checkbox"/> Being on time not valued by traditional societies.</li> </ul>

	Health, Illness and Death
Illness beliefs	<ul style="list-style-type: none"> <li><input type="checkbox"/> Concept of “saving face” may make it difficult for patients to talk about illness or symptoms.</li> <li><input type="checkbox"/> Physical illness caused by imbalance of Yin and Yang (hot and cold) in the body and environment.</li> <li><input type="checkbox"/> Harmony of body, mind and spirit important.</li> <li><input type="checkbox"/> Patient often takes passive role; family expected to care for patient.</li> <li><input type="checkbox"/> Medication may be taken only until symptoms disappear; if symptoms are not obvious, or side effects noted medication may not be accepted.</li> <li><input type="checkbox"/> Medications may be shared among family or community</li> </ul>
Consents	<ul style="list-style-type: none"> <li><input type="checkbox"/> Involve oldest male of family.</li> <li><input type="checkbox"/> Assess understanding by asking clear questions.</li> </ul>
Invasive Procedures	<ul style="list-style-type: none"> <li><input type="checkbox"/> May be fearful of having blood drawn believing it will weaken body.</li> <li><input type="checkbox"/> May avoid surgery wanting body to be kept intact.</li> </ul>
Pain	<ul style="list-style-type: none"> <li><input type="checkbox"/> May not complain- be aware of non-verbal clues.</li> </ul>
Visitors	<ul style="list-style-type: none"> <li><input type="checkbox"/> Common for large numbers of family members to visit.</li> </ul>
Terminal Illness Discussion	<ul style="list-style-type: none"> <li><input type="checkbox"/> Family may prefer that patient not be told of terminal illness or may prefer to tell patient themselves.</li> <li><input type="checkbox"/> Patient may become fatalistic and not want to talk about it.</li> <li><input type="checkbox"/> May have reluctance to utilize long term care because of family belief it is their responsibility to care for person, however may be open to hospice facility.</li> <li><input type="checkbox"/> “Good death” typically means natural causes at elderly age; otherwise may be seen as negative event.</li> </ul>
Dying Process	<ul style="list-style-type: none"> <li><input type="checkbox"/> May believe dying at home brings bad luck.</li> <li><input type="checkbox"/> May be concerned that person’s spirit may get lost.</li> </ul>
Death-Special Needs	<ul style="list-style-type: none"> <li><input type="checkbox"/> May desire that special amulets and cloths may be placed on body.</li> </ul>
Death-Body Care	<ul style="list-style-type: none"> <li><input type="checkbox"/> Family may want to bathe body after death according to cultural customs.</li> <li><input type="checkbox"/> May not want autopsy due to concerns about body needing to remain intact in afterlife.</li> </ul>
Organ Donation	<ul style="list-style-type: none"> <li><input type="checkbox"/> Historical issues in China regarding donation may mean lack of trust in process.</li> <li><input type="checkbox"/> Religious concern may be how donation would affect ancestors and impact on donor in afterlife.</li> <li><input type="checkbox"/> Approach best done by highly respected authority, i.e. physician or religious leader.</li> </ul>

Pregnancy, Birth, Postpartum	
Prenatal Care	<input type="checkbox"/> May believe certain activities will affect baby during pregnancy. <input type="checkbox"/> Pregnancy considered a hot condition, so cold foods should be consumed.
Labor	<input type="checkbox"/> Traditional belief is that crying out may attract evil spirits and that silence protects baby. <input type="checkbox"/> Sometimes a necklace is tied around baby's neck before cord is cut. <input type="checkbox"/> Father usually does not play active role. <input type="checkbox"/> Female family members present.
C-Section	<input type="checkbox"/> Acceptable.
Postpartum and Breastfeeding	<input type="checkbox"/> Placenta may be kept by family for cultural rituals. <input type="checkbox"/> Postpartum is considered "cold" condition due to blood lost and diet should consist of "hot" foods. <input type="checkbox"/> Mother's rest considered essential with little activity <input type="checkbox"/> During first 30 days, mother's pores believed to remain open and cold air can enter body, so may be forbidden to shower/bathe or be exposed to drafts. <input type="checkbox"/> Breastfeeding encouraged <input type="checkbox"/> Colostrum considered "dirty" and discarded
Genetic Defects and/or Sick Baby	<input type="checkbox"/> Address head of household. <input type="checkbox"/> Culturally there is a desire for a healthy child due to restrictions on number of children.
Religious and Spiritual Practices	
Religion	<input type="checkbox"/> Confucianism, Taoism, Buddhism, Christian (both Catholic and Protestant).
Spiritual Healing	<input type="checkbox"/> Spiritual is integrated into all aspects of life; may use herbs, acupuncture, and acupressure along with Western Medicine.

## Filipino Culture

Cultural and Family Structure	
Important Historical Issues	<input type="checkbox"/> Doctor Jose Rizal is recognized as a national hero due to his non-violent contributions to the historical and social transformations within the country.
Clothing or Amulets	<input type="checkbox"/> Western style of dress
Language	<input type="checkbox"/> Pilipino or Tagalog is the national language, and English is the second official language.

Communication, Nonverbal, and Greetings	<input type="checkbox"/> Allow times of silence during conversation <input type="checkbox"/> Sit rather than stand; brief and frequent eye contact <input type="checkbox"/> Head nodding doesn't always mean agreement <input type="checkbox"/> Formal greeting—handshakes are welcomed
Spokesperson and Decision-making	<input type="checkbox"/> Any older, leading man of the family seen as main decision makers for the family, however decisions and ideas are usually relayed and discussed with the family beforehand.
Family structure	<input type="checkbox"/> The extended family such as grandparents, aunts, uncles, or cousins may live in the same house and assume vital roles. <input type="checkbox"/> Group harmony and loyalty, respect for elders and authority, and kinship that goes beyond strong biological connections.
Food practices/beliefs	<input type="checkbox"/> May follow hot/cold beliefs <input type="checkbox"/> Vegetables, fruit, and fish are main diet staples
Time orientation	<input type="checkbox"/> May seem to not be fixed on time
<b>Health, Illness and Death</b>	
Illness beliefs	<input type="checkbox"/> Acceptance of western medicine as well as use of traditional folk practices and/or spiritual roots of illness. <input type="checkbox"/> Rapid shifts from “hot” to “cold” lead to illness. <input type="checkbox"/> “Warm” environment is essential to maintain optimal health. <input type="checkbox"/> Cold drinks or cooling foods should be avoided in the morning. <input type="checkbox"/> An overheated body (as in childbirth or fever) is vulnerable; and heated body or muscles can get “shocked” when cooled suddenly. <input type="checkbox"/> A layer of fat (“being stout”) is preferred to maintain “warmth” and protect vital energy.
Consents	<input type="checkbox"/> Discussion of risks or bad outcomes may provoke anxiety; it may also suggest to the elder a lack of caring from service provider.
Invasive Procedures	<input type="checkbox"/> Varies by individual and family members involved
Pain	<input type="checkbox"/> Pain is referenced in “hot” and “cold” terms
Visitors	<input type="checkbox"/> Family members, both nuclear and extended as well as friends and members of cultural community
Terminal Illness Discussion	<input type="checkbox"/> Elders and family may avoid talking about advance directives or dying as some believe this may bring the event to their door. <input type="checkbox"/> Use indirect approach when discussing terminal illness for the first time <input type="checkbox"/> Continue to give further information in small doses and stages <input type="checkbox"/> Presence of spiritual/religious person helpful <input type="checkbox"/> May believe that if faith is strong enough, person will survive
Dying Process	<input type="checkbox"/> Spiritual needs very important <input type="checkbox"/> Pain control and comfort are high priorities. Grieving is less private. <input type="checkbox"/> Women may be very expressive: swooning, sobbing, fainting <input type="checkbox"/> Filipino culture holds that the “longer the grief, the better.”
Death-Special Needs	<input type="checkbox"/> It is considered very important for the dying to be blessed by a religious leader.



Death-Body Care	<ul style="list-style-type: none"> <li><input type="checkbox"/> May be concern about autopsy being done, wanting body kept intact</li> </ul>
Organ Donation	<ul style="list-style-type: none"> <li><input type="checkbox"/> Formal donation program in Philippines is relatively new so there may not be education or understanding</li> </ul>
<b>Pregnancy, Birth, Postpartum</b>	
Prenatal Care	<ul style="list-style-type: none"> <li><input type="checkbox"/> Any jewelry, especially necklaces, are prohibited to be worn during pregnancy as it is believed that this can cause the umbilical cord can wrap around the baby's neck</li> <li><input type="checkbox"/> Drinking cold liquids is believed to help the baby become large</li> <li><input type="checkbox"/> Touching of the stomach is avoided</li> </ul>
Labor	<ul style="list-style-type: none"> <li><input type="checkbox"/> Foot massages are given to relieve a woman's pain</li> <li><input type="checkbox"/> During labor, it is believed by some that the father should not be present as it may be hard for him to understand the process, time of delivery, etc. However, it is encouraged that the expecting mother should have her family around</li> <li><input type="checkbox"/> Most of the time the umbilical cord is kept, and not discarded. This is believed to be the connection between mother and child. It is kept in the mother's wallet or otherwise safe.</li> <li><input type="checkbox"/> Burial of the placenta is seen as a way to keep the baby brave.</li> </ul>
C-Section	<ul style="list-style-type: none"> <li><input type="checkbox"/> Acceptable</li> </ul>
Postpartum and Breastfeeding	<ul style="list-style-type: none"> <li><input type="checkbox"/> After birth of infant, a black pouch consisting of chopped garlic pinned to the infant is believed to ward off evil spirits</li> <li><input type="checkbox"/> Mother is not allowed to leave the house for 30 days</li> <li><input type="checkbox"/> Breastfeeding is common practice</li> </ul>
Genetic Defects and/or Sick Baby	<ul style="list-style-type: none"> <li><input type="checkbox"/> Consult father or other family support person who generally decides who will tell mother; usually best to have doctor present</li> </ul>
<b>Religious and Spiritual Practices</b>	
Religion	<ul style="list-style-type: none"> <li><input type="checkbox"/> Roman-Catholic, Protestant, Muslim, Buddhist, Animist.</li> </ul>
Spiritual Healing	<ul style="list-style-type: none"> <li><input type="checkbox"/> May incorporate prayers, massage, herbs; sometimes magnets, crystals, and other mind/body techniques such as meditation, healing touch.</li> <li><input type="checkbox"/> Traditional healer or religious leader may be important.</li> <li><input type="checkbox"/> May consider physical or emotional pain as a challenge to one's spirituality.</li> </ul>

## Japanese Culture

Cultural and Family Structure	
Important Historical Issues	<input type="checkbox"/> Saving face is crucial and harmony is a key value
Clothing or Amulets	<input type="checkbox"/> May use prayer beads.
Language	<input type="checkbox"/> Japanese, American English.
Communication, Nonverbal, and Greeting	<input type="checkbox"/> Great emphasis on politeness <input type="checkbox"/> Pay great attention to non-verbal communication <input type="checkbox"/> May not ask <input type="checkbox"/> Typically quiet and polite, may be reserved and formal. <input type="checkbox"/> Tend not to disagree. <input type="checkbox"/> May have little direct eye contact; considered disrespectful especially to elders; it is also a way of maintaining sense of privacy. <input type="checkbox"/> Nodding doesn't necessarily mean understanding or agreement.  <input type="checkbox"/> Formal use of surname. <input type="checkbox"/> It is important to show respect. <input type="checkbox"/> The traditional form of greeting is the bow.
Spokesperson and Decision-making	<input type="checkbox"/> Father; perhaps mother, eldest son, eldest daughter. <input type="checkbox"/> Both men and women involved in process.
Family structure	<input type="checkbox"/> Family oriented; family as main unit rather than individual. <input type="checkbox"/> Hierarchical with father being head of household and main authority.
Food practices/beliefs	<input type="checkbox"/> Chopsticks. <input type="checkbox"/> Rice with most meals.
Time orientation	<input type="checkbox"/> Promptness important.
Health, Illness and Death	
Illness beliefs	<input type="checkbox"/> Illness is not usually discussed openly. <input type="checkbox"/> May believe chronic illnesses are due to karma/bad behavior in this life or past life, or from actions of another family member. <input type="checkbox"/> Sick cared for primarily by women. <input type="checkbox"/> Patient assumes passive role.
Consents	<input type="checkbox"/> May be given by leading male in family after discussion with family.
Invasive Procedures	<input type="checkbox"/> Generally accepted.
Pain	<input type="checkbox"/> May be stoic.
Visitors	<input type="checkbox"/> Family members, particularly spouse, may wish to stay by the bed. <input type="checkbox"/> Entire family and close friends will visit.

Terminal Illness Discussion	<input type="checkbox"/> There may be initial hesitation in having discussion due to past cultural influences that it is a negative thing to do so. <input type="checkbox"/> Conscious courtesy and respect will improve trust. <input type="checkbox"/> Brain death may be a difficult concept to understand. <input type="checkbox"/> May not be willing to use long term facility as family cares for dying person; may be open to hospice facility. <input type="checkbox"/> Families may want to overrule a Living Will if one is completed. <input type="checkbox"/> DNR is difficult choice, decided by entire family.
Dying Process	<input type="checkbox"/> Family and patient may avoid discussing dying; however this is dependent upon religious tradition. <input type="checkbox"/> Family may want religious items to be with patient throughout dying process. <input type="checkbox"/> May have specific religious rituals that need to be completed.
Death-Special Needs	<input type="checkbox"/> May want religious items accompany body to mortuary.
Death-Body Care	<input type="checkbox"/> Families may want to wash body. Dignity and preservation of modesty for viewing.
Organ Donation	<input type="checkbox"/> May prefer body to be kept intact because of religious beliefs concerning afterlife. Others may find it acceptable with their religious beliefs. <input type="checkbox"/> Families may want to overrule patient's choice to be a donor.
<b>Pregnancy, Birth, Postpartum</b>	
Prenatal Care	<input type="checkbox"/> Expected from early in pregnancy. <input type="checkbox"/> Encouraged to rest and not overdo.
Labor	<input type="checkbox"/> Modesty important. <input type="checkbox"/> May attempt to control vocal expressions of pain. <input type="checkbox"/> Father actively involved.
C-Section	<input type="checkbox"/> Acceptable if needed for health of mother or baby
Postpartum and Breastfeeding	<input type="checkbox"/> New mother expected to rest and recuperate for several weeks. <input type="checkbox"/> Personal hygiene important. <input type="checkbox"/> Breastfeeding accepted
Genetic Defects and/or Sick Baby	<input type="checkbox"/> Best to consult with father before telling mother. <input type="checkbox"/> Have father or other family members present for discussion with mother. <input type="checkbox"/> May be interpreted as punishment for parents' or family's bad behavior.
<b>Religious and Spiritual Practices</b>	
Religion	<input type="checkbox"/> Buddhist, Shinto, Christian.
Spiritual Healing	<input type="checkbox"/> Depends upon religious beliefs.

## Korean Culture

Cultural and Family Structure	
Important Historical Issues	<input type="checkbox"/> End of Japanese rule after World War II. <input type="checkbox"/> There are significant differences between North and South Korea
Clothing or Amulets	<input type="checkbox"/> May wear religious symbols. <input type="checkbox"/> Amulets to bring good luck, protection, happiness, etc <input type="checkbox"/> Very modest dress.
Language	<input type="checkbox"/> Korean <input type="checkbox"/> English
Communication, Nonverbal, and Greetings	<input type="checkbox"/> Ability to speak English does not necessarily equate with capability of reading and writing English. <input type="checkbox"/> Considered rude to direct sole of shoe or foot toward another person. <input type="checkbox"/> Eye contact depends on comfort with and trust of others. <input type="checkbox"/> Personal space important. <input type="checkbox"/> Use title and surname.
Spokesperson and Decision-making	<input type="checkbox"/> Husband, father, eldest son. <input type="checkbox"/> Family-focused, although husband, father or eldest son may have final say.
Family structure	<input type="checkbox"/> Nuclear, extended, and intergenerational
Food practices/beliefs	<input type="checkbox"/> May prefer mostly vegetables and rice <input type="checkbox"/> Important to balance “hot” (spicy, rich) and “cold” (leafy greens) foods in diet.
Time orientation	<input type="checkbox"/> Punctuality important. <input type="checkbox"/> Fate commonly accepted; everything happens for a reason.
Health, Illness and Death	
Illness beliefs	<input type="checkbox"/> Health seen as harmony or balance between soul and physical being. <input type="checkbox"/> May be believed to have spiritual causes <input type="checkbox"/> Because of closeness of family and friends, may look to their understanding of illness rather than physician’s <input type="checkbox"/> Passivity expected. <input type="checkbox"/> Accept western medicine however typically incorporated with complementary practices including acupuncture, herbs, and spiritual interventions.
Consents	<input type="checkbox"/> Allow time for patient to think and consult with family.
Invasive Procedures	<input type="checkbox"/> Acceptable although anxiety and fear may be high
Pain	<input type="checkbox"/> Varies from silence to stoicism <input type="checkbox"/> Family will be a good source of information on how patient copes with pain.

Visitors	<input type="checkbox"/> Frequent <input type="checkbox"/> Family member may wish to stay with patient.
Terminal Illness Discussion	<input type="checkbox"/> May be preferred for family spokesperson to be informed first, then family discussion will inform patient. <input type="checkbox"/> May prefer for patient to die at home <input type="checkbox"/> Prolonging life through artificial means generally unacceptable due to religious beliefs.
Dying Process	<input type="checkbox"/> Imminence of death should be told to spokesperson, who will relay information to family. <input type="checkbox"/> Religious rituals, including prayer, chanting, and objects may be important. <input type="checkbox"/> Use of incense may be desired; seek alternatives.
Death-Special Needs	<input type="checkbox"/> Mourning and crying by family part of tradition <input type="checkbox"/> Being present during person's last moments is important in religious beliefs.
Death-Body Care	<input type="checkbox"/> Depending on religious beliefs, there may be desire for body to remain untouched following death so that soul is able to leave and prayers completed.
Organ Donation	<input type="checkbox"/> Traditional belief is that body must maintain its integrity by remaining intact.
<b>Pregnancy, Birth, Postpartum</b>	
Prenatal Care	<input type="checkbox"/> Diet important; refrain from "hot" foods as pregnancy is considered a "hot" condition. <input type="checkbox"/> Pregnancy is considered not only a physical state, but a spiritual one as well. <input type="checkbox"/> May prefer same sex medical providers
Labor	<input type="checkbox"/> No ice chips <input type="checkbox"/> May be expected to be silent so that all energy goes into delivery. <input type="checkbox"/> Father involved.
C-Section	<input type="checkbox"/> Acceptable
Postpartum and Breastfeeding	<input type="checkbox"/> Rest is considered extremely important. <input type="checkbox"/> Traditionally mother drinks a particular seaweed soup daily <input type="checkbox"/> Babies may be dressed in warm clothing <input type="checkbox"/> Traditionally newborn sleeps with mother <input type="checkbox"/> Breastfeeding acceptable, however education needed to supplement family teaching.
Genetic Defects and/or Sick Baby	<input type="checkbox"/> Tell father first. <input type="checkbox"/> Parents may feel responsible, having done something wrong. Important to reassure mother and family that no one is to blame.
<b>Religious and Spiritual Practices</b>	
Religion	<input type="checkbox"/> Buddhism, Confucianism, Christian (Protestant and Catholic), Islam, Traditional Shamanism
Spiritual Healing	<input type="checkbox"/> Important aspect of holistic view of body, mind, and spirit

## Vietnamese Culture

Cultural and Family Structure	
Important Historical Issues	<input type="checkbox"/> Image of Ho Chi Minh. <input type="checkbox"/> Impacted by Chinese culture
Clothing or Amulets	<input type="checkbox"/> Modest dress <input type="checkbox"/> Religious objects may be worn.
Language	<input type="checkbox"/> Vietnamese (with many dialects), educated may speak French
Communication, Nonverbal, and Greetings	<input type="checkbox"/> May not maintain eye contact however believes that a medical person who does so is honest <input type="checkbox"/> Speaking up and direct honesty considered rude <input type="checkbox"/> Personal space more distant. <input type="checkbox"/> Silence in conversation typical <input type="checkbox"/> Maintain a soft voice; loudness and excessive hand gestures cause discomfort <input type="checkbox"/> Traditionally handshakes take place only between same genders
Spokesperson and Decision-making	<input type="checkbox"/> Traditionally father or eldest son is spokesperson and holds ultimate authority although women have strong voice within family structure
Family structure	<input type="checkbox"/> Very family oriented, Intergenerational and extended <input type="checkbox"/> Great respect for elderly and ancestors <input type="checkbox"/> Family unit is more important than individual
Food practices/beliefs	<input type="checkbox"/> Rice, vegetables, small amounts of meat or fish
Time orientation	<input type="checkbox"/> Present oriented <input type="checkbox"/> Very punctual; being late is considered rude and disrespectful
Health, Illness and Death	
Illness beliefs	<input type="checkbox"/> Illness can be caused by either or all: Body imbalance, spiritual reasons, or biomedical means <input type="checkbox"/> Doctors are highly respected <input type="checkbox"/> May stop taking medication once symptoms are relieved or readjust the dosage themselves <input type="checkbox"/> May use complementary and traditional methods including acupuncture, massage, coining, cupping, pinching, herbs <input type="checkbox"/> Head may be considered sacred and feet profane; always touch head first <input type="checkbox"/> Will need emphasized education regarding medication schedules and keeping of appointments
Consents	<input type="checkbox"/> Explain procedures as precisely and simply as possible. <input type="checkbox"/> Head nodding does not mean understanding or approval.

Invasive Procedures	<input type="checkbox"/> May be feared, including blood draws, which is believed to make illness worse <input type="checkbox"/> Surgery may be a very fearful option as it is believed to alter the body's balance
Pain	<input type="checkbox"/> May be stoic; it is considered impolite to accept pain medication first time it is offered <input type="checkbox"/> Talk about intensity rather than numeric scale.
Visitors	<input type="checkbox"/> Female family member may stay at bedside. <input type="checkbox"/> Many family members and friends visit.
Terminal Illness Discussion	<input type="checkbox"/> Do not tell patient without consulting head of family. <input type="checkbox"/> DNR a sensitive issue and a decision made by entire family. <input type="checkbox"/> Important questions or issues are raised indirectly <input type="checkbox"/> Can be a lengthy process as family will want to consult on details as a group.
Dying Process	<input type="checkbox"/> Inform head of family in private room. <input type="checkbox"/> Usually an emotional lengthy process for family involving many rituals. <input type="checkbox"/> Extended family and community expected to come in shifts <input type="checkbox"/> May cry loudly and uncontrollably.
Death-Special Needs	<input type="checkbox"/> May wish spiritual/religious ritual. <input type="checkbox"/> Important to allow family extra time with body to complete religious rituals
Death-Body Care	<input type="checkbox"/> Family member may stay with body until it is moved by mortuary <input type="checkbox"/> May object to autopsy due to religious beliefs that body must remain intact.
Organ Donation	<input type="checkbox"/> May decline due to religious beliefs that body must remain intact
<b>Pregnancy, Birth, Postpartum</b>	
Prenatal Care	<input type="checkbox"/> Mothers must be kept warm and have special hygiene measures, such as only using salt water to clean teeth.
Labor	<input type="checkbox"/> Woman is expected to be silent. <input type="checkbox"/> Personal hygiene important. <input type="checkbox"/> Father is present but may assume passive role. <input type="checkbox"/> Female family member may serve as labor coach.
C-Section	<input type="checkbox"/> Acceptable if required for health of mother or baby
Postpartum and Breastfeeding	<input type="checkbox"/> Seen as critical time; mother expected to be with baby at all times. <input type="checkbox"/> May not shower or wash hair due to beliefs regarding hot/cold influences; sponge bath acceptable and family may provide herbal wash. <input type="checkbox"/> Breastfeeding common; mother will adhere to restricted diet that avoids "cold" foods
Genetic Defects and/or Sick Baby	<input type="checkbox"/> Consult father or other family support person who will decide who will tell mother; best to have doctor present. <input type="checkbox"/> Unconditional acceptance of loved ones, but believe genetic defect in family is God's punishment for wrong behavior.

	Religious and Spiritual Practices
Religion	<input type="checkbox"/> Primarily Buddhism, also Confucianism, Taoism, Christian (Roman Catholic)
Spiritual Healing	<input type="checkbox"/> Very important according to religious tradition

## Indonesian Culture

	Cultural and Family Structure
Important Historical Issues	<input type="checkbox"/> Much diversity with each region having own language dialect, history, and customs. <input type="checkbox"/> Most people define themselves locally rather than nationally.
Clothing or Amulets	<input type="checkbox"/> Typically western clothing; women may wear darker colors <input type="checkbox"/> Modest dress <input type="checkbox"/> Traditional clothing (batik) worn for special occasions
Language	<input type="checkbox"/> Indonesian and many regional dialects
Communication, Nonverbal, and Greetings	<input type="checkbox"/> Usually quiet and reserved <input type="checkbox"/> May give a slight bow to open/close the discussion <input type="checkbox"/> If being introduced to an entire family, make sure to greet the elder first to demonstrate respect. <input type="checkbox"/> Genders typically do not touch each other, i.e. handshakes <input type="checkbox"/> Names are considered sacred and should be treated with respect. Using titles is important. <input type="checkbox"/> Concept of "saving face" is important so communication likely to be indirect. <input type="checkbox"/> Pay attention to nonverbal language <input type="checkbox"/> May smile even when disagreeing; nod when not understanding <input type="checkbox"/> Avoid using a loud voice in discussions <input type="checkbox"/> Eye contact can be viewed as aggressive behavior. <input type="checkbox"/> Use eye contact intermittently
Spokesperson and Decision-making	<input type="checkbox"/> Usually eldest male <input type="checkbox"/> Group decisions important
Family structure	<input type="checkbox"/> Traditionally a patriarchal society <input type="checkbox"/> Interdependence among intergenerational and extended family
Food practices/beliefs	<input type="checkbox"/> Religious requirements for fasting during certain times <input type="checkbox"/> Religious requirements for diet
Time orientation	<input type="checkbox"/> Time tends to be viewed as flexible however others expected to be punctual



Health, Illness and Death	
Illness beliefs	<input type="checkbox"/> Accept western medicine however typically incorporated with complementary practices including acupuncture, herbs, and spiritual interventions <input type="checkbox"/> High respect for physicians <input type="checkbox"/> Modesty important
Consents	<input type="checkbox"/> Inform male spokesperson as well as patient
Invasive Procedures	<input type="checkbox"/> Usually accepted; may have high anxiety and fear
Pain	<input type="checkbox"/> Muslims may avoid pain medicine near death in order to be able to recite the Islamic creed.
Visitors	<input type="checkbox"/> Family, nuclear and extended as well as religious community
Terminal Illness Discussion	<input type="checkbox"/> Find out from male spokesperson if family wishes patient to be informed <input type="checkbox"/> May tend to avoid the discussion <input type="checkbox"/> Only God can determine time of death
Dying Process	<input type="checkbox"/> Religious beliefs may require that environment be as peaceful as possible so that dying person can complete spiritual requirements <input type="checkbox"/> Death seen as beginning, not end, of spiritual life <input type="checkbox"/> Grief can be very emotional
Death-Special Needs	<input type="checkbox"/> Tell leading male first, even before spouse.
Death-Body Care	<input type="checkbox"/> Islamic protocols for body care: Washing, dressing, and specific positioning of the body. Care provided by person of the same sex.
Organ Donation	<input type="checkbox"/> Usually the consideration of organ donations are unacceptable, but it depends on the family and/or individual involved
Pregnancy, Birth, Postpartum	
Prenatal Care	<input type="checkbox"/> Traditional belief is that mother must overeat during pregnancy; education needed regarding healthy choices <input type="checkbox"/> May prefer female care providers
Labor	<input type="checkbox"/> Modesty important <input type="checkbox"/> May prefer female care providers <input type="checkbox"/> May want to labor/deliver sitting up <input type="checkbox"/> May refuse pain medication
C-Section	<input type="checkbox"/> Acceptable if health of mother or baby is in danger
Postpartum and Breastfeeding	<input type="checkbox"/> Father may want to recite religious prayers to a baby following delivery <input type="checkbox"/> Breastfeeding common practice <input type="checkbox"/> May believe that one must engage in excessive heavy exercise after birth to lose weight quickly
Genetic Defects and/or Sick Baby	<input type="checkbox"/> Inform father first <input type="checkbox"/> May be viewed as will of God
Religious and Spiritual Practices	

Religion	<input type="checkbox"/> Primarily Muslim; also Christian (Protestant, Roman Catholic) Hindu, Buddhist
Spiritual Healing	<input type="checkbox"/> Depends on what religion family associates themselves with and what kind of spiritual healing they wish to seek out.

## Tibetan Culture

	Cultural and Family Structure
Important Historical Issues	<input type="checkbox"/> Strong Buddhist influence and foundation of culture <input type="checkbox"/> Sacred art very important
Clothing or Amulets	<input type="checkbox"/> Conservative dress <input type="checkbox"/> Some western dress, but most wear traditional clothing <input type="checkbox"/> Malas (beads), rosaries Ritual items: Buddha statues, etc
Language	<input type="checkbox"/> Tibetan
Communication, Nonverbal, and Greetings	<input type="checkbox"/> May appear reserved and stoic <input type="checkbox"/> Half-cast eyes, hands in a prayer position and a smile is the customary Tibetan greeting
Spokesperson and Decision-making	<input type="checkbox"/> Whomever is the leader of the family is usually the spokesperson for that family <input type="checkbox"/> Great degree of interdependence among family members <input type="checkbox"/> May want to consult religious leader first
Family structure	<input type="checkbox"/> Includes extended family, friends, religious community <input type="checkbox"/> Elders are treated with great respect
Food practices/beliefs	<input type="checkbox"/> May be vegetarian <input type="checkbox"/> May avoid stimulants
Time orientation	
	Health, Illness and Death
Illness beliefs	<input type="checkbox"/> May use Tibetan medicine which is a system of balancing the relationship between the universal elements and the three bodily energy systems. <input type="checkbox"/> Holistic view of body and mind; relaxing the mind to inner peace has a direct impact on physical well-being. <input type="checkbox"/> Illness may be a result of karma
Consents	<input type="checkbox"/> Close and immediate family members may need to be counseled and be asked to give consent.
Invasive Procedures	<input type="checkbox"/> May be accepted
Pain	<input type="checkbox"/> Medication is not usually accepted because it disturbs the clarity of the mind
Visitors	<input type="checkbox"/> Extended family and religious community
Terminal Illness Discussion	<input type="checkbox"/> Discussion should take place well in advanced to alert close person(s) related to the individual of concern so that they can

	go about the right procedures for preparing end of life care.
Dying Process	<input type="checkbox"/> Dying seen as a natural part of life <input type="checkbox"/> Family may request time for chanting at the bedside, or for a chant box to be kept with the patient during illness and dying process
Death-Special Needs	<input type="checkbox"/> Religious rituals important to maintain
Death-Body Care	<input type="checkbox"/> May have religious rituals for washing of the body <input type="checkbox"/> May want religious items to accompany body <input type="checkbox"/> Tradition calls for body to not be moved for 3 days so sensitivity and respect need to be shown when explaining next steps
Organ Donation	<input type="checkbox"/> May be accepted; will not interfere with rituals regarding body as believed to bring great merit as an act of compassion to others
<b>Pregnancy, Birth, Postpartum</b>	
Prenatal Care	<input type="checkbox"/> Often use midwives <input type="checkbox"/> Gestation by week followed intently for spiritual practices
Labor	<input type="checkbox"/> Traditional rituals are often offered to help ease mother through labor and birth, including use of blessed butter which mother may eat during last stages of labor <input type="checkbox"/> Father is present
C-Section	<input type="checkbox"/> Allowable
Postpartum and Breastfeeding	<input type="checkbox"/> Tradition for holy symbol to be painted on baby's tongue with saffron powder and blessed butter placed on nose <input type="checkbox"/> Mother and baby rarely separated <input type="checkbox"/> Placenta to be kept to be buried <input type="checkbox"/> Breastfeeding common practice
Genetic Defects and/or Sick Baby	<input type="checkbox"/> Accepted as part of karma
<b>Religious and Spiritual Practices</b>	
Religion	<input type="checkbox"/> Tibetan Buddhism, which is the basis of the culture
Spiritual Healing	<input type="checkbox"/> May chant and pray as a way to seek psychological and emotional refuge <input type="checkbox"/> Monthly atonement ceremony

## Euro-Asian Cultures

### Gypsy/ Roma Culture

Preferred Term: Gypsy or Roma

	Cultural and Family Structure
Important Historical Issues	<ul style="list-style-type: none"> <li><input type="checkbox"/> There is a set of rules for Romani culture; however they are kept orally, not written down. While there are variations to Roma culture, all follow the Romani Code.</li> <li><input type="checkbox"/> Varied traditions, beliefs, and customs among groups</li> </ul>
Clothing or Amulets	<ul style="list-style-type: none"> <li><input type="checkbox"/> Married women customarily cover their hair with a scarf that is knotted at the neck.</li> <li><input type="checkbox"/> Most wear an amulet around neck, especially children.</li> <li><input type="checkbox"/> Several amulets, including nature, special symbols, or words</li> <li><input type="checkbox"/> May carry a small cloth or leather pouch that is to be on or near person at all times.</li> <li><input type="checkbox"/> Allow amulet under pillow or at bedside table.</li> <li><input type="checkbox"/> Never put amulet at foot of bed.</li> </ul> <p>Man's hat and woman's scarf must also be kept at head and not at foot of bed.</p>
Language	<ul style="list-style-type: none"> <li><input type="checkbox"/> Usually English (may have a strong accent), however Romani may be first language.</li> </ul>
Communication, Nonverbal, and Greetings	<ul style="list-style-type: none"> <li><input type="checkbox"/> Normally very animated but in illness become very anxious.</li> <li><input type="checkbox"/> Naturally very loud (shouting) and argumentative; doesn't always mean they are arguing.</li> <li><input type="checkbox"/> Real anger does erupt, however is usually contained by family members. Rarely violent. Best not to overreact.</li> <li><input type="checkbox"/> Concern over illness shown by being gregarious and assertive.</li> <li><input type="checkbox"/> First reaction often mistrustful; important to take time to establish trust.</li> <li><input type="checkbox"/> Respect older medical professionals more than younger.</li> <li><input type="checkbox"/> Desire close personal contact with family members; very anxious when alone; avoid close-contact with non-Gypsies.</li> </ul>
Spokesperson and Decision-making	<ul style="list-style-type: none"> <li><input type="checkbox"/> Eldest male</li> <li><input type="checkbox"/> Individuals make own decisions, but prefer to consult entire family first, especially older relatives.</li> <li><input type="checkbox"/> Parents speak for their children; however also listen to wishes of child, often to detriment of child's health.</li> </ul>
Family structure	<ul style="list-style-type: none"> <li><input type="checkbox"/> Large extended families of at least 3 generations.</li> <li><input type="checkbox"/> Fierce family loyalty.</li> <li><input type="checkbox"/> Women generally keepers and communicators of medical and spiritual knowledge; have very important role in time of illness.</li> <li><input type="checkbox"/> Children indulged and allowed to express themselves freely.</li> <li><input type="checkbox"/> Family cares for each other; rarely send ill/elderly to institution.</li> <li><input type="checkbox"/> A family member will likely want to be present at all times</li> <li><input type="checkbox"/> Large number of visitors expected.</li> <li><input type="checkbox"/> Elder in authority usually willing to organize system when and how many at a time may visit.</li> </ul>

	<ul style="list-style-type: none"> <li><input type="checkbox"/> Provide a room/area where all can gather as preference is outside and separate from non-Gypsies.</li> </ul>
Food practices/beliefs	<ul style="list-style-type: none"> <li><input type="checkbox"/> Food must be prepared in a way that is clean - wrapped in plastic, on paper plates or anything disposable, including plastic utensils.</li> <li><input type="checkbox"/> Food that falls on the floor cannot be eaten.</li> <li><input type="checkbox"/> Diet is heavy, greasy, and high in salt and cholesterol.</li> <li><input type="checkbox"/> May fast on Fridays.</li> </ul>
Time orientation	<ul style="list-style-type: none"> <li><input type="checkbox"/> Usually present-oriented</li> </ul>
Health, Illness and Death	
Illness beliefs	<ul style="list-style-type: none"> <li><input type="checkbox"/> Tied to beliefs of good and bad luck, purity and impurity, inclusion and exclusion.</li> <li><input type="checkbox"/> The waist divides an adult's body; the lower half is considered impure; if lower body is touched, then hands must be washed to be purified.</li> <li><input type="checkbox"/> When bathing, the body must be washed with the water flowing from the head down.</li> <li><input type="checkbox"/> Washing and other taboos will often be relaxed for elders due to respect.</li> <li><input type="checkbox"/> Lack of spiritual and moral cleanliness results in disease and bad luck; also attracts certain spirits or devil.</li> <li><input type="checkbox"/> Sick person expects family to attend to needs and care for them.</li> <li><input type="checkbox"/> Illness is a crisis for the whole family</li> <li><input type="checkbox"/> Will recognize and accept western medicine; however may also want to use traditional medicine.</li> </ul>
Consents	<ul style="list-style-type: none"> <li><input type="checkbox"/> Illiteracy may be a sensitive issue.</li> <li><input type="checkbox"/> Confirm understanding of medical terminology.</li> </ul>
Invasive Procedures	<ul style="list-style-type: none"> <li><input type="checkbox"/> Usually fearful of any surgical procedure that requires general anesthesia because of a belief that a person under general anesthesia undergoes a "little death."</li> <li><input type="checkbox"/> For the family to gather around the person coming out of the anesthesia may be especially important.</li> </ul>
Pain	<ul style="list-style-type: none"> <li><input type="checkbox"/> Sharing medications is common</li> <li><input type="checkbox"/> May ask for a specific color of medication</li> </ul>
Visitors	<ul style="list-style-type: none"> <li><input type="checkbox"/> Belief in importance of spiritual energy which is believed to be lost when one spends too much time in the non-Romani world. Will want to have family members present in order to renew this energy.</li> </ul>
Terminal Illness Discussion	<ul style="list-style-type: none"> <li><input type="checkbox"/> Initiate first with eldest leader</li> <li><input type="checkbox"/> Dying person anxious to have all arrangements made</li> </ul>

Dying Process	<ul style="list-style-type: none"> <li><input type="checkbox"/> First inform eldest in authority and ask for help with relatives.</li> <li><input type="checkbox"/> May want chaplain present for purification of body as there is usually an extensive ritual that is done.</li> <li><input type="checkbox"/> Grief expressed by wailing and calling out to God over and over. Women may beat breasts and tear out hair.</li> </ul>
Death-Special Needs	<ul style="list-style-type: none"> <li><input type="checkbox"/> May ask for religious object in room or favorite foods and personal article of dying person.</li> <li><input type="checkbox"/> Moment of death and last words of patient highly significant; relatives will want to be present and to hear them.</li> <li><input type="checkbox"/> May want to have older female relative present.</li> <li><input type="checkbox"/> May want window open to allow patient's spirit to leave.</li> </ul>
Death-Body Care	<ul style="list-style-type: none"> <li><input type="checkbox"/> Body after death may be source of spiritual danger for relatives until it is embalmed; may likely leave quickly after death occurs</li> <li><input type="checkbox"/> Generally decline autopsies</li> </ul>
Organ Donation	<ul style="list-style-type: none"> <li><input type="checkbox"/> Usually not accepted due to fears and beliefs</li> </ul>
Pregnancy, Birth, Postpartum	
Prenatal Care	<ul style="list-style-type: none"> <li><input type="checkbox"/> A woman is considered to be unclean during pregnancy</li> </ul>
Labor	<ul style="list-style-type: none"> <li><input type="checkbox"/> Father usually present due to modesty at birth process.</li> <li><input type="checkbox"/> Assistance from older women relatives expected.</li> </ul>
C-section	<ul style="list-style-type: none"> <li><input type="checkbox"/> If necessary; eldest male of family may decide</li> </ul>
Postpartum and Breastfeeding	<ul style="list-style-type: none"> <li><input type="checkbox"/> Since baby is born from lower half of body, both are considered impure or unclean for length of time.</li> <li><input type="checkbox"/> Older women relatives may be nearby to help with cooking and other chores, but family members' visiting kept to minimum for fear of bringing in spirits that may harm baby.</li> <li><input type="checkbox"/> Babies often swaddled tightly.</li> <li><input type="checkbox"/> Babies believed to be vulnerable to Evil Eye. Giver of evil eye must make a cross with spittle on baby's forehead; if asked to do so, best to comply. People with bushy or heavy eyebrows or lots of body hair believed to often have Evil Eye.</li> <li><input type="checkbox"/> Breastfeeding acceptable. Identify food traditions, such as belief that drinking bill or whiskey will calm baby.</li> </ul>
Genetic Defects and/or Sick Baby	<ul style="list-style-type: none"> <li><input type="checkbox"/> May be viewed as due to an impurity suffered or "the spirit of death"</li> <li><input type="checkbox"/> If baby dies, parents may avoid it at all costs and may leave hospital suddenly</li> <li><input type="checkbox"/> Baby's body is traditionally buried in a secret place by grandparents</li> <li><input type="checkbox"/> Or to avoid bad luck family may leave the funeral and burial to hospital authorities</li> </ul>

	Religious and Spiritual Practices
Religion	<input type="checkbox"/> Traditional belief system related to spirits, saints, and other spiritual supernatural beings is always incorporated into other beliefs: Roman Catholic, Orthodox Christian, Muslim, and Protestant. <input type="checkbox"/> Shrine in home - or even in hospital room - is common.
Spiritual Healing	<input type="checkbox"/> Spiritual leaders are usually older female relatives who may bring in certain plants and medicines for patient. <input type="checkbox"/> May wish to see chaplain regularly for blessings.

## Russian Culture

	Cultural and Family Structure
Important Historical Issues	<input type="checkbox"/> Very proud of history and traditions, especially Orthodox religious history
Clothing or Amulets	<input type="checkbox"/> Some elderly women may prefer to wear warm clothing on top of hospital or gowns to avoid cold. <input type="checkbox"/> May wear religious necklaces.
Language	<input type="checkbox"/> Russian
Communication, Nonverbal, and Greetings	<input type="checkbox"/> May use loud voice, even in pleasant conversations. <input type="checkbox"/> Direct eye-to-eye contact used. <input type="checkbox"/> Straightforward in conversation <input type="checkbox"/> May use metaphors to discuss important issues <input type="checkbox"/> Personal space is closer for friends/family. <input type="checkbox"/> Elders may be called “uncle” or “aunt” even if unrelated by blood. <input type="checkbox"/> Handshake acceptable <input type="checkbox"/> Direct eye contact <input type="checkbox"/> Appropriate greeting for time of day
Spokesperson and Decision-making	<input type="checkbox"/> Father, mother, eldest son or eldest daughter.
Family structure	<input type="checkbox"/> Nuclear family most common <input type="checkbox"/> Strong bonds to extended family especially in times of illness. <input type="checkbox"/> Strong view of distinct gender roles <input type="checkbox"/> Women are the nurturers and caregivers in illness <input type="checkbox"/> Great respect for elders.
Food practices/beliefs	<input type="checkbox"/> Bread considered a staple; meat and fruit important <input type="checkbox"/> May observe religious fasts
Time orientation	<input type="checkbox"/> Will try to be on time for appointments or early.

	Health, Illness and Death
Illness beliefs	<ul style="list-style-type: none"> <li><input type="checkbox"/> Good health maintained by dressing warmly, avoiding stress, regular bowel movements, nutrition.</li> <li><input type="checkbox"/> Folk medicine may be utilized, i.e. herbs, spiritual healing, leeches, homeopathy</li> <li><input type="checkbox"/> May believe illness is will of God, testing of faith or punishment.</li> <li><input type="checkbox"/> Believe doctor is ultimate authority; if possible have doctor introduce other members of team, stressing their credentials</li> <li><input type="checkbox"/> May tend to self-diagnose</li> <li><input type="checkbox"/> Often reluctant to complete advance directives</li> </ul>
Consents	<ul style="list-style-type: none"> <li><input type="checkbox"/> Explain procedures, tests, etc with patient and family together and allow time for family discussion.</li> </ul>
Invasive Procedures	<ul style="list-style-type: none"> <li><input type="checkbox"/> Usually acceptable, however may be fearful of blood transfusions, IVs developing air in the line, unfamiliar procedures or equipment</li> </ul>
Pain	<ul style="list-style-type: none"> <li><input type="checkbox"/> May be stoic and not ask for medication.</li> <li><input type="checkbox"/> Comfortable with numeric pain scale.</li> </ul>
Visitors	<ul style="list-style-type: none"> <li><input type="checkbox"/> Family members and friends expected to visit to provide support.</li> </ul>
Terminal Illness Discussion	<ul style="list-style-type: none"> <li><input type="checkbox"/> Inform head of family first.</li> <li><input type="checkbox"/> Family may be concerned about quality of care issues and express them often</li> <li><input type="checkbox"/> May not want DNR.</li> <li><input type="checkbox"/> Family will likely remain cheerful with patient throughout illness and dying process</li> </ul>
Dying Process	<ul style="list-style-type: none"> <li><input type="checkbox"/> Ensuring patient comfort and lack of distress is a priority.</li> <li><input type="checkbox"/> A family member will usually be at bedside at all times</li> <li><input type="checkbox"/> Efforts are made by family not to openly grieve in front of patient</li> <li><input type="checkbox"/> Family may view the giving of comfort medications as “giving up”</li> <li><input type="checkbox"/> May want religious items in room</li> </ul>
Death-Special Needs	<ul style="list-style-type: none"> <li><input type="checkbox"/> Likely to have religious/spiritual ritual requests and needs.</li> <li><input type="checkbox"/> Tradition is often to light a candle after death; discuss to accommodate with battery operated candle</li> </ul>
Death-Body Care	<ul style="list-style-type: none"> <li><input type="checkbox"/> Family members may want to wash body and/or put special clothing on care deceased.</li> <li><input type="checkbox"/> May wish coins on eyes and roll of cloth under chin</li> <li><input type="checkbox"/> May not wish autopsy unless absolutely necessary.</li> </ul>
Organ Donation	<ul style="list-style-type: none"> <li><input type="checkbox"/> May not consent due to cultural misinformation</li> </ul>
	Pregnancy, Birth, Postpartum
Prenatal Care	<ul style="list-style-type: none"> <li><input type="checkbox"/> May not be utilized unless there is a problem.</li> <li><input type="checkbox"/> Believe pregnant women should be protected from bad news.</li> <li><input type="checkbox"/> Believe certain activities, such as lifting, heavy exercise or skipping steps when going down stairs will result in harm to baby.</li> </ul>



Labor	<input type="checkbox"/> Women generally passive; follow commands of doctor/midwife. <input type="checkbox"/> Traditionally believe that drinking castor oil or have enema will encourage an easier birth. <input type="checkbox"/> May not desire pain medication due to expectation to be stoic. <input type="checkbox"/> May wish lighting dim due to believe that it will harm baby's eyes.
C-Section	<input type="checkbox"/> Acceptable if health of mother or baby at risk
Postpartum and Breastfeeding	<input type="checkbox"/> Traditional practice is 15 days of bed rest <input type="checkbox"/> May wear pelvic binder <input type="checkbox"/> Breastfeeding very important, supported and encouraged within culture. <input type="checkbox"/> Important for breastfeeding mother to be at peace. <input type="checkbox"/> Believe breasts must be kept warm.
Genetic Defects and/or Sick Baby	<input type="checkbox"/> Tell mother first. <input type="checkbox"/> May be viewed as testing or punishment from God
Religious and Spiritual Practices	
Religion	<input type="checkbox"/> Russian or Eastern Orthodox Christian, Jewish
Spiritual Healing	<input type="checkbox"/> Spiritual leaders may be important in healing process. <input type="checkbox"/> May use folk remedies.