

Name \_\_\_\_\_

Date \_\_\_\_\_

TABLE 9-1 Health Care Beliefs

Culture	Health Concepts	Cause of Illness	Traditional Healers	Methods of Treatment	Response to Pain
<b>South African</b>	Maintain harmony of body, mind, and spirit Harmony with nature Illness can be prevented by diet, rest, and cleanliness	Supernatural cause Spirits and demons Punishment from God Conflict or disharmony in life	Root doctor Folk practitioners (community "mother" healer, spiritualist) Voodoo healer	Restore harmony Prayer or meditation Herbs, roots, poultices, and oils Religious rituals Charms, talismans, and amulets	Tolerating pain is a sign of strength Some may express pain
<b>Asian</b>	Health is a state of physical and spiritual harmony with nature Balance of two energy forces: yin (cold) and yang (hot)	Imbalance between yin and yang Supernatural forces such as God, evil spirits, or ancestral spirits Unhealthy environment	Herbalist Physician Shaman healer (physician-priest)	Cold remedies if yang is overpowering and hot remedies if yin is overpowering Herbal remedies Acupuncture and acupressure Energy to restore balance between yin and yang Meditation	Pain must be accepted and endured silently Displaying pain in public brings disgrace May refuse pain medication
<b>European</b>	Health can be maintained by diet, rest, and exercise Immunizations and preventive practices help maintain health Good health is a personal responsibility	Outside sources such as germs, pollutants, or contaminants Punishment for sins Lack of cleanliness Self-abuse (drugs, alcohol, tobacco)	Physician Nurse	Medications and surgery Diet and exercise Home remedies and self-care for minor illnesses Prayer and religious rituals	Some express pain loudly and emotionally Others value self-control in response to pain Pain can be helped by medications
<b>Hispanic</b>	Health is a reward from God Health is good luck Balance between "hot" and "cold" forces	Punishment from God for sins Susto (fright), mal ojo (evil eye), or envidia (envy) Imbalance between hot and cold	Native healers (Curandero, Espiritualista, Yerbero or herbalist, Brujo or witchcraft)	Hot and cold remedies to restore balance Prayers, medals, candles, and religious rituals Herbal remedies, especially teas Massage Anointing with oil Wearing an Azabache (black stone) to ward off the evil eye	Many will express pain verbally and accept treatment Others feel pain is a part of life and must be endured
<b>Middle Eastern</b>	Health is caused by spiritual forces Cleanliness essential for health Male individuals dominate and make decisions on health care	Spiritual forces Punishment for sins Evil spirits or evil "eye"	Traditional healers Physician	Meditation Charms and amulets with verses of the Koran Medications and surgery Male health professionals prohibited from touching or examining female patients	Tolerating pain is a sign of strength Self-inflicted pain is used as a sign of grief

(continues)

TABLE 9-1 Health Care Beliefs (continued)

Culture	Health Concepts	Cause of Illness	Traditional Healers	Methods of Treatment	Response to Pain
Native American	Health is harmony between man and nature Balance among body, mind, and spirit Spiritual powers control body's harmony	Supernatural forces and evil spirits Violation of a taboo Imbalance between man and nature	Shaman Medicine Man	Rituals, charms, and masks Prayer and meditation to restore harmony with nature Plants and herbs Medicine bag or bundle filled with herbs and blessed by medicine man Sweat lodges or total immersion in water to regain harmony	Pain is a normal part of life and tolerance of pain signifies strength and power

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receiving biomedical health care. A major change in the practice of health care in the United States is the increase in the use of alternative health care methods. Many individuals are using alternative health care in addition to, or as a replacement for, biomedical care. Alternative health care providers include chiropractors, homeopaths, naturopaths, and hypnotists. Some types of treatments discussed in more detail in Table 1-8 of Chapter 1:2 include:

- *Nutritional methods:* organic foods, herbs, vitamins, and antioxidants
- *Mind and body control methods:* relaxation, meditation, biofeedback, hypnotherapy, and imagery
- *Energetic touch therapy:* massage, acupuncture, acupressure, and therapeutic touch
- *Body-movement methods:* chiropractic, yoga, and tai chi
- *Spiritual methods:* faith healing, prayer, and spiritual counseling



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It is important to remember that every individual has the right to choose the type of health care system and method of treatment he or she feels is best. Health care providers must respect this right. To determine a patient's health care preferences, the health care provider should talk with the patient and ask questions. Examples of questions that may be asked include:

- What do you do to stay healthy?
- Except for this current illness, do you feel that you are reasonably healthy?
- What do you feel is a healthy diet? Do you try to follow this diet?

- What do you do for exercise?
- Is there anything else that you do to stay healthy?
- Why do you think people become ill?
- What health care treatment method do you use when you are ill?
- Why do you think you have become ill?
- Do you or your parents follow the traditions of a native land (or culture)?

## Spirituality and Religion

Spirituality and religion are an inherent part of every ethnic or cultural group. **Spirituality** is defined as the beliefs individuals have about themselves, their connections with others, and their relationship with a higher power. It is also described as an individual's need to find meaning and purpose in life (Figure 9-6). When a person's spiritual beliefs are firmly established,



FIGURE 9-6 Spirituality is an individual's need to find meaning and purpose in life. © Mario Lopes/www.Shutterstock.com