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Date _____

the individual has a basis for understanding life, finding sources of support when they are needed, and drawing on inner and/or external resources and strength to deal with situations that arise. Spirituality is often expressed through religious practices, but spirituality and religion are *not* the same. Spirituality is an individualized and personal set of beliefs and practices that evolves and changes throughout an individual's life.

Religion is an organized system of belief in a superhuman power or higher power. Religious beliefs and practices are associated with a particular form or place of worship. Beliefs about birth, life, illness, and death usually have a religious origin. Some of the more common religious beliefs are shown in Table 9-2. Religious beliefs that affect dietary practices are discussed in Chapter 11 in Table 11-5.

TABLE 9-2 Major Religious Beliefs

Religion	Beliefs About Birth	Beliefs About Death	Health Care Beliefs	Special Symbols, Books, Religious Practices
Amish (Subgroup of Mennonites) (Christian)*	<p>No infant baptism Baptism usually between ages of 16 to 25 when person makes commitment to church</p> <p>Many give birth at home with husband or other Amish woman assisting, but will use birthing centers and hospitals</p> <p>Birth control not forbidden but most do not use because of belief that large families are a gift from God</p> <p>Prohibit abortion</p>	<p>No last rites. Body may be embalmed, but it is buried in plain coffin in grave dug by hand by other members of Amish church</p> <p>No eulogy or flowers at funeral</p> <p>Life support is a personal decision but many refuse it</p> <p>Organ donation allowed if it is for the health and welfare of the recipient</p> <p>Autopsy only when required by law</p> <p>Cremation not used</p>	<p>Believe in living a simple life in harmony with nature</p> <p>Use hard work to please God</p> <p>Important to keep body pure and spotless</p> <p>Avoid contaminating influence of worldly aspects of life and remain clustered with members of their church and relatives</p> <p>Do not buy health insurance; church establishes a mutual aid fund to assist any member with health care expenses</p> <p>Accept standard treatments such as blood transfusions, surgery, and chemotherapy but will also use a variety of alternative treatments</p> <p>Immunizations and preventive practices not prohibited, but very few use them</p> <p>Many refuse prescription medicines and rely on herbal remedies</p>	<p>Churches are small groups of Amish in a particular locale</p> <p>Bible is the authoritative word of God</p> <p>Church services are held every other Sunday in the home of one of the members</p> <p>Services are led by a bishop, deacons, and several ministers who are all members of the group</p> <p>Ordnung, or the rules of the church, must be observed by every member and vary between different groups of Amish</p> <p>The Ordnung cover all aspects of day-to-day living, including the type clothing to be worn, and prohibits the use of modern technology such as electricity, cars, telephones, and computers</p> <p>Reject Hochmut (pride and arrogance) and place high value on Demut (humility) and Gelassenheit (calmness and composure)</p> <p>Ausbund is the hymnal used but it contains only words, no musical notes</p> <p>Faith prohibits the swearing of oaths in courts; they make affirmations of truth instead</p>

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TABLE 9-2 Major Religious Beliefs (continued)

Religion	Beliefs About Birth	Beliefs About Death	Health Care Beliefs	Special Symbols, Books, Religious Practices
Baptist (Christian)*	No infant baptism Baptism after person reaches age of understanding Abortion usually not allowed Birth control is an individual's decision	Clergy provides prayer and counseling to patient and family Autopsy, organ donation, and cremation are an individual's choice Removal of life support allowed No last rites	Some believe in the healing power of "laying on of hands" May respond passively to medical treatment, believing that illness is "God's will" Physician is instrument for God's intervention	Bible is holy book Rite of Communion important Baptism by full immersion in water after a person reaches an age of understanding and accepts Jesus Christ Some use cross as symbol
Buddhism	No infant baptism but have infant presentation to dedicate child to Buddha Oppose abortion but depends on mother's condition Birth control is an individual's decision	Believe in reincarnation Desire calm environment and limited touching during the process of death Buddhist priest must be present at death Last rites chanted at bedside immediately after death Autopsy and organ donation are controversial but usually regarded as an individual's choice Removal of life support is allowed in specific conditions Cremation is common	Suffering is an inevitable part of life Illness is the result of negative Karma (a person's acts and their ethical consequences) Cleanliness is important to maintain health May refuse medications that affect mental alertness because a mindful awareness of all of life's experiences is essential	Belief in Buddha, the "enlightened one" Tipitaka, three collections of writings, are Buddhist canon Nirvana, the state of greater inner freedom, is the goal of existence Emphasize practice and personal enlightenment rather than doctrine or study of scripture May use pictures or statues of Buddha as religious symbols Some wear mala beads around the left wrist that may be removed only if absolutely necessary
Christian Scientist (Christian)*	No infant baptism Abortion discouraged but regarded as an individual's decision Birth control is an individual's decision	No last rites Autopsy only when required by law Organ donation discouraged but can be an individual's decision Removal of life support is an individual's decision Cremation acceptable	Illness can be eliminated through prayer and spiritual understanding May not use medicine or surgical procedures May refuse blood transfusions Most will accept legally mandated immunizations	Bible is holy book Rite of Communion important <i>Science and Health</i> by Mary Baker Eddy is basic textbook of Christian Science Prayer and faith will maintain health and prevent disease
Episcopal (Christian)*	Infant baptism (may be performed by anyone in an emergency) Abortion opposed Birth control is an individual's decision	Some observe last rites by priest Autopsy and organ donation encouraged Removal of life support is allowed in specific conditions Cremation is an individual's choice	May use Holy Unction or anointing of the sick with oil as a healing sacrament	Bible is holy book Rite of Communion important Book of Common Prayer Use cross as symbol

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Name _____

Date _____

TABLE 9-2 Major Religious Beliefs (continued)

Religion	Beliefs About Birth	Beliefs About Death	Health Care Beliefs	Special Symbols, Books, Religious Practices
Hinduism	<p>No ritual at birth</p> <p>Naming ceremony is performed 10–11 days after birth to obtain blessings from gods and goddesses</p> <p>Abortion allowed only to save the life of the mother</p> <p>Birth control allowed but the duty of having a family is stressed</p>	<p>Believe in reincarnation as humans, animals, or even plants</p> <p>Ultimate goal is freedom from the cycle of rebirth and death</p> <p>Priest ties thread around the neck or wrist of the deceased and may pour holy water in the mouth</p> <p>Only family and friends may touch and wash the body</p> <p>Autopsy and organ donation discouraged but regarded as individual's decision</p> <p>Removal of life support allowed in specific conditions</p> <p>Cremation preferred</p>	<p>Some believe illness is punishment for sins</p> <p>Some believe in faith healing</p> <p>Will accept most medical interventions</p>	<p>Vedas (four books) are the sacred scripture</p> <p>Brahma is principal source of universe and center of all things</p> <p>All forms of nature and life are sacred</p> <p>Person's Karma is determined by accumulated merits and demerits that result from all the actions the soul has committed in its past life or lives</p> <p>Cows are sacred and feeding a cow is an act of worship</p> <p>May use symbols such as statues of various gods, flat stones, incense, or sandalwood</p>
Islam (Muslim)	<p>Believe that first words an infant should hear at birth are "There is no God but Allah, and Mohammed is His prophet."</p> <p>Circumcision performed routinely at or near birth, but before 7 days old</p> <p>Birth control generally permitted</p> <p>Abortion forbidden after 120 days, when fetus is ensouled; father must give permission if done before</p>	<p>Family must be with dying person</p> <p>Dying person must confess sins and ask forgiveness</p> <p>Only family touches or washes body after death</p> <p>Body is turned toward Mecca after death</p> <p>Autopsy only when required by law</p> <p>Organ donation is permitted if donor consents in writing</p> <p>Removal of life support allowed in specific conditions</p> <p>Cremation not permitted</p>	<p>Illness is an atonement for sins</p> <p>May face city of Mecca (southeast direction if in United States) five times a day to pray to Allah</p> <p>Ritual washing before and after prayer</p> <p>Must take medications with right hand since left hand considered dirty</p>	<p>Allah is supreme deity</p> <p>Mohammed, founder of Islam, is chief prophet</p> <p>Holy Day of Worship is sunset Thursday to sunset Friday</p> <p>Koran is holy book of Islam (do not touch or place anything on top)</p> <p>Prayer rug is sacred</p> <p>Fast during daylight hours in month of Ramadan and during other religious holidays</p> <p>May wear item with words from Koran on arm, neck, or waist; do not remove or allow item to get wet</p> <p>An Imam is a Muslim preacher and teacher</p>
Jehovah's Witness (Christian)*	<p>No infant baptism</p> <p>Baptism by immersion done when child or adult accepts beliefs</p> <p>Birth control is a personal decision</p> <p>Abortion allowed only to save the life of the mother</p>	<p>No last rites</p> <p>Autopsy only when required by law and body parts may not be removed</p> <p>Organ donation discouraged due to transmission of blood, but decision is an individual's choice</p> <p>All organs and tissues must be drained of blood before transplantation</p> <p>Removal of life support allowed in specific conditions</p> <p>Cremation permitted</p>	<p>Prohibited from receiving blood or blood products</p> <p>Elders of church will pray and read scriptures to promote healing</p> <p>Medications accepted if not derived from blood products</p>	<p>Name for God is Jehovah</p> <p>Bible is holy book: New World Bible</p> <p>Rite of Communion important</p> <p>Church elders provide guidance</p> <p>Each witness is a minister who must spread the group's teachings</p> <p>Acknowledge allegiance only to kingdom of Jesus Christ and refuse allegiance to any government</p>

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TABLE 9-2 Major Religious Beliefs (continued)

Religion	Beliefs About Birth	Beliefs About Death	Health Care Beliefs	Special Symbols, Books, Religious Practices
Judaism (Orthodox)	No infant baptism Male circumcision performed on 8th day after birth by Mohel (circumcisor), child's father, or Jewish physician Birth control allowed Abortion permitted only in specific circumstances	Person should never die alone Body is ritually cleaned after death May bury dead before sundown on day of death and usually within 24 hours Autopsy only when required by law Organ donation permitted only after consultation with rabbi Removal of life support allowed in specific conditions Cremation forbidden	May refuse surgical procedure or diagnostic tests on Sabbath or holy days Family may want surgically removed body parts for burial Ritual handwashing upon awakening and prior to eating	Lord God Jehovah is the one Lord Sabbath is sunset Friday to sunset Saturday Sabbath is devoted to prayer, study, and rest Torah is basis of religion (five books of Moses) Rabbi is spiritual leader Cantor often leads prayer services, performs marriages, and conducts funerals Star of David is symbol of Judaism Fast (no food or drink) during some holy days Men may wear Kippah or yarmulke (small cap) and a tallith (prayer shawl)
Lutheran (Christian)*	Infant baptism by sprinkling (may be performed by any baptized Christian in an emergency) Birth control allowed Abortion discouraged but allowed in specific conditions	No last rites Autopsy and organ donation allowed Removal of life support allowed Cremation permitted	Communion often administered by clergy to sick or prior to surgery	Bible is holy book Rite of Communion Important Use cross as symbol
Methodist (United) (Christian)*	Infant baptism Birth control allowed Abortion discouraged but allowed in specific conditions	No last rites Organ donations encouraged Removal of life support allowed Cremation permitted	May request communion before surgery or while ill	Bible is holy book Rite of Communion Important Religion is a matter of personal belief and provides a guide for living Use cross as symbol
Mormon (Latter Day Saints)	Infant blessed by clergy in church as soon as possible after birth Baptism at 8 years of age Abortion prohibited Birth control is an individual's decision	May want church elders present at death No last rites Autopsy and organ donation is individual's decision Removal of life support is individual's decision Cremation discouraged	May believe in divine healing with "laying on of hands" or blessing by church elders Anointing with oil can promote healing	Mormon refers to the four holy books: The Bible, <i>The Book of Mormon</i> , <i>The Doctrine and Covenants</i> , and <i>Pearl of Great Price</i> Special undergarment may be worn to symbolize dedication to God and should not be removed unless necessary Fast on first Sunday of each month Avoid medications containing alcohol or caffeine

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Name _____

Date _____

TABLE 9-2 Major Religious Beliefs (continued)

Religion	Beliefs About Birth	Beliefs About Death	Health Care Beliefs	Special Symbols, Books, Religious Practices
Presbyterian (Christian)*	Infant baptism Birth control allowed Abortion discouraged but allowed in specific conditions	No last rites Autopsy and organ donation permitted Removal of life support allowed Cremation permitted	Prayer and counseling an important part of healing May request communion while ill or before surgery	Bible is holy book Rite of Communion important Salvation is a gift from God Use cross as symbol
Roman Catholic (Christian)*	Infant baptism mandatory Baptism necessary for salvation (any baptized Christian may perform an emergency baptism) Birth control prohibited except for natural methods Abortion prohibited	Sacrament of the Sick (last rites) performed by priest Autopsy and organ donation permitted Removal of life support allowed if condition is hopeless Cremation permitted	Sacrament of the Sick and anointing with oil Life is sacred: abortion and contraceptive use prohibited Believe embryos are human beings and should not be destroyed or used for research	Bible is holy book Rite of Holy Eucharist (Communion) important May use prayer books, crucifix, rosary beads, religious medals, pictures and statues of saints Confession used as a rite for forgiveness of sins Use cross as symbol
Russian Orthodox (Christian)*	Infant baptism by priest Birth control prohibited Abortion prohibited	Last rites by ordained priest mandatory Arms of deceased are crossed Autopsy only if required by law Organ donations not encouraged Removal of life support allowed Cremation prohibited	Holy Unction and anointing body with oil used for healing Will accept most medical treatments but believe in divine healing	Bible is holy book Rite of Communion important May wear a cross necklace that should not be removed unless absolutely necessary Use cross as symbol
Seventh Day Adventist (Christian)*	No infant baptism (baptize individuals when they reach the age of accountability) Birth control is an individual's decision Therapeutic abortions permitted as an individual's decision	No last rites Autopsy only when required by law Organ donation is an individual's decision Removal of life support is a personal decision Cremation permitted	May avoid over-the-counter medications and caffeine May anoint body with oil Use prayer for healing Some believe only in divine healing Will accept required immunizations	Literal acceptance of Holy Bible Rite of Communion important Sabbath worship is sunset on Friday to sunset on Saturday

*Any religion that is designated as "Christian" has the following beliefs:

God is one in three parts: Father, Son, and Holy Spirit

Jesus Christ is the Son of God

By accepting Jesus Christ, a person may be saved and inherit eternal life

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Even though a religion may establish certain beliefs and rituals, it is important to remember that not everyone follows all of the beliefs or rituals of their own religion. Some individuals are **monotheists** and believe in the existence of one God, a characteristic of Judaism, Christianity, and the Islamic religion. Others are **polytheists** and worship and believe in many gods, a characteristic of Chinese folk religion, Hinduism,

and some believers of Buddhism. In addition, some individuals are non-believers. For example, an **atheist** is a person who does not believe in any deity. An **agnostic** is an individual who believes that the existence of God cannot be proved or disproved. Health care providers must determine what an individual personally believes to be important and respect that individual's beliefs.

