Muslim

Language of the country and some English.
Believe in one God “Al-lah” and Mohammed, his prophet. Five daily prayers. Zakat, a compulsory giving of alms to the poor. Fasting during the month of Ramadan.

Vietnamese

and some English.
Northern European

English, Spanish, Tagalog and some English.

Southern European

Culture Group and the goal of the faithful.

Culture Group and Language

Communications

Awareness

Patient Care/ Handling of Death

Belief Practices

Nutritional

Preferences

Belief Practices

Nutritional

Preferences

American

English

Christian and Jewish beliefs are prominent; many others exist in smaller numbers. Family-oriented.


American

English

Family members and friends visit in small groups. Expect high-quality care.

Argentinian

Spanish

90%. Catholic, some Protestant and Jewish. Strong belief in saints, purgatory, and local wines. Make national beverage that is stimulating and "addictive" like coffee.

Talkative, very expressive, direct, and to the point. Good eye contact. Like personal and physical contact such as holding hands, hugging, and kissing.

Educated, yet reluctant to get medical attention or accept new medical advancements. Independent, often deny disability.

Believe in natural and holistic remedies: herbal teas, pure aloe, natural oils, and poultices. Family gets involved with caring for the ill family member.

Brazilian

Portuguese. Diverse cultural backgrounds including European, African, Indian.

Mostly Catholic, some Spiritism. Growing Evangelical representation. Candibembe and Nzumeba - similar to Santeria.


Very sociable. Will stand close to each other. Social kissing, hugging, touching. Good eye contact.

Emphasis on family unity - will want to be actively involved. Tend to trust medical personnel, place great faith in doctors and nurses. Some believe in herbal treatment, teas, and balms.

Filipino

English, Spanish, Tagalog (80 dialects).

Catholic. Seek both faith healer and Western physician when ill. Believe that many diseases are the will of God.

Theory of hot and cold food. Certain foods in the Philippines are traditionally eaten hot or cold, e.g., milk is only taken HOT. Fish, rice, vegetables, fruit. Meals have to be HOT.

Family decision important. Ignore health-related issues; often non-compliant. In spite of Western medicine, they often leave things in the hands of God, with occasional folk medicine. Home remedies: herbal tea, massage, sleep. May subscribe to superstitious causes of disease.

Maintain modesty at all times. Stoic regarding pain tolerance. Death is taken quietly with little emotional expression. Patients/families tend not to question medical authority.

Canadian

English, French, and Innuitt (Eskimo).

Protestant, Catholic, and Jewish.

Comparable to American diet. French influence in Montreal and Quebec.

May prefer no touching at face value.

Follow nurse’s instructions. Accustomed to socialized medicine, less litigation. Take physicians at their word. Willing to wait for treatment.

Cayman

English with some changes in accent or verbs.

People are very religious. Majority of the island is Baptist or “Church of God.” Very religious and physical contact such as holding hands, patting on the back, kissing.

Like to be acknowledged. Good eye contact. Prefer no touching or kissing. Very talkative and known for their friendliness. Everyone on the island knows each other.

Like to be told what is going on by a doctor. Would rather talk to doctors than nurses. Prefer one-to-one care.

Vietnamese

Vietnamese language has several dialects - also French, English, Chinese.

Family loyalty is very important. Religions include Buddhism, Confucianism, Taoism, Cao Da, Hoa Hao, Catholicism, occasional ancestral worship. General respect and harmony. Supranatural is sometimes used as an explanation for disease.

Rice often with green, leafy vegetables, fish, sauce added for flavor. Meat used sparingly and cut into small pieces. Tea is main beverage. Often lactose and alcohol intolerant.

Communication - formal, polite manner; limited use of touch. Respect conveyed by non-verbal communication. Use both hands to give something to an adult. To beckon someone, place palm downward and wave. Don’t snap your fingers to gain attention. Person’s name used with title, i.e. “Mr. Bill.” Director James.” “Ya” indicates respect, not agreement.

Negative emotions conveyed by silence and reluctant smile; will smile even if angry. Head in - avoid touching. Back rub - uneasy experience. Common folk practices - skin rubbing, pinching, herbs in hot water, balm, string tying. Misunderstandings about illness - draining blood seen as loss of body tissue; organ donation causes suffering in next life. Hospitalization is last resort. Flowers only for the dead.

Chinese

Many dialects spoken; one written language.


Diet consists of vegetables and rice. Tofu (bean curd) can be prepared in various ways. Soy sauce, MSG, and preserved foods. Belief in theory of “yin” (cold) and “yang” (hot) when they are sick. No food with “yin” after surgery (e.g. cold desserts, salad). Often lactose intolerant.

Quiet, polite, unassertive. Supress feelings of anxiety, fear, depression, and pain. Eye contact and touching sometimes seen as offensive or impolite. Emphasize loyalty and tradition. Self-expression and individualism are discouraged.

Women uncomfortable with exams by male physicians. May not adhere to fixed schedules. May fear medical institutions. Use a combination of herbal and Western medicine. Traditional: acupuncture, herbal medicine, massage, skin scraping, and cupping. Alcohol may cause flushing.
<table>
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<th>Culture Group and Language</th>
<th>Belief Practices</th>
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<th>Communication Awareness</th>
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<tbody>
<tr>
<td>Cuban Spanish</td>
<td>Catholic with Protestant minority. Santeria, which can include animal sacrifice.</td>
<td>Cuban bread, cafe con leche, Cuban coffee. Roast pork, black beans and rice. Plantains, yuca, and chicken and rice.</td>
<td>Some may have a tendency to be loud when having a discussion. Use their hands for emphasis and credibility, and prefer strong eye contact.</td>
<td>Culture requires existing the sick. The extended family supports the immediate family. It is an insult to the patient if there is not a large family/friend presence.</td>
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<td>Haitian Creole; French is taught in schools.</td>
<td>Catholic and Protestant. Voodoo is practiced. Large social gap exists between wealthy and poor citizens.</td>
<td>Large breakfast and lunch. Light dinner. Rice, fried pork trillot, and red beans. Herbs and cloves.</td>
<td>Quiet, polite. Value touch and eye contact.</td>
<td>Obedient to doctor and nurse, but hesitant to ask questions. View use of oxygen as indication of severe illness. Occasionally share prescriptions and home remedies.</td>
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<td>Hindu Hindi</td>
<td>The belief of cyclic birth and reincarnation lies at the center of Hinduism. The status, condition, and caste of each life is determined by the behavior in the last life.</td>
<td>Cow is sacred. No beef. Some are strictly vegetarian.</td>
<td>Limit eye contact. Do not touch while talking.</td>
<td>Do not try to force foods when religiously forbidden. Death-the priest may actually tie a thread around the neck or wrist to signify a blessing. This thread should not be removed. The priest will pour water into the mouth of the body. Family will request to wash the body. Eldest son is responsible for the funeral rites.</td>
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<td>Jamaican English, Patois (broken English),</td>
<td>Christian beliefs dominate (Catholic, Baptist, Anglican). Strong Rastafari influence.</td>
<td>Beef, goat, rice, peas, chicken, vegetables, fish, and lots of spices. Some avoid eating pork and pork products because of religious beliefs.</td>
<td>Respect for elders is encouraged. Reserved, avoid hugging and showing affection in public. Curious and tend to ask a lot of questions.</td>
<td>Will try some home remedies before seeking medical help. Like to be completely informed before procedures. Respectful of doctor's opinion. May be reluctant to admit that they are in pain. May not adhere to a fixed schedule.</td>
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<td>Japanese Japanese</td>
<td>Self-praise or the acceptance of praise is considered poor manners. Family is extremely important. Behavior and communication are defined by role and status. Religion includes a combination of Buddhism and Shinto.</td>
<td>Food presentation is important. Fish and soybean are main sources of protein, as well as meats and vegetables (some pickled). Rice and noodles, tea, soy sauce. Often lactose intolerant.</td>
<td>Use attitude, actions, and feelings to communicate. Talkative people are considered show-offs or insincere. Openness considered a sign of immaturity, lack of self-control. Implicit non-verbal messages are of central importance. Use concept of hierarchy and status. Avoid conflict. Avoid eye contact and touch.</td>
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<td>Jewish</td>
<td>Many from Eastern European countries. English, Hebrew, Yiddish. Three basic groups: Orthodox (most strict), Conservative, Reform (least strict).</td>
<td>Breast is the holy land. Sabbath is from sundown on Friday to sundown on Saturday. It is customary to invite other families in for Friday evening Sabbath dinner.</td>
<td>Orthodox and some conservatives maintain a kosher diet. Kosher food is prepared according to Jewish law under Rabbinical supervision. Eating of uncleaned animals is forbidden. Blood and animal fats are taboo (blood is synonymous with life). Do not mix meat with dairy products.</td>
<td>Orthodox men do not touch women, except for their wives. Touch only for hands-on care. Very talkative and known for a lot of questions.</td>
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<td>Mexican Spanish; people of Indian heritage may speak one of more than 50 dialects.</td>
<td>Predominantly Roman Catholic. Pray, say rosary, have priest in time of crisis. Limited belief in “brujeria” as a magical, supernatural, or emotional illness precipitated by evil forces.</td>
<td>Corn, beans, avocado, chilies, yellow rice. Heavy use of spices.</td>
<td>Tend to describe emotions by using dramatic body language. Very dramatic with grief, but otherwise diplomatic and tactful. Direct confrontation is rude.</td>
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