

RIETVELD HOSPITAL



TRANSCULTURAL BOOKLET

RIETVLEI HOSPITAL CULTURAL/RELIGIOUS BELIEFES

- Convey respect for individual's values, beliefs, and ethnic practices.
- Learn about the major or cultural groups with whom you are likely to have contact.
- Analyze your own communication, e. g facial expression and body language, and how it may be interpreted.
- Recognize differences in ways the clients communicate, and do not assume the meaning of a specific behavior, e. g lack of eye contact, without considering the client's ethnic and cultural background.
- Understand the own biases, prejudices and stereotypes.
- Support the client's practices and incorporate them into nursing practice wherever possible.
- Don't impose a cultural practice on a client without knowing whether it is acceptable.
- Remember that the colour of a client's skin does not always determine the client's cultural.
- Learn how a client views health, illness, grieving, and the health care system.
- Review you own attitudes and beliefs about health and objectively examine the logic of those attitudes and beliefs and their origins.
- Increase your knowledge about different beliefs and values and learn not to be threatened.
Remember that during illness clients may return to preferred cultural practices.

THE HEALTH WORKER SHOULD LOOK AT:

- Language differences.
- Personal space and territoriality
- Gender role behaviors and attitudes.
- Emotional expression.
- Food and eating habits, dietary taboos.
- Susceptibility to specific diseases.
- Health-illness beliefs and practices.
- Cultural sanctions and restrictions.
- Modesty and concept of the body.
- Reactions to pain and death
- Attitudes towards the family structure

CULTURAL/RELIGIOUS BELIEFS

MUSLIMS

Muslims believe that there is one God- “Allah”. Their diet consists of Hallal food. They are allowed fruit and vegetables as well. They can eat fish, poultry, sheep goats and camels. NO PORK allowed. The animal must have been killed by the Hallal method.

AT BIRTH

They have a normal birth if possible. They request that the “after birth” “placenta” should be given to them. The Iman has to say a prayer in the newborn baby’s ear before the first feed. They believe in male circumcision in the neonatal period.

AT DEATH

The dying patient- friends and relatives are called in. Prayers are done for the patient. The dying patient tries to say SHAHDAH, meaning” there is no God except Allah Muhammed is the messenger of Allah”. Soon after death, the body is washed by relatives, anointed with spices and wrapped in shroud of white cloth. Muslims try to bury people on the same day after the death. Death certificates should be done immediately as the relatives will want to remove the body as soon as possible.

JEWS

The Priest is called the Rabbi

DIET

Their diet consists of NO PORK, NO SHELLFISH. The orthodox Jew will eat kosher food, meaning no mixing of milk and meat. They are not allowed to eat fish that have no scales. They believe in God. They are not allowed to cook on Saturday, due to the Sabbath.

AT BIRTH

They believe in male circumcision in the neonatal period, same as for Christians.

AT DEATH

They dying patient's last words are called the "SHEMA". The Lord our God is one God". Soon after death, staff is not allowed to touch the body. The body is washed by relatives or the Jewish community. The funeral takes place the same day after death if possible. But taking into consideration, that if the family cannot make it on the day after on the day after death due to distance demographics, the funeral will take place as soon as possible. The funeral will not take place on Saturday due to it being the Sabbath. At death the Rabbi at the Jewish Funeral Society should be informed. The Rabbi will make all the funeral arrangement.

JEHOVAH'S WITNESS

These patients believes in God Jehovah. They are not allowed to receive or donate blood and organs at any time, even if in emergencies.

DIET

They are allowed to eat any kinds of food, no special preparation is needed.

AT BIRTH

As for Christians, the death certificate should be done as soon as possible.

HINDU'S

The Hindu culture believes in many deities, e.g. Lord Shiva. They may have spiritual beliefs in healing methods, and these should be incorporated in the daily activities of this patient. The nurse should ask the patient what their belief is and how she can assist to maintain the spiritual respect of their culture.

DIET

Their diet consist of any food except, NO BEEF OR PORK, as pork is seen as an "unclean animal" and the Cow is one of their Goddesses who is the giver of life, by giving milk.

AT BIRTH

No special requests.

AT DEATH

Hindu's prefer cremation as possible. Death certificate and cremation forms to be completed as soon as possible.

SHEMBE'S

They believe in God, Jesus the prophet including Shembe.

DIET

They can eat any food except PORK. The meat is cleaned prior to eating. They have the same rights as any other patients. They are not allowed to have any cooked on Saturday before 18h00.

AT DEATH

Allow the family and friends to do prayers, fill the death certificate as soon as possible. At burial they use a white shroud made of a whit cloth, in the tradition they use a coffin.

ROMAN CATHOLICS/ANGLICAN/METHODIST

They believe in God. The patient may request the priest to visit her/he for spiritual guidance and to give he/she holy communion which is regarded as the body and blood of Christ). They also believe in fasting for 40 days before Easter and this known as Lent.

DIET

No meat is eaten on a Friday, only fish. Traditionally, on Good Friday, they have hot cross buns.

AT BIRTH

They believe that a baby must be baptized. If newborn baby is critically ill, the priest may be called in to baptize the child. In dire circumstances, even a nurse, preferably catholic must baptize the child, at to a dying patient

AT DEATH

The priest will be called in to give the "Sacrament of the Sick" or the last rites to a dying patient

NEW AGE RELIGIONS

THESE ARE SPIRITUAL OR MAGICAL BELIEFS

Examples include Spiritualists, shamans, witchdoctors, pagans and many more.

They believe in God or many Gods and Goddesses, and use these deities as part of their healing processes and rituals. They communicate with these spirits and make offering to them for blessings and good health in return.

They also use a lot of objects when healing, e.g. branches from trees, herbs, tones, crystals, candles, knives, scriptures, incantations and many more. They believe in magic, either good or bad magic, and at times can believe that illness is caused by man (from a bad magic practitioner, ordering bad spirits to cause illness.) It is important for the nurse not be biased when dealing with these patients, do not force one's own religion on others. Their religion is just as your own

AT DEATH

Pending on the belief, the death certificate should be done as soon as possible, in case the body needs to be buried as soon as possible. Also allow these relatives to do what ever is needed in order to help the deceased spirit move on, e.g. burn candles in the room where the patient demised, or using branches etc.



BIRTH IN GENERAL AFRICAN PATIENTS

No special request before birth.

Only ask to be told if baby is born with 'veil' (membrane intact) request to be given veil.

They believe it is good luck and a special ceremony is performed at home with the veil.

CHRISTIAN AND OTHER RELIGIONS

Some would also like to know if the baby was "born with the veil" (membranes).

They also request to be given the veil.

Nurse/midwife to ask if there is any special request to be done.

AT DEATH

Usually Africans they believe in fetching the spirit of the late at the spot of death. They fetch the spirit with the leaf of (umhlankosi)

REFERENCES

The History of Religions by Jon Mayled Islam by Sue Remney.

The Religious tradition of Judaism by Lawrence E Sullivan Southern African guide to world Religions by Martin Pro-labour ward department.

Compiled by Mlu Dube-PRO

CONTACTS

P/BAG X 501
STAFFORD POST
VIA PORTSHEPSTONE
4686

TEL: 039 2600000

FAX: 039 2600006

EMAIL: msdube@webamil.co.za



HEALTH
KwaZulu-Natal