

Getting to Know Other Cultures: Hispanics/Latinos

<p>Attitudes and Beliefs About Illness (Health Beliefs)</p>	<ul style="list-style-type: none"> • Supernatural powers believed to cause disease • Imbalance between “hot” and “cold” principles • Avoid exposure to extreme temperatures • Hot diseases: hypertension, diabetes, acid indigestion • Cold Diseases: Menstrual cramps, pneumonia, colic • Restore “balance” by treating diseases with cold remedies • Neglects preventive care – present oriented • Personal matters should be handled within family • Health is a gift from God—don’t take for granted • May not seek help until they are very sick • Depression is not talked about openly • Health is generally viewed as being and looking clean • Strong belief in impact of “spiritual” and “emotional” events on health
<p>Diet and Nutrition</p>	<ul style="list-style-type: none"> • Diet includes: root vegetables, tortillas, fish and meats (chicken, goat and rabbit) • Rice and beans are common in the diet • Eating well and drinking fruit juices are common health practices
<p>Traditional/Folk Medicine</p>	<ul style="list-style-type: none"> • Don’t tell physician they use folk healer • Common herbs used (mint tea, cinnamon) for illness • Eucalyptus—asthma, bronchitis • Chamomile—nausea, colic, eye wash, anxiety • Sage- hair loss • Hypertension—cool remedies such as bananas, lemon juice, teas of passion flowers • Providers should understand and be sensitive to role of folk medicine • Ask – “what do you think caused your illness? What have you done to treat this condition?”
<p>Communication Behaviors</p>	<ul style="list-style-type: none"> • Personal space is close • Loud and outspoken in expressing pain • May get agitated or emotional when nervous • Overt disagreement considered inappropriate behavior • Prefers smooth social interactions • May avoid eye contact in awkward situations • Silence may mean failure to understand and embarrassment about asking • Sexuality issues hard to discuss • Communicates intense emotion and may appear animated in conversations
<p>Cultural Courtesies/Considerations</p>	<ul style="list-style-type: none"> • Expects care givers to show warmth to patient and family; expects to be pampered (one way family shows love and concern) • Shake hands to greet • Respect is very important • May agree with provider out of respect • Some finger and hand gestures are rude • Should address by title • Make eye contact – sign of respect • Speak in a warm, friendly and moderate tone of voice • Important to connect; establish rapport
	<ul style="list-style-type: none"> • Male is viewed as authority • Health care decisions are made by family • Family is primary source of support; broadly defined, close knit • Emotionally and financially supportive