

Haitian Culture

Name:

Institution:

Course Title:

Assignment Name:

Instructor:

Date:

Haitian Culture

1. Discuss ways to approach and communicate within this culture

a. What is the common language spoken?

The common language spoken in the Haitian culture is Haitian Creole which is used by over 95% of the population of Haiti (Cerat, 2015). In formal settings, French is also used by and among educated elites.

b. Who in the family speaks for the client in the health care setting? (does not include interpreter)

Typically, the eldest male in male speaks for the client in the healthcare setting. The respected elders in the Haitian families are responsible for making important decisions and communicating with the care provider.

c. Explore nonverbal language

Direct eye contact can be seen as disrespectful, especially towards elders in the Haitian culture but elders may be seen providing physical touch such as a pat on the back to convey friendliness and warmth.

d. Include an explanation regarding how the content provides a focus for nursing assessment and or nursing interventions.

Understanding these cultural variations is crucial for effective nursing assessment and interventions. Knowing that Haitian Creole can help nurses communicate more effectively as using simple phrases can help build trust among the clients. In addition, being aware of non-verbal cues as communication style can prevent misunderstandings such as avoiding direct eye contact with elders can show cultural sensitivity. Furthermore, recognizing the role of the family spokesperson can help in decision-making processes as doctors or nurses should involve such

spokesperson in discussions about the patient's care plan. Incorporation of cultural competence into nursing practice ensures that care is responsive to the cultural needs of Haitian patients to improve patient outcomes. By integrating these cultural insights of Haitian culture into nursing assessments and interventions, care providers can offer more effective and personalized care to Haitian patients.

2. Family influence-roles and workforce issues

a. Is family important to this culture? How?

Family is extremely important in Haitian culture as their close-knit family structure emphasizes the importance of personal relationships and mutual support. In Haitian culture, families are often large and extended with multiple generations often living together under one roof.

b. Who leads the family? Are there specific roles?

The oldest male of the Haitian family has extreme importance in the house. He serves as the head of the household and is responsible for important decisions. Generally, in Haitian families, men are responsible for providing financial support while women care for their children and manage the household.

c. Do they respect education for all?

In Haitian culture, both girls and boys are encouraged to pursue education as it is highly valued in Haitian culture. Families often make significant sacrifices for the education of their children. They ensure that their children receive a good education, viewing it as a way to break the cycle of poverty in society and a path to upward mobility.

d. What are common trades, focus of family business, view regarding financial support of the family?

In Haiti, common trades include small-scale commerce, agriculture, and craftsmanship. Financial support of the family is a collective effort in the Haitian culture, with both men and women contributing financially through various means. Many Haitian families are involved in farming, producing crops like sugarcane and coffee.

e. Include an explanation regarding how the content provides a focus for nursing assessment and or nursing interventions.

Understanding these cultural dynamics of the Haitian culture is crucial as healthcare providers can consider the strong family ties and respect for elders when planning care for Haitian patients. Recognizing the value and efforts placed in education can help care providers provide relevant health information and education as well as support for both patients and their families.

3. Nutrition – culturally specific foods that impact health

a. Culturally specific foods they prefer

Haitian people prefer to consume cuisines that are rich in ingredients like beans, rice, and various meats. “Soup Joumou” is the traditional soup of Haiti that is made with beef, butternut squash, and vegetables. This soup is often made and eaten on New Year’s Day in Haiti. “Griot” is another famous cuisine of Haiti which is fried pork shoulder marinated in various citrus juices.

b. Food that may interact with medication

Several Haitian foods may interact directly with medication such as fermented food like “Pickliz” which is spicy pickled vegetables that might affect the efficacy of certain antibiotics.

c. Food that are a “must have”

Haitians prefer to consume foods that are rich in ingredients. Their rice and beans, which are a staple in many meals, provide essential nutrients and energy to the person’s body.

Additionally, Haitian's "Soup Joumou" is not only culturally significant but also nutritious and a must-have.

d. Foods eaten when ill

Herbal teas that have significant advantages for sick people are famous in Haitian culture. These teas are made from local plants like ginger or lemongrass in Haitian culture. These teas are commonly consumed to alleviate symptoms of illness.

e. Include an explanation regarding how the content provides a focus for nursing assessment and or nursing interventions.

Understanding the dietary preferences of Haitian people and their culture is important for nursing interventions such as awareness of foods that interact with medications can help in managing or advising on proper medication use. Healthcare providers should inquire about the patient's specific diet plan to tailor nutritional advice. Understanding, incorporating, and respecting the cultural food preferences of Haitian people can help improve patient satisfaction.

4. What health practices does this culture embrace that may be different than Western medicine?

a. What practices may interfere with health care

Haitian people have common beliefs in supernatural forces and superstitions. In Haiti, illnesses are often attributed to supernatural causes which can lead to significant delays in seeking medical care for the patients. In addition, Haitians may be hesitant or reluctant to discuss their personal and private issues with healthcare providers, especially those related to sexual health, which sometimes leads to interference in the delivery of healthcare.

b. What are major illness and diseases in the country

Diabetes and hypertension are common among Haitians. Some infectious diseases like malaria, cholera, and tuberculosis are also prevalent in the country.

c. Include environmental and social issues that impact health care

Despite sacrifices and efforts, low levels of education across Haiti affect people's ability to navigate the healthcare system. Poverty is another root cause of social issues as high levels of poverty limit access to healthcare services. In terms of environmental factors, poor infrastructure and inadequate sanitation increase health issues.

d. Include an explanation regarding how the content provides a focus for nursing assessment and or nursing interventions

Healthcare providers should develop culturally sensitive care plans that respect Haitian traditions while promoting effective healthcare practices. They should be aware of traditional beliefs and practices in order to build trust with patients. Working with community leaders and traditional healers across Haiti can facilitate better care delivery.

5. How does this culture perceive current health practices in this country (United States)?

a. Hospital based care

People in Haiti often face barriers to accessing hospital-based healthcare due to a variety of reasons including language barriers, mistrust of Western medicine, and unfamiliarity with the care system. Many people may prefer to seek care within their community who understand their cultural background.

b. Family/home based care

This care practice is highly valued in the Haitian culture as people in Haiti often rely on their family members for support and care during illness. This approach is deeply rooted in the importance of family bonds.

c. Medications vs home remedies

In Haiti, people tend to have a strong preference for traditional medicine and natural remedies over Western medications. This preference is due to herbal medicines that are common in Haiti and because they are more easily accessible to people than Western medicines. This is also due to their belief in spiritual healers and mistrust of Western medications as well as doctors (Nicolas et al., 2006).

d. Include an explanation regarding how the content provides a focus for nursing assessment and or nursing interventions.

These cultural perceptions are important to be considered by the healthcare providers in order to improve nursing assessment and interventions and provide more effective care for Haitian patients. Healthcare providers should build trust by showing respect for the cultural beliefs and traditions of Haiti. They should also involve family members in the care process to align with cultural preferences as well as utilize interpreters to overcome language barriers in order to ensure clear communication. Moreover, doctors and nurses should respect and acknowledge the use of home remedies while educating about the potential benefits and interactions with the prescribed Western medications.

6. What spiritual or religious practices does this culture follow?

a. What conflicts do you see with your own beliefs?

Haitian culture is primarily influenced by Vodou which is a syncretic religion combining Catholicism and African spiritual beliefs (Michel et al., 2006). For instance, Vodou involves

communication with spirits and ancestors which might conflict with Christian doctrines as Christianity emphasizes a direct relationship with God through Jesus Christ.

b. How is prayer included in health care setting?

Prayer is a vital part of Haitians' daily lives and is often integrated into healthcare settings for protection and healing, invoking both Christian saints and Vodou spirits. Healthcare providers can support this practice by creating a respectful environment that allows them to have spiritual expressions in order to comfort patients.

c. What gives strengths and meaning to life?

Haitians believe in a higher power as they believe that prayer offers resilience and hope, especially in times of hardship. Spirituality, for Haitians, provides a profound source of strength with their community rituals, art, music, and dance that fosters a sense of cultural identity.

d. Include an explanation regarding how the content provides a focus for nursing assessment and or nursing interventions

Understanding these spiritual practices can help healthcare providers assess the spiritual beliefs and practices of their patients so that they can be provided with holistic care. They can recognize the importance of spirituality in the recovery and healing of patients, allowing patients and their families space for prayer and rituals to provide culturally sensitive care into patients' care plans. By acknowledging and integrating these spiritual practices into their patient care plans, healthcare providers can offer more compassionate, effective, and comprehensive care to Haitian patients.

References

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