**HC1-c: Health Care Philosophies**

**Cultural Perspectives**

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| **Culture** | **Health Concepts** | **Cause of Illness** | **Traditional Healers** | **Methods of Treatment** | **Response to Pain** |
| **South African** | * Maintain harmony of body, spirit and mind
* Harmony with nature
* Illness can be prevented by diet, rest and cleanliness
 | * Supernatural cause
* Spiritual and demons
* Punishment from God
* Conflict or disharmony in life
 | * Root Doctor
* Folk Practitioners (commonly “mother” healer, spiritualist)
 | * Restore harmony
* Prayer or meditation
* Herbs, roots, poultices and oils
* Religious rituals
* Charms, talismans and amulets
 | * Tolerating pain is a sign of strength
* Some may express pain
 |
| **Asian** | * Health is a state of physical and spiritual harmony with nature
* Balance of two energy forces: yin(cold) and yang (hot)
 | * Imbalance between yin and yang\*Supernatural forces such as God, evil spirits or ancestral spirits
* Unhealthy environment
 | * Herbalist
* Physician
* Shaman healer (physician-priest)
 | * Cold remedies if yang is overpowering and hot remedies if yin is overpowering
* Herbal remedies
* Acupuncture and acupressure
* Energy to restore balance between yin and yang
 | * Pain must be accepted and endured silently
* Displaying pain in public brings disgrace
* May refuse pain medication
 |
| **European** | * Health can maintained by diet, rest and exercise
* Immunizations and preventive practices help maintain health
* Good health is a personal responsibility
 | * Outside sources such as germs, pollutants or contaminants
* Punishment for sins
* Lack of cleanliness
* Self-abuse (drugs, alcohol, tobacco)
 | * Physician
* Nurse
 | * Medications and surgery
* Diet and exercise
* Home remedies and self-care for mild illnesses
* Prayer and religious rituals
 | * Some express pain loudly and emotionally
* Others value self-control in response to pain
* Pain can be helped by medications
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| **Culture** | **Health Concepts** | **Cause of Illness** | **Traditional Healers** | **Methods of Treatment** | **Response to Pain** |
| **Hispanic** | * Health is a reward from God
* Health is good luck
* Balance between “hot” and “cold” forces
 | * Punishment from God for sins
* Susto (fright), malojo (evil eye), or envidia (envy)
* Imbalance between hot and cold
 | * Native healers (Curandero, Espiritualista, Yerbero, or herbalist, Brujo)
 | * Hot and cold remedies to restore balance
* Prayers, medals, candles and religious rituals
* Herbal remedies, especially teas
* Massage
* Anointing with oil
* Wearing an Azabache (black stone) to ward off the evil eye
 | * Many will express pain verbally and accept treatment
* Other feel pain is a part of life and must be endured
 |
| **Middle Eastern** | * Health is caused by spiritual causes
* Cleanliness essential for health
* Male individuals dominate and make decisions on health care
 | * Spiritual causes
* Punishment for sins
* Evil spirits or evil “eye”
 | * Traditional healers
* Physician
 | * Meditation
* Charms and amulets
* Medications and surgery
* Male health professionals prohibited from touching or examining female patients
 | * Tolerating pain is a sign of strength
* Self-inflicted pain is used as a sign of grief
 |
| **First Nations** | * Health is harmony between man and nature
* Balance among body, mind and spirit
* Spiritual powers control body’s harmony
 | * Supernatural forces and evil spirits
* Violation of a taboo
* Imbalance between man and nature
 | * Medicine Man
* Shaman
 | * Rituals, charms and masks
* Prayer and meditation to restore harmony and nature
* Plants and herbs
* Medicine bag or bundle filled with herbs and blessed by medicine man
 | * Pain is a normal part of life and tolerance of pain signifies strength and power
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