**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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| **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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