

*Developing Cultural  
Competency with Seniors of Asian,  
Eastern European, East African, and  
Religious Communities*

*A Web-Based Seminar to Assist Senior  
Medicare Patrons in Educating and  
Reaching out to Diverse Older Populations*



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## *Outline of Seminar Topics*

- ❖ Review of cultural communities
- ❖ Working with Asian populations
- ❖ Working with Eastern European populations
- ❖ Working with East African populations
- ❖ Working with religious communities



## *A review of working with cultural communities*

## *Cultural Communities*

- ❖ Review of previous learning
- ❖ Prescription for improving cultural competency
- ❖ Introduction to fundamentals of working with specific populations
- ❖ Use of terms:
  - SMP staff members & Beneficiaries vs. Providers & Patients

## Working with East and Southeast Asian Older Adults

## Overview

- ❖ Asia has some of the world's oldest and most highly defined cultures
  - Many have existed for thousands of years
- ❖ Strong Level of Diversity among Asian/Pacific Islanders
  - Distinct cultures - China, Japan, Korea, Vietnam, Cambodia, Laos, Tahiti, the Philippines, Fiji, Thailand, and many other countries
  - All have racially different histories and languages

## Overview

- ❖ History of immigration to U.S.
  - 1800's economic migrants, West Coast
  - Helped build railroad across U.S. – inexpensive labor
  - W.W. II - great discrimination in U.S.
  - Lived in internment camps, feared as spies
  - 1970s – refugees, fled from war in Indochina
    - Many Asian Americans are Vietnamese, Laotian, or Hmong refugees

## *Overview*

- ❖ Today in the U.S. members of East and Southeast Asian communities:
  - Live in major cities
  - Are generally among the least integrated of many minority groups
  - Prefer to live in ethnic communities with others from their culture

## *Language and Religion*

- ❖ No one language spoken by all Asian Americans
- ❖ English spoken by younger Asian Americans and those who have been in the U.S. for generations
- ❖ Many will know original language of their homeland
- ❖ Some groups may know French or other Eastern European languages
- ❖ Specific dialects may be necessary to communicate
  - Chinese: Cantonese, Mandarin

## *Language and Religion*

- ❖ Most Asian Americans are highly literate
- ❖ Religious practices:
  - Vary dramatically by ethnicity and culture
  - Many have adopted Christianity
  - Others practice traditional religions
    - Buddhism

## *Family and Social Structure*

- ❖ Live in distinct ethnic neighborhoods
- ❖ Initially distrustful of outsiders
- ❖ Rely on their own for assistance
- ❖ Extremely strong value placed on extended family
- ❖ Each person has a well-defined role in the family
  - Intervention programs should emphasize relevance of family roles vs. individuals
- ❖ Children are adored, gender preference – boys
- ❖ Women highly respected, often hold great power in family

## *Older Adults*

- ❖ Elders are absolutely revered and valued for their age and wisdom!
- ❖ Elders are appreciated for their knowledge and values
- ❖ Education is highly respected, the majority of elders have at least high school level
- ❖ Many have had English language training

## *Older Adults*

- ❖ Older adults should be greeted with a bow or a word/phrase from their native language
- ❖ Direct eye contact or a firm handshake are viewed as confrontational
- ❖ Southeast Asian elders are normally addressed by title, not by their first name
  - Mr., Mrs., or Dr.

## *Communication Style*

- ❖ Reserved, yet thoughtful communication style
- ❖ Importance of respect and “saving face”
- ❖ Do not embarrass or put others in awkward positions
- ❖ Emphasis on honor and politeness during interactions
- ❖ Highly defined formality in all relations – eye contact, close body spacing, and casual touch not common
- ❖ Tend to be less willing to openly express feelings or opinions, especially if negative

## *Barriers to Care and Common Health Conditions*

- ❖ Barriers:
  - Language
  - Culture
- ❖ Often a native healer is preferred over Western Medicine
- ❖ Health Conditions:
  - Health status is one of the best
  - Due to genetic factors and positive lifestyle practices
  - Longer life expectancy and lower mortality rates than other minority populations in the U.S.
  - Conditions changing by generation

## *Bereavement*

- ❖ Practices vary by culture, ethnicity, and religion
- ❖ Christian practices:
  - Minister or Priest is notified if a patient has died or is very ill

## *Bereavement*

- ❖ Buddhist practices:
  - Death is a natural state
    - Patients believe soul passes through reincarnation until liberated and enters nirvana
  - May hold a funeral after the death
  - Often prayer ceremonies and memorials held at home, funeral parlor, and at the temple prior to burial
  - Many favor cremation

## *Bereavement*

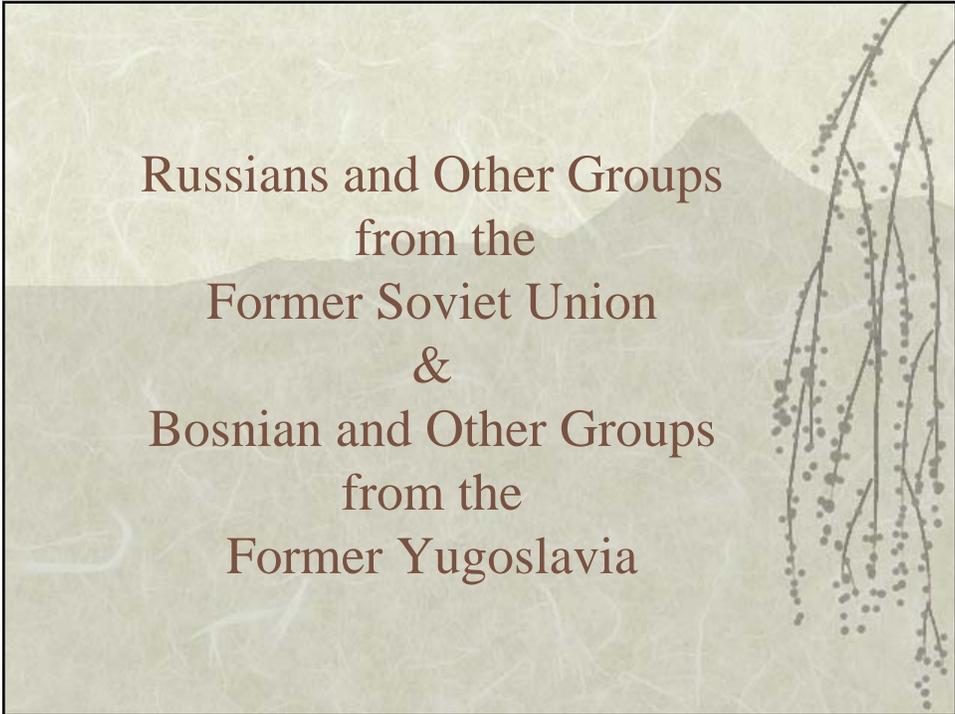
- ❖ Large numbers of extended family and friends visit the ill or deceased
- ❖ Generally, less openly expressive of grief and sadness
- ❖ Offer great honor and reverence to departed spirits and regularly hold remembrance ceremonies

## *Traditional Health Practices*

- ❖ Emphasis placed on health from holistic standpoint vs. treatment of disease symptom
- ❖ Maintenance of balance, harmony, and interconnectedness of the body, mind, and spirit
- ❖ Healing system utilizes Yoga & Tai-Chi
- ❖ Use of herbal remedies
- ❖ Multiple forms of energy healing:
  - acupuncture, qi-gong
- ❖ Rebalancing is necessary to remove blockages of energy - cause illness and disease



Working with  
Eastern European  
Older Adults



Russians and Other Groups  
from the  
Former Soviet Union  
&  
Bosnian and Other Groups  
from the  
Former Yugoslavia

## *Overview*

- ❖ Many immigrants are from Russia and other republics that formerly comprised the Soviet Union
- ❖ Economic migrants
- ❖ Diversity within the group
  - Latvia, Ukraine, Belorussia, etc.

## *Overview*

- ❖ Many Bosnian and former Yugoslavian immigrants came in the mid-1990s to the U.S. as war refugees
  - Granted legal permission to resettle in the U.S.
  - “secondary migrants” – drawn by jobs in the agricultural and meat-packing industries

## *Overview*

- ❖ Important to understand that Bosnians generally classified as true refugees
  - Forced to flee their homeland, did not come voluntarily like economic migrants
  - Bosnia is quite well developed and cosmopolitan, speaking down to Bosnians or making distasteful implications about the country is resentful

## *Language and Religion*

- ❖ Most immigrants from the former U.S.S.R. speak Russian
- ❖ They may also speak specific languages of the republic where they used to live
- ❖ Former Yugoslavia made up of six, ethnically diverse republics; most Bosnians speak Bosnian, which is similar to Serbo-Croatian
- ❖ Presentations are best done in the native language

## *Language and Religion*

- ❖ Religion varies by ethnic group
- ❖ Historically, organized religion discouraged in Soviet Union
- ❖ Some may practice a form of Christianity, others may be Orthodox or Muslim
- ❖ Most Bosnians are Muslim – practice secularly
  - It is important to be familiar with the Muslim religion, but specific practices should not be assumed
  - Muslims do not eat pork, celebrate Christmas, or attend churches

## *Family and Social Structure*

- ❖ Eastern European immigrants place great value on education, art, music, and fine culture
- ❖ Many were professionals (doctors, nurses, teachers, and business leaders) in their home countries, are well-educated, and highly literate in their primary language
- ❖ Many Eastern Europeans would like to resume their professions in the U.S. and should be utilized in refugee programming

## *Family and Social Structure*

- ❖ Usually have strong extended family ties
- ❖ May have relatively small number of children, in comparison to other groups
- ❖ Families often pool their money in order to achieve a better lifestyle
- ❖ Parent's may take on extra work to support their children's education
- ❖ Programming that incorporates the entire family is valuable

## *Older Adults*

- ❖ Highly respected members of the family
- ❖ Held in high esteem
- ❖ Greeted formally using proper titles
  - Mr. or Mrs.
  - Also greeted by “Aunt” or “Uncle” even when no blood relationship exists
- ❖ Russians have a sense of naturalism about the end of life
  - Living a naturally healthy life = best life
  - Strive for peaceful end-of-life

## *Older Adults*

- ❖ Bosnians place a great deal of value on extended family ties
- ❖ Older adults may have more recently arrived in the U.S. as a result have limited English-speaking abilities
  - Translator recommended for effective communication
- ❖ Grown children are excellent caretakers of their elderly parents

## *Communication Style*

- ❖ Highly verbal
- ❖ Open and direct style of communication with others
- ❖ Tend to enjoy intellectual conversations on world history, economics, and culture
- ❖ Bosnians are well known for their sense of humor and positive outlook on life

## *Barriers to Care and Common Health Conditions*

### ❖ Barriers:

- Cost of services
- Language
- Transportation
- Un-insured
- Service delivery hours inconvenient

### ❖ Health Conditions:

- Alcohol consumption and smoking rates high
- Mental illnesses carry strong negative stigma
- Reluctant to admit signs of mental health challenges

## *Barriers to Care and Common Health Conditions*

### ❖ Russian immigrants:

- Do not typically seek formal medical care
- Educated women have skills in primary health care
- Formerly received free health care services

### ❖ Bosnian refugees:

- Qualify for federal and state benefits in the health, business, and human service sectors
- Significant post-traumatic stressors and other mental health challenges
- Continue to become familiar with American laws
  - Purchase of alcohol, public smoking

## *Bereavement*

- ❖ Orthodox immigrants believe death is a necessary consequence of life; ultimately achieve eternal life in heaven
- ❖ Religious leaders hold special vigil over deceased (panikhida)
  - Prayers, hymns, chants, frequent repetition of the name of the deceased, and readings from Gospels

## *Bereavement*

- ❖ Muslims believe that life on earth is to be spent preparing for another world after death
- ❖ Muslims prefer to be buried in special cemeteries, set aside for Muslims
- ❖ For both groups, large numbers of family and friends will visit the ill and deceased
- ❖ May offer special prayers for the dead
- ❖ Burial of a body is common for both groups, each with specific rituals
- ❖ Cremation is not prohibited; many Russian immigrants opt to be cremated, so their ashes can ultimately be transported home to Russia

## *Traditional Health Practices*

- ❖ Long history of using traditional herbal remedies for care; use with standard Western medical treatment
- ❖ These forms of traditional care greatly respected and used by generations of E.E.s
- ❖ Elderly Russians continue to use herbal teas, alcoholic tinctures, and other methods to treat disease and promote health

## *Traditional Health Practices*

- ❖ Actively practice forms of self-care
  - Homeopathic remedies, younger immigrants
  - Bring medical kits from Russia that contain “over-the-counter” drugs
- ❖ Main goal of healthcare system in the former S.U. – to find the root cause of diseases or conditions rather than treating the symptoms



## **Working with Somalis, Sudanese, and Other East African Immigrant Older Adults**

### *Overview*

- ❖ Africa is the continent most affected by poor health and civil strife in the world
- ❖ Few public health indicators
- ❖ Africans are fleeing violent ethnic conflict, severe poverty, and political oppression as refugees
- ❖ Influx of East African refugees primarily from Somalia and Sudan in the U.S.

## *Overview*

- ❖ Many Somalis and Sudanese from impoverished rural settings
- ❖ Knowledgeable about farming in difficult conditions
- ❖ Training to work in an industrialized country is often necessary

## *Language and Religion*

- ❖ Much diversity between these two countries
- ❖ Generally, Sudanese speak Nuer and some Arabic
- ❖ Somalis speak Somali, 1972, first written script

## *Language and Religion*

### ❖ Somali Religion:

- Devout Muslims
- Dress fairly modestly, women wear loose long dresses and headwraps
- Male, Female interaction segregated
- Males staff members do not shake hands with females, and generally males and females are most comfortable working/learning from the same sex
- Eye and physical contact between men and women is avoided in public
- Pork is avoided in the diet
- Right hand vs. Left hand uses

## *Language and Religion*

### ❖ Sudanese Religion:

- Most of the refugees in the U.S. are Christian or practice some form of indigenous spirituality
- Many have been persecuted in civil war by Muslims

## *Family and Social Structure*

- ❖ The family is the basis of East African society
- ❖ Families are extremely large with many children
- ❖ Families live in close proximity
- ❖ Children are highly valued
- ❖ Fluid concept of time

## *Family and Social Structure*

- ❖ Birthdays are associated with a seasonal event vs. exact date
- ❖ Birth records not regularly kept
- ❖ Age may not be exactly accurate as a result

## *Older Adults*

- ❖ Mutual respect between elders and young people common in Southern Sudanese culture
- ❖ Involved in 'traditional counseling'
- ❖ Taken care of by extended family
- ❖ Somali elders are highly respected
  - Usually addressed as “Aunt” or “Uncle”

## *Communication Style*

- ❖ Important to maintain dignity and respect with each other
- ❖ East African women and children are more likely to display emotions than men
- ❖ Have a great deal of respect for elders and others in high power positions
- ❖ Passive and do not ask a lot of questions

## *Communication Style*

- ❖ Somalia and Sudan have one of lowest literacy rates in world
- ❖ Verbal programming with little use of written information is suggested
- ❖ Body spacing is closer than among Americans
- ❖ Direct eye contact is disrespectful
- ❖ Use of nonverbal actions (I.e. summoning with index finger, positioning of feet)

## *Barriers to Care and Common Health Conditions*

- |   |  |
|---|--|
| <ul style="list-style-type: none"><li>❖ Barriers:<ul style="list-style-type: none"><li>– Language</li><li>– Transportation</li></ul></li><li>❖ Refugee status - qualify for federal and state benefits in the health, business, and human service sectors</li></ul> | <ul style="list-style-type: none"><li>❖ Health Conditions:<ul style="list-style-type: none"><li>– Maternal and child health</li><li>– Infectious diseases</li><li>– Violence</li><li>– Physical, mental, and dental health</li><li>– Undiagnosed and unexplainable health concerns</li></ul></li></ul> |
|---|--|

## *Barriers to Care and Common Health Conditions*

- ❖ Health conditions often as a result of profound levels of hardship and human rights abuses
  - Post-traumatic stress
  - Few medical checkups = undiagnosed cases
- ❖ Routine sharing of prescription medications
- ❖ Discontinue use of medication once symptoms are gone

## *Barriers to Care and Common Health Conditions*

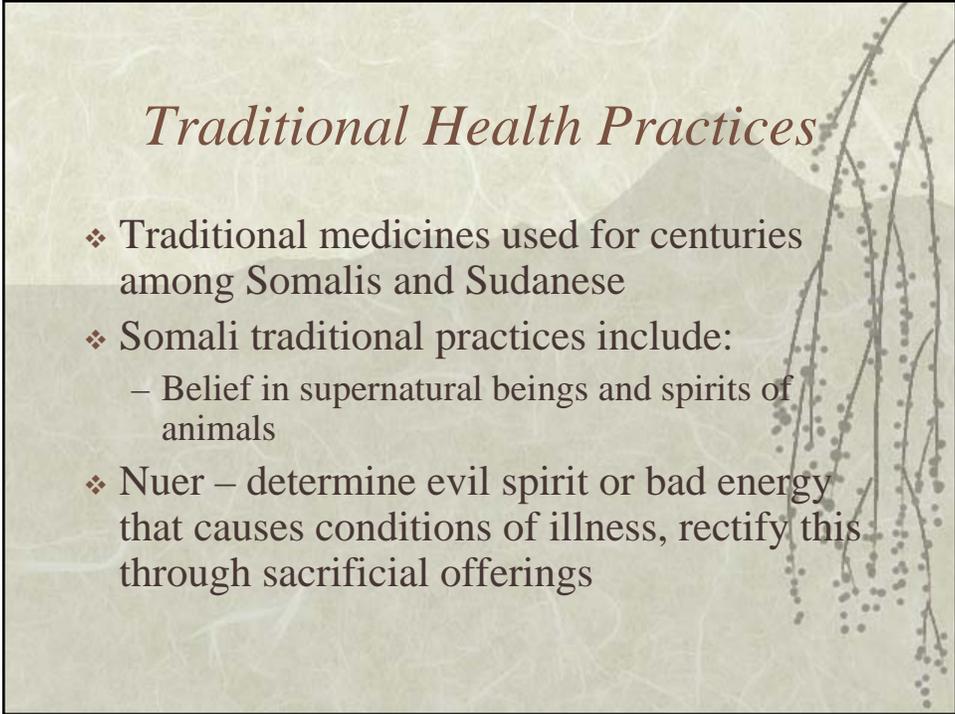
- ❖ East African women value breastfeeding
  - Common to feed for 2 + years
  - Supported by the WHO
- ❖ Male circumcision and female genital cutting of youth
- ❖ Weight often determines wealth

## *Bereavement*

- ❖ Varies by culture and religion
- ❖ Christians often follow similar practices to those in the U.S.
- ❖ Sudanese refugees view death as the will of God or spirits
  - Burial ceremonies meant to appease spirits
  - Mourning takes place over several months

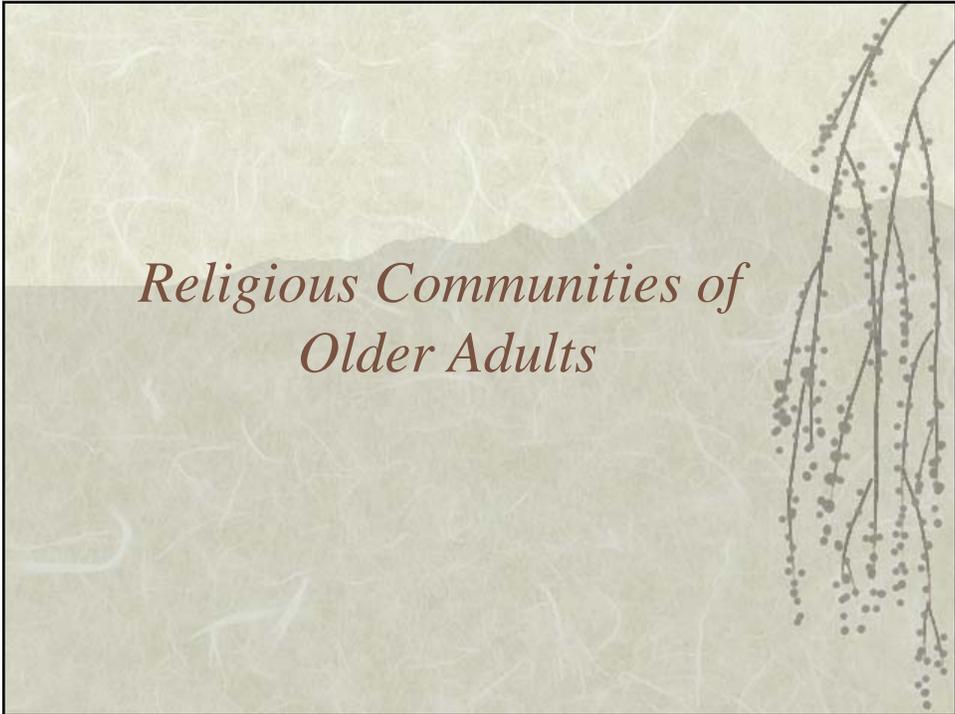
## *Bereavement*

- ❖ Moslem East Africans:
  - Perform burial after death
  - Do not usually practice cremation
  - Bless and clean the body in a mosque
  - Carry the body to the grave in a funeral procession
  - Mourn three to seven days
- ❖ Large numbers of extended family and friends will typically visit ill and deceased

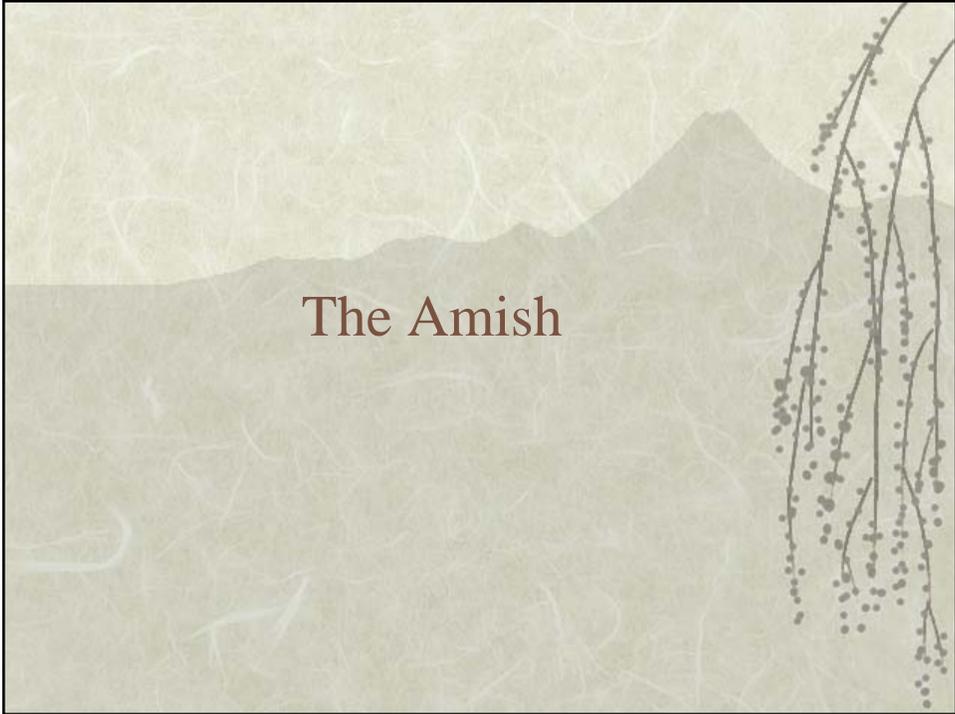


## *Traditional Health Practices*

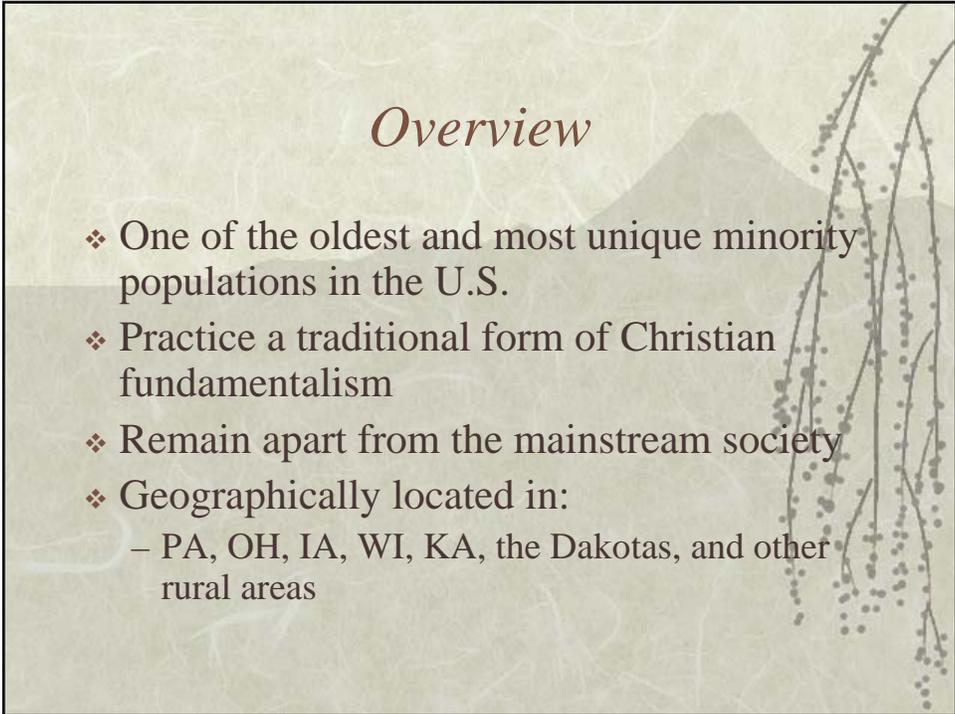
- ❖ Traditional medicines used for centuries among Somalis and Sudanese
- ❖ Somali traditional practices include:
  - Belief in supernatural beings and spirits of animals
- ❖ Nuer – determine evil spirit or bad energy that causes conditions of illness, rectify this through sacrificial offerings



## *Religious Communities of Older Adults*



## The Amish



### *Overview*

- ❖ One of the oldest and most unique minority populations in the U.S.
- ❖ Practice a traditional form of Christian fundamentalism
- ❖ Remain apart from the mainstream society
- ❖ Geographically located in:
  - PA, OH, IA, WI, KA, the Dakotas, and other rural areas

## *Overview*

- ❖ Old-order Amish generally shun use of modern technology
- ❖ Prefer a simpler lifestyle that is closer to God
- ❖ Programming should be sensitive to this

## *Language and Religion*

- ❖ Speak old dialect of German and English
- ❖ Children usually do not learn English until Kindergarten
- ❖ Amish are devout Christians and generally follow strict interpretation of the Bible
- ❖ Sundays and holy days are reserved for family and neighbors
- ❖ Non-religious holidays not generally celebrated
- ❖ Human-like traits not be given to dolls, animals, learning tools, etc.

## *Family and Social Structure*

- ❖ Rural people
- ❖ Very large families, common to have 15 or more children in one family
- ❖ Most marry young and do not use birth control
- ❖ Tendency to intermarry only with other Amish
- ❖ Gender roles:
  - Men: head of household and responsible for farming and building duties
  - Women and children: tend to the home and family garden

## *Older Adults*

- ❖ Usually take care of their own elders
- ❖ Elders are kept active in family unit
- ❖ Families will build an addition to their home for elders to live
- ❖ Children are expected to be disciplined and honor and obey elders

## *Communication Style*

- ❖ Very stoic, decent, honest, hard working, devout, and respectful people
- ❖ Treat others with these traits and expect similar treatment in return
- ❖ Staff members should maintain appropriate body spacing and avoid physical contact/touch (particularly between males and females)

## *Communication Style*

- ❖ Graven images are not allowed as part of the Amish belief system
  - No pictures should be taken of the Amish people
- ❖ Modest dress is respectful of traditional values
  - Cover arms, legs, and chest; muted colors are best

## *Communication Style*

- ❖ Children learn in one-room school houses
  - All ages and both genders learn in the same room until 8<sup>th</sup> grade
  - Return to farms as agrarian people
  - Students are respectful and disciplined
  - Some low literacy levels

## *Barriers to Care and Common Health Conditions*

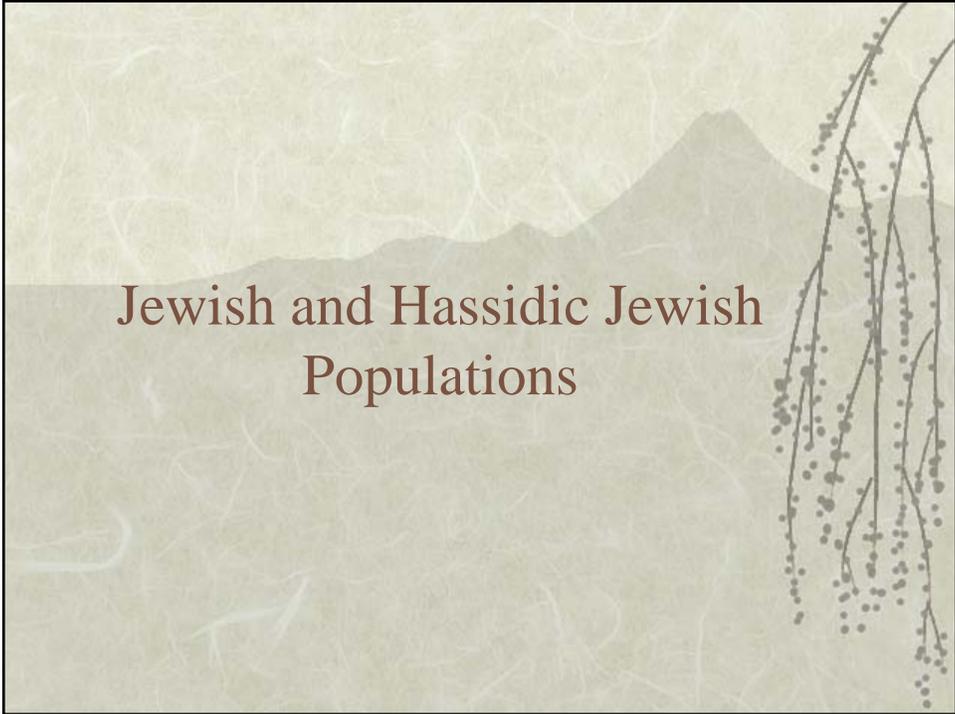
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| <ul style="list-style-type: none"><li>❖ Barriers<ul style="list-style-type: none"><li>– Culture</li><li>– Uninsured</li><li>– Transportation</li></ul></li><li>❖ Use Western medicine only as absolutely necessary</li></ul> | <ul style="list-style-type: none"><li>❖ Health Conditions<ul style="list-style-type: none"><li>– Maternal and child health</li><li>– Infectious diseases</li><li>– Farm safety</li><li>– Buggy accidents</li><li>– Typically in good physical health, almost no obesity</li></ul></li></ul> |
|--|---|

## *Bereavement*

- ❖ As Christians, believe life on earth must be lived well, so as to enter heaven upon death
- ❖ Do not embalm
- ❖ Burial is held shortly after death
- ❖ Cemeteries are plain and simple, lack ornate decorations and detailed descriptions of deceased
- ❖ Reserved in expression of grief
- ❖ Death viewed as natural process
- ❖ Community support for families who experience the loss of a member

## *Traditional Health Practices*

- ❖ Strong religious belief in fate
- ❖ External locus of control
- ❖ Value use of natural remedies
  - Herbal medicines – first choice of care
  - Western medicine – as necessary
- ❖ Reluctance to follow medical advice of physicians



## Jewish and Hassidic Jewish Populations



### *Overview*

- ❖ Judaism – one of the world's oldest religions
- ❖ Monotheism vs. Pantheism
- ❖ Gave rise to Christianity 2,000 years ago, then Islam
- ❖ Originated in Middle East
- ❖ Historical waves of dispersion throughout Europe, Asia, and Africa

## *Language and Religion*

- ❖ Native language in Israel is Hebrew
- ❖ Most Jews speak English as their first language
- ❖ Varies based on country of origin
- ❖ Most Jews know some Hebrew as it is their sacred language

## *Language and Religion*

- ❖ Smallest but most active minority population in U.S.
- ❖ Extremely diverse among themselves
  - European and Middle Eastern
  - Secular or religious
  - Levels of practice vary
- ❖ Very aware of historical events

## *Language and Religion*

- ❖ A person born to a Jewish mother is believed to be a Jew
- ❖ Most people are born into Judaism rather than convert to it
- ❖ Awareness of Jewish calendar
  - Sabbath: Friday at sundown to Saturday at sundown
  - Holidays

## *Older Adults*

- ❖ Much value is placed on elders as well as on generations that came before them
- ❖ Children are often named after close family elders
- ❖ Family and religious traditions are often shared from seniors to the young through stories and during holidays

## *Family and Social Structure*

- ❖ Most Hassidic, ultra-orthodox marry young and have large families
- ❖ Male and female roles very well defined
  - Men heads of household, women in charge of family and home
  - Physical contact (I.e., hand shake, hug, pat on the back, etc.) between sexes is reserved for spouses or young children
  - Eye contact is typically not made between sexes

## *Family and Social Structure*

- ❖ Many ultra-orthodox Hassidic Jewish children study at religious schools
- ❖ Generally have high literacy rates
- ❖ Use of technology is common
- ❖ Conservative Hassidic Jewish attire
  - Modest, dark clothes
  - Women: nice dresses or skirts and dark stockings, arms are fully covered; hats or wigs worn to cover hair
  - Men: kipa or yarmulke

## *Communication Style*

- ❖ Israelis and Jews in general are extremely warm, passionate, and outgoing people
- ❖ Sharp sense of humor
- ❖ Appreciate language that is frank and direct
- ❖ Highly verbal culture
- ❖ Value analytical sparring

## *Communication Style*

- ❖ Body spacing is usually fairly close
- ❖ Physical contact to show affection is common among Israelis
- ❖ Israelis place profound emphasis on respect and hospitality
- ❖ Important to discuss personal issues with this population before getting down to business

## *Barriers to Care and Common Health Conditions*

### ❖ Barriers

- Language
- Religious affiliation of health care center
- Uninsured

### ❖ Health Conditions

- Maternal and child health
- Prevention of chronic diseases

## *Bereavement*

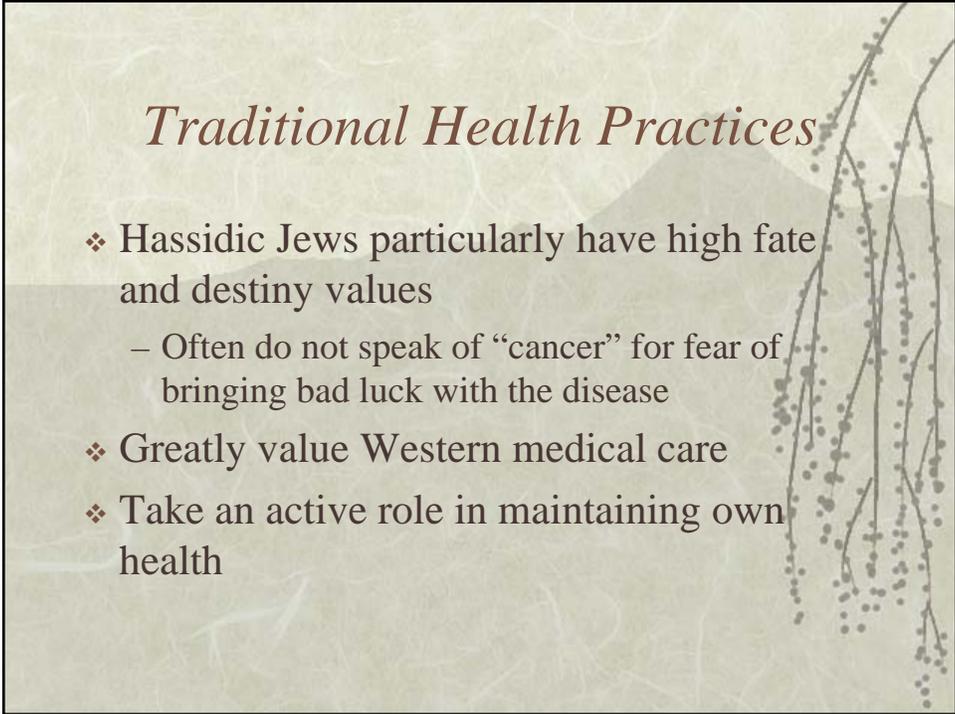
- ❖ Belief that death will ultimately lead to resurrection in a future world
- ❖ Usually do not embalm
- ❖ Bury deceased within 24 hours of death following ritual purification and dressing in plain linen shroud

## *Bereavement*

- ❖ Recite Kaddish
- ❖ Sit shiva for seven days
  - During this time, wear all black, cover mirrors, and sit on low stools
  - A special candle is lit in honor of the dead
  - Full mourning is one year; yahrtzeit memorial ceremony offered
- ❖ Jews honor the anniversary of the death of a loved one for many years
- ❖ Remaining stoic and silent after a death or while someone is ill, is said to imply lack of true feelings for that person

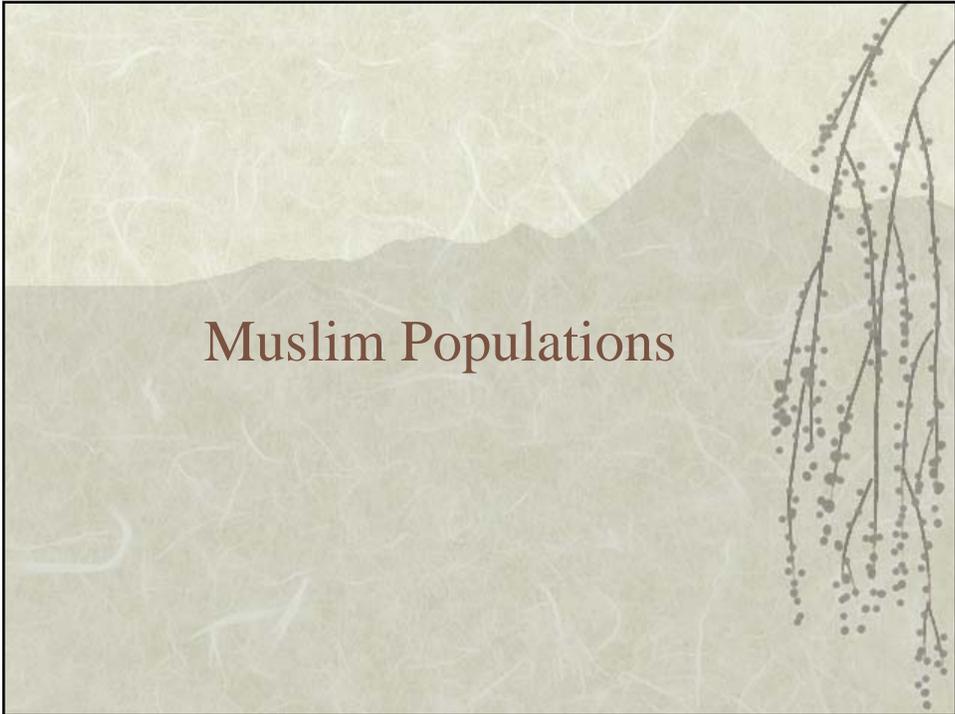
## *Traditional Health Practices*

- ❖ Generally follow some level of Kosher dietary laws
- ❖ Foods used are clean and easy to digest
- ❖ Most Jews will not eat pork and usually do not mix milk and meat products in the same meal



## *Traditional Health Practices*

- ❖ Hassidic Jews particularly have high fate and destiny values
  - Often do not speak of “cancer” for fear of bringing bad luck with the disease
- ❖ Greatly value Western medical care
- ❖ Take an active role in maintaining own health



## Muslim Populations

## *Overview*

- ❖ Islam – one of the world's great monotheistic religions
- ❖ People who practice Islam are Muslims
- ❖ Share belief of Old Testament
- ❖ Follow Koran and teachings of prophet Mohhamad
- ❖ Belief in Allah

## *Overview*

- ❖ Part of Middle Eastern traditions
- ❖ One of the fastest growing religions
- ❖ Many Muslims live in America in larger black urban areas
- ❖ Also reside in Bosnian and Somali refugee communities as well as with Arab immigrant student populations

## *Language and Religion*

- ❖ Language varies depending on ethnicity
  - Common languages: Arabic, Bosnian, English
- ❖ Range from secular to very devout
  - Somali practices vs. Bosnian
- ❖ Devout Muslims:
  - Worship at a mosque
  - Do not celebrate Christmas, Easter, or other Christian holidays
  - Friday is their holy day of rest and worship

## *Language and Religion*

- ❖ Devout Muslims:
  - Pray 5 times a day
  - Pray in the direction of Mecca, from wherever they are in the world
  - Do not drink alcohol any time of year
- ❖ Ramadan -practice a month of fasting, sunup to sundown
  - No food, water, or smoking
- ❖ Muslims, like Jews have a keen understanding of historical persecution by Christians

## *Family and Social Structure*

- ❖ Well-defined, traditional roles for men and women
- ❖ Sex of the staff member should match the sex of the beneficiary
- ❖ Very large families, greatly adore children
- ❖ Birth control is not desired

## *Older Adults*

- ❖ Families have an obligation to care for elders
- ❖ Women are greatly respected and revered for their role as mothers and keepers of the home
- ❖ Males and females have distinct roles within the religion as well as cultural and age expectations

## *Communication Style*

- ❖ Varies by ethnicity
- ❖ Muslims are a very diverse population
- ❖ Value a communication style that is respectful and honorable to others

## *Barriers to Care and Common Health Conditions*

- ❖ In hospital settings, family will visit at all hours to pray for family member
  - Recite the Koran
- ❖ Prayer in the chapel is usually inappropriate as Christian crucifixes are posted

## *Bereavement*

- ❖ Belief that life on earth is spent preparing for another world after death
- ❖ Do not embalm
- ❖ Wash and purify the body in ritual manner
- ❖ Cover body with simple “kafan” cloth
- ❖ Buried directly in the ground, required by shari’ah, following funeral service
- ❖ Burial preferred in cemeteries set aside for followers of Islam

## *Bereavement*

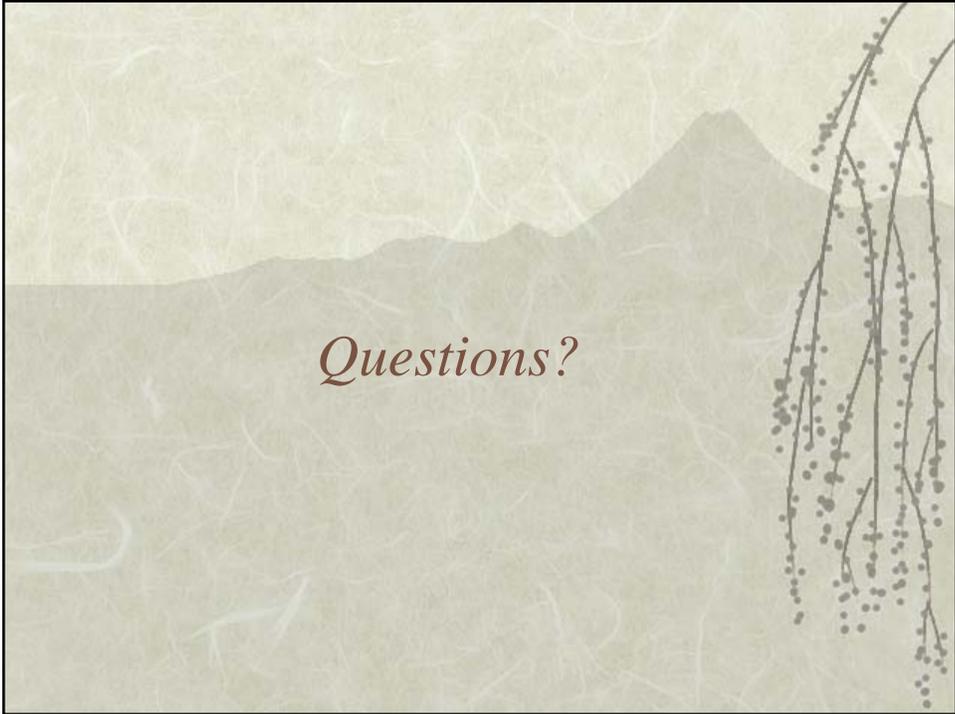
- ❖ Outward expressions are forbidden during grieving process; grieving allowed for three days
- ❖ Large numbers of extended family and friends visit seriously ill or deceased
- ❖ Mourners join to offer “janazah” prayers

## *Traditional Health Practices*

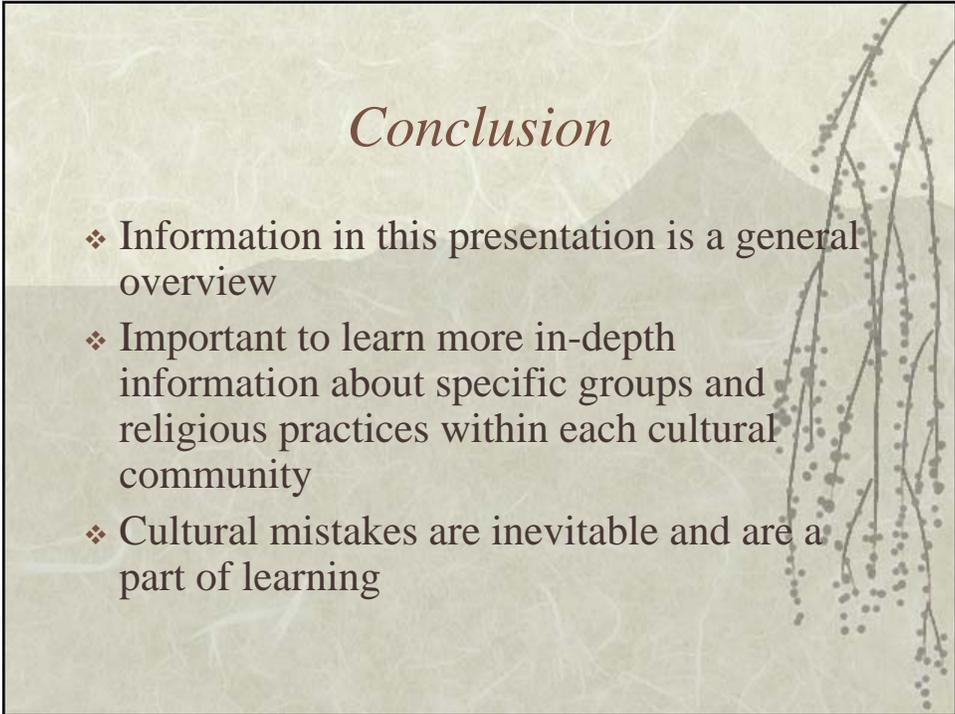
- ❖ Vary by ethnicity
- ❖ Abortion is not allowed
- ❖ Circumcision performed on all boys
- ❖ Premarital sex and adultery are forbidden
- ❖ Most Muslims do not eat pork
- ❖ Meat products eaten if “halal”
- ❖ Taught not to eat to capacity
- ❖ Do not eat food made with lard or animal fat and do not drink alcohol

## *Traditional Health Practices*

- ❖ Right hand vs. left hand
- ❖ Ritual cleanliness of body and home is extremely important, particularly during times of prayer
- ❖ After birth, Muslim parents dispose of the placenta for burial as part of Islamic tradition
  - Fetuses after 120 days are considered viable babies and require burial by Muslims



*Questions?*



## *Conclusion*

- ❖ Information in this presentation is a general overview
- ❖ Important to learn more in-depth information about specific groups and religious practices within each cultural community
- ❖ Cultural mistakes are inevitable and are a part of learning

*Thank You!*

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