

Health to get away  
from britian's control  
due



**ASSIGN  
BUSTER**

## Health Care Beliefs and Practices in the Chinese-American Culture The

first Chinese immigrants started coming to the United States in the mid-1800s and was considered the first of two waves that came over.

The second wave came during the 1970s and continues onto today. In 2016, it was estimated that there are nearly 2.3 million Chinese immigrants here in the United States compared to the 384,000 people in 1980 (Zong, 2017). Many of the Chinese immigrants came to the United States for one of two reasons; to get rich and send money back to families in China, and to get away from Britain's control due to the loss in battle to them in 1842 during the Opium War (Luo, 2005). Zong (2017) found that the Chinese immigration was confined to mainly California and New York and the immigration numbers seem to continue to be growing.

Cultural Phenomena Environmental Control Spector (2013) states that environmental control "plays an extremely important role in the way patients respond to health-related experiences, including the ways in which they define health and illness and seek and use health care resources and social supports." When asked how he would describe health, my interviewee said that it has to do with the harmony within him. This holds true to many Chinese-Americans who believe that health is considered good when they are physically and spiritually in harmony with nature. This can be determined by "hot" and "cold" properties of many different foods or substances. Traditional Chinese medicine takes on a holistic view of the body and is a form of medicine that is still used in healthcare today (Wertz, 2016). Traditional Chinese medicine mainly focuses on the forces of yin and yang to determine balance within the body. When there is disharmony between these

two forces the individual can experience illness. Another form of Traditional Chinese medicine is the Zang Fu theory, which has to do with the organs of the body and their colors.

It is based on the theory that your body is made up of five solid organs, considered the zang, and five empty organs, considered the fu, and when a person is healthy, their organs will look bright and shiny (Spector, 2013).

Biological Variations Asian Americans tend to have a smaller bone structure biologically compared to other cultural groups. Environmental health is a concern for many individuals who suffer from digestive diseases and cancers due to contaminated water (Kan, 2009). Uncontrolled hypertension is more likely to affect Chinese-Americans than Caucasians and is one of the largest health disparities within this cultural group (Chen & Hu, 2014). Other biological variations included coccidioidomycosis, lactose intolerance, and thalassemia. In my interview I learned that it is important to keep the balance between hot and cold foods. This means temperature-wise. The interviewee gave a specific example stating that his parents would never drink ice water because they believed it would make them sick.

They frequently would drink hot tea instead. Social Organization Family is a huge factor in the social organization of the Chinese culture. This is a hierarchical structure and when dealing with a family it is best to try to involve the oldest male in decision-making (N. a.

, 2013). The Chinese culture is mainly focused on nuclear family with an important tie to extended family. In my interview, I learned that festivals were the main religious customs and two of these that I shared were the

moon and spring festival that basically were family gathering celebrations. Communication The Chinese culture has 3 main languages. These include Mandarin, the official language of China, Wu, and Cantonese. These languages contain dialects that can be different depending on the region the individual is from (N. a., 2013).

When greeting a Chinese-American it is important to remember that the use of first names is not proper and they should be greeted as Mr. or Mrs. and their lastname. When encountering a Chinese-American individual it is important to recognize that avoidance of eye contact is a sign of respect, especially when in the presence of a physician or another authority figure (Brolley, E., Tu, A., Wong, E., 2007).

Some Chinese-American individuals may feel as though asking questions would be perceived as disrespectful, in which cases, silence would be considered respectful. This could also be a result of their shy nature when they are in unfamiliar situations and environments (N. a., 2013).

Space Personal space refers to people's behavior and attitudes toward the space and around them (Spector, 2013).

One nonverbal to pay close attention to is when a Chinese-American patient is in pain they will not always tell the physician or family members so being aware of their body language and non-verbal cues is very important (N. a., 2013). When it comes to distances, Chinese-Americans tend to be mainly non-contact people so it is best to keep a respectful distance. Time orientation When conducting the interview, I learned that Chinese-Americans are very present-oriented, especially when it comes to the realm of

healthcare. When a Chinese-American is in the hospital it is not uncommon for many family members to visit and visit often. This can be supported by the importance that they place on families in their culture. Chinese-Americans are not always worried about being on time.

In fact, they are very present-oriented and do not set up appointments in China. My interviewee shared this information with me and added that this was one thing that he found a little frustrating here in the United States. In China, if you are ill you just go to the hospital and wait for your number to be called. He said that it was timely and easy, not compared to the United States where you call for an appointment and it could be 2-3 days before you are even able to see anyone. He said this was frustrating because by that time he would usually not be sick anymore.

**Religious Beliefs and Practices**  
Spiritual influences play a major role in not only the health of an individual but also in the daily life of an individual in the Chinese culture. Some of the common forms of spirituality are Buddhism, Taoism, and Confucianism.

In my interview it was mentioned that he did not believe that Chinese-Americans were very religious but relied more on spiritual forces, such as yin and yang mentioned earlier. **Specific Health Traditions for Maintaining, Protecting, and Restoring Health** Daily nutrition is a common practice to stay healthy and maintain health in Chinese culture (Ma, 2015). In my interview I asked what were some ways my interviewee kept his health up and he said that he always eats breakfast because it is the most important meal of the day and it is pertinent to having a healthy start to every day. Another way that traditional Chinese people maintain their health is by making charms or amulets that will ward off evil spirits. Acupuncture is a popular Chinese

method for restoring health and a method that is commonly practiced here in the United States.

Moxibustion is a method to restore the balance of yin and yang, along with cupping, bleeding, and massage, Tui Na, "pushing and pulling" (Spector, 2013). Herbal remedies are also used to restore health in the Chinese culture.

#### Chinese-Americans Current Use of the American Health Care

System Although language and health care barriers are obvious downfalls to the current use for health care in Chinese Americans, one of the other major detriments to Chinese-American health is the lack of family health history.

Chen, et. al.

(2016) conducted a study that found that many Chinese-Americans did not obtain this family health history and therefore struggle when dealing with disease detection and prevention. Chinese Americans do find some of the testing in Western Medicine a bit too much and especially dislike the practice of drawing blood (Spector, 2013). References Brolley, E., Tu, A., & Wong, E. (2007).

Communicating with Your Chinese Patient. Culture Cues, Retrieved December 2, 2017 from <http://depts.washington.edu/pfes/PDFs/ChineseCultureClue.pdf> Chen, M., Hu, J. (2014). Health disparities in Chinese Americans with hypertension: A review.

International Journal of Nursing Sciences. Retrieved December 3, 2017 from <https://www.sciencedirect.com/science/article/pii/S2352013214000702>.

Chen, L., Li, M.

<https://assignbuster.com/health-to-get-away-from-britians-control-due/>

, Talwar, D., Xu, L., Zhao, M. (2016).

Chinese Americans' views and use of familyhealth history: A qualitative study. Public Library of Science. Retrieved December3, 2017 from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5029932/>.

.nih.gov/pmc/articles/PMC5029932/. Kan, H.

(2009). Environment and Health inChina: Challenges and Opportunities. Environmental Health Perspective. Retrieved November 30, 2017, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2799473/>.

.nih.gov/pmc/articles/PMC2799473/ Luo, L. (2005). The History of ChineseImmigration to the U.

S. Alterna-TV News. RetrievedDecember 8, 2017 from [http://www2.hawaii.edu/~sford/alternatv/s05/articles/leo\\_history.html](http://www2.hawaii.edu/~sford/alternatv/s05/articles/leo_history.html) Ma, G. (2015).

Eating behavior andculture in Chinese society. Journal ofEthnic Foods. Retrieved November 30, 2017 from <https://doi.org/10.1016/j.jef.2015.11.004>.

jef. 2015. 11. 004 N. a.

(2013). Handbook of patients'spiritual and cultural values for health care professionals. New York: Healthcare Chaplaincy. Spector, Rachel E. (2013).

CulturalDiversity in Health and Illness. UpperSaddle River, NJ:

PearsonEducation, Inc. Wertz, R.

(2016). Traditional ChineseMedicine. The Cultural Heritage of China, n. p. RetrievedNovemember 29, 2017, from <http://www.https://assignbuster.com/health-to-get-away-from-britians-control-due/>

<https://assignbuster.com/health-to-get-away-from-britians-control-due/>

ibiblio. org/chineseculture/contents/heal/p-heal-c01s01. html Zong, J.,  
Batalova, J. (2017). Chinese Immigrants in the United States. Migration  
Policy Institute, n.

p. Retrieved November 20, 2017 from [https://www. migrationpolicy.  
org/article/chinese-immigrants-united-states](https://www.migrationpolicy.org/article/chinese-immigrants-united-states)