

# Culture Cards

## African-American Culture

Culture care meanings and actions:

- Extended family networks with concern for “brothers and sisters”
- Value religion and involvement in the church
- Interdependence in black communities, being present and involved
- Technology is valued
- Families value hugging and other appropriate touching
- Folk (soul) foods and home remedies
- Music and physical activities (singing, sports, etc.)

Leininger, M. (Ed.).(1991). *Culture care diversity and universality: A theory of nursing*. New York, NY: NLN Press.

## Anglo-American Culture

Culture care meanings and actions:

- Individualism – focus on self-reliance, independence, and freedom
- Reliance on technology, facts and numbers, materialism, and money
- Competition and achievement
- Youth and beauty
- Leisure time highly valued
- Less respect for authority and the elderly
- Generous in times of crisis
- Caring shown by reducing stress, doing special things, or by giving individual attention
- Value being able to learn “How to do it” for self-care and to get medical facts

Leininger, M. (Ed.).(1991). *Culture care diversity and universality: A theory of nursing*. New York, NY: NLN Press.

# Culture Cards

## Arab-American Muslim Culture

Culture care meanings and actions:

- Providing family care and support
- Offering respect and privacy time for religious beliefs and prayers (4 times each day)
- Respecting and protecting gender role differences in culture
- Knowing cultural taboos and norms (can't eat pork, smoke, or use alcohol)
- Recognize honor with obligation
- Helping to "save face" and preserve cultural values
- Visiting the sick
- Helping children and the elderly
- Following the teaching of the Koran

Leininger, M. (Ed.).(1991). *Culture care diversity and universality: A theory of nursing*. New York, NY: NLN Press.

## Chinese-American Culture

Culture care meanings and actions:

- Serving others (not self-care)
- Compliance with authority and elders
- Obedience to authority, elders, and government
- Watching closely
- Values using fold remedies (herbs) and other treatments, like acupuncture
- Group assistance to others in community
- Value working hard and giving back to society

Leininger, M. (Ed.).(1991). *Culture care diversity and universality: A theory of nursing*. New York, NY: NLN Press.

# Culture Cards

## German-American Culture

Culture care meanings and actions:

- Working very hard.
- Being on time.
- Being orderly and organized, clean and neat
- Stoic – not letting pain or other feelings show – no complaining
- Helping others, and protecting others from harm or “outsiders”
- Maintain religious beliefs, rules, and norms.
- Controlling self and others.
- Values science and logic – “Knowledge is power.”
- Eating proper food, getting rest and fresh air are valued.

Leininger, M. (Ed.).(1991). *Culture care diversity and universality: A theory of nursing*. New York, NY: NLN Press.

## Mexican-American Culture

Culture care meanings and actions:

- Extended family valued, giving direct family aid and love
- Interdependence with kin and social activities
- Patriarchal (Father is the protector and head of the family), but mother makes care decisions
- Native foods for healing and use of folk-care practices, folk healers and belief in hot-cold theory
- Respect for authority and the elderly
- Use of touching
- Religion is valued, and acceptance of God’s will

Leininger, M. (Ed.).(1991). *Culture care diversity and universality: A theory of nursing*. New York, NY: NLN Press.

# Culture Cards

## Japanese-American Culture

Culture care meanings and actions:

- Duty and obligation to kin and work group
- Respect for family, authority, honor and national pride
- Concern for protection and nurturing (children and elders may be indulged by caregivers)
- Patriarchal (led by father), but family included in caring
- Values personal cleanliness.
- Systematic goals for high achievement, high educational standards, and future planning
- Control emotions and actions to “save face and prevent shame”. Values quietness and passivity.
- Honor and pride toward elders – Values politeness and rituals.
- Attention to physical complaints, but has endurance for pain and stress.
- Use of folk therapies.

Leininger, M. (Ed.).(1991). *Culture care diversity and universality: A theory of nursing*. New York, NY: NLN Press.

## North-American Indian Culture

Culture care meanings and actions:

- Harmony between land, people, and environment
- “Give and take” relationship with “Mother Earth” with rhythmic timing.
- Active listening, using periods of silence, and Spiritual inspiration (guidance).
- Respect for native folk healers – practice culture rituals and taboos.
- Tribal elders have authority.
- Pride in cultural heritage and “Nations”.
- Respect for children and elders.

Leininger, M. (Ed.).(1991). *Culture care diversity and universality: A theory of nursing*. New York, NY: NLN Press.

# Culture Cards

## Polish-American Culture

Culture care meanings and actions:

- Upholds Christian religious beliefs and practices (prayer) and special days.
- Family and cultural care – giving to others in need, and self-sacrificing for God
- Being very frugal with money or possessions.
- Working very hard without complaining
- Persistent - “Don’t give up”.
- Value folk remedies and Polish foods to stay well or recover from illness.

Leininger, M. (Ed.).(1991). *Culture care diversity and universality: A theory of nursing*. New York, NY: NLN Press.

## Swedish-American Culture

Culture Care Meanings and actions:

- Attention to detail
- Self-responsibility
- Maintaining Privacy
- Being hospitable
- Being orderly and organized
- Cleanliness: Self and environment

Leininger, M. (Ed.).(1991). *Culture care diversity and universality: A theory of nursing*. New York, NY: NLN Press.

# Culture Cards

## Asian American Hmong Culture

Culture care meanings and actions:

- Hmong people have strong ethnic identity, social unity, and close family ties
- Community social structures have power, keeping people together to maintain cultural roots
- Strong reliance on close families with large, extended family networks
- Father or oldest male in the family may make health decisions for others in the family, but clan leaders have the ultimate decision
- Time is focused on the present, rather than the future
- Religious beliefs and health practices combine natural and supernatural worlds
- Folk healer, called a shaman, is believed to have healing power
- Folk remedies include amulets, charms, knotted strings, special cloths, massage, herbal preparations, “cupping”, or “coining” of skin, and other rituals
- Hospitality and traditional foods are valued
- Hmong people prefer less direct eye contact
- Instead of disagreeing, a common response would be silence, or “yes”, but then not cooperating
- Health decisions are made by the head of household, and/or elders of the clan
- Hmong people often come late, or miss appointments.
- Family responsibilities come before all other responsibilities

# Culture Cards

## Norwegian-American Culture

Culture care meanings and actions:

- Extended family networks common in rural area
- Value common good of the family rather than needs of individual members
- Independence and “peace and quiet” are valued
- Religion and involvement in the church are seen as important
- People tend to be quiet and informal
- People are expected to be on time
- Personal space is respected
- Warm and friendly behavior after a relationship is established
- Values modern medicine

Leininger, M. (Ed.).(1991). *Culture care diversity and universality: A theory of nursing*. New York, NY: NLN Press.

## Irish-American Culture

Culture care meanings and actions:

- Values independence, and family kinship groups, generosity and hospitality
- Strong work ethic and self-image as an agricultural country
- Friendly and informal culture both publicly and privately
- Personal space small – No problem with public displays of affection
- Modesty, privacy, ability to read and speak well are valued. Humor and sarcasm are often used, but loud, boastful behavior is discouraged
- Folk cultural beliefs in holy and healing places and ties to the “old country” remain strong
- Values religion, dance, music, dress, food, and celebrations
- Famous for international music, eating, singing, etc.
- High risk of heavy drinking and smoking
- Stoic and uncomplaining with pain – Tends to feel guilty when ill, as if they are a burden

Regents, University of California. (2005). *Culture & Clinical Care*. Lipson, J.G. & Dibble, S.L. San Francisco: UCSF Nursing Press.