EDI Learning Forum





Intro to Cultural & Religious Awareness in Healthcare

Housekeeping



Video is optional (it's great to see your faces if you are happy to show them!)



Please mute your microphones unless you have a comment or a question.



Click on the chat button to open the chat. This will be where you can ask questions and comment on the session.



We aim to create a respectful and inclusive environment for everyone

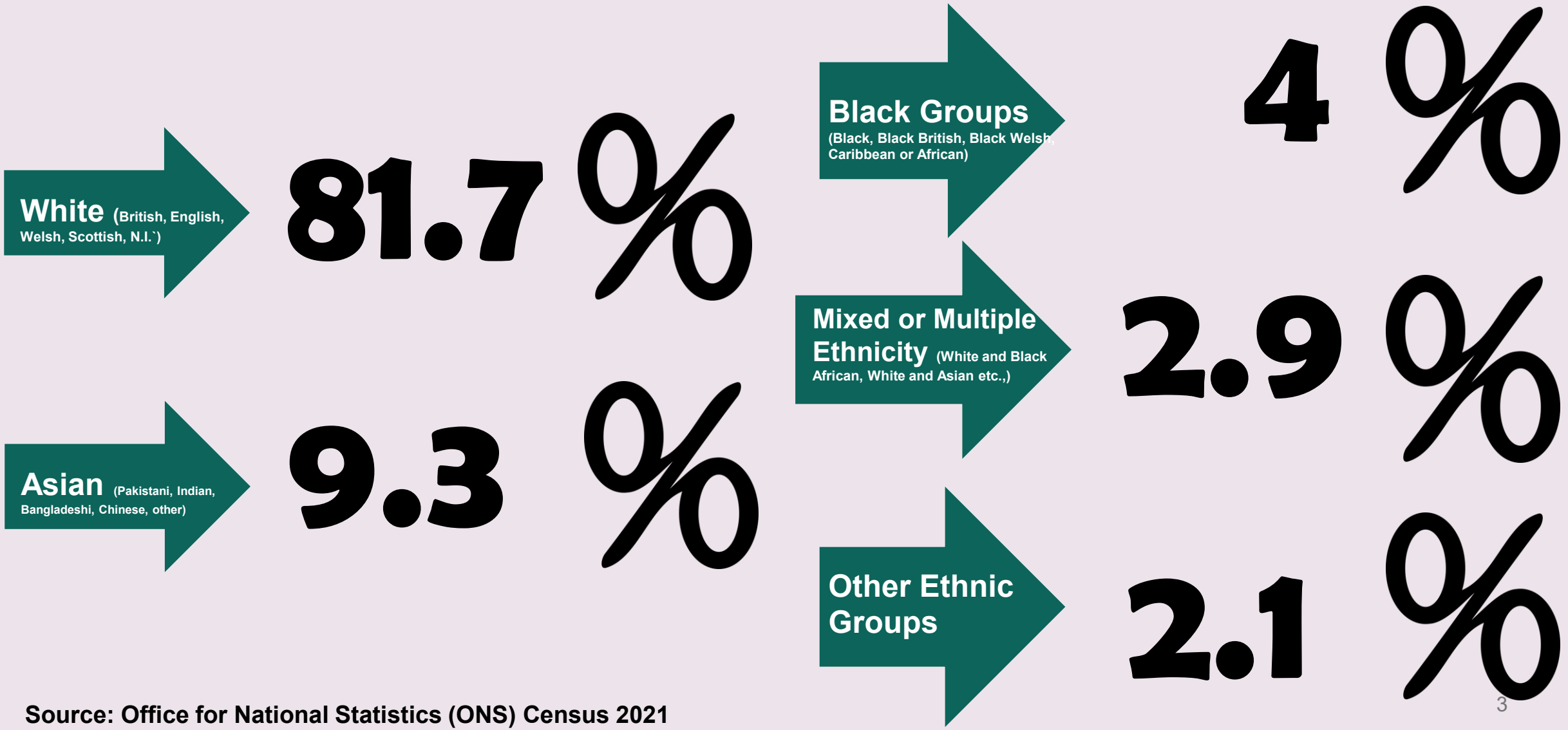


There will be one short comfort break during the session



Alert the trainer to any additional support needs

Ethnic Groups in England & Wales [60m population]



Source: Office for National Statistics (ONS) Census 2021

Religion in the England and Wales [60m population]



3.9m



273k



271k

Any Other Religion

405k



27.5m



1m

No *Religion*

22.2m



524k

Source: Office for National Statistics (ONS) Census 2021

Health disparities affecting minority groups

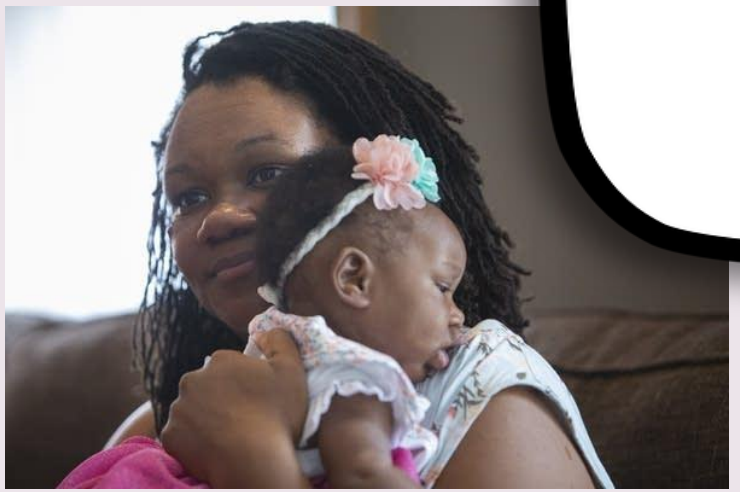


Health disparities affecting minority groups



Patients from the Pakistani ethnic group were the least satisfied of all ethnic group inpatients who stayed in hospitals

Health disparities affecting minority groups



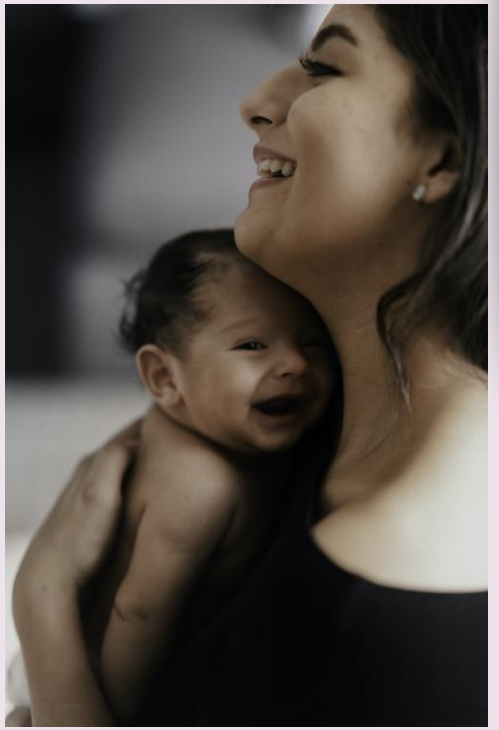
Black women are three times more likely than white women to die in childbirth in the UK

Health disparities affecting minority groups

Young black men are six times more likely than young white men to be sectioned for compulsory treatment under the Mental Health Act



Health disparities affecting minority groups



Infant mortality in England and Wales for children born to mothers from Pakistan is double the average

Health disparities affecting minority groups

South Asian people are 50% more likely to die prematurely from coronary heart disease than the general population



Health disparities affecting minority groups

Roma and Travellers have a lower life expectancy than the rest of the population. Department of Health research indicates the average life expectancy for a traveller man is 50-55

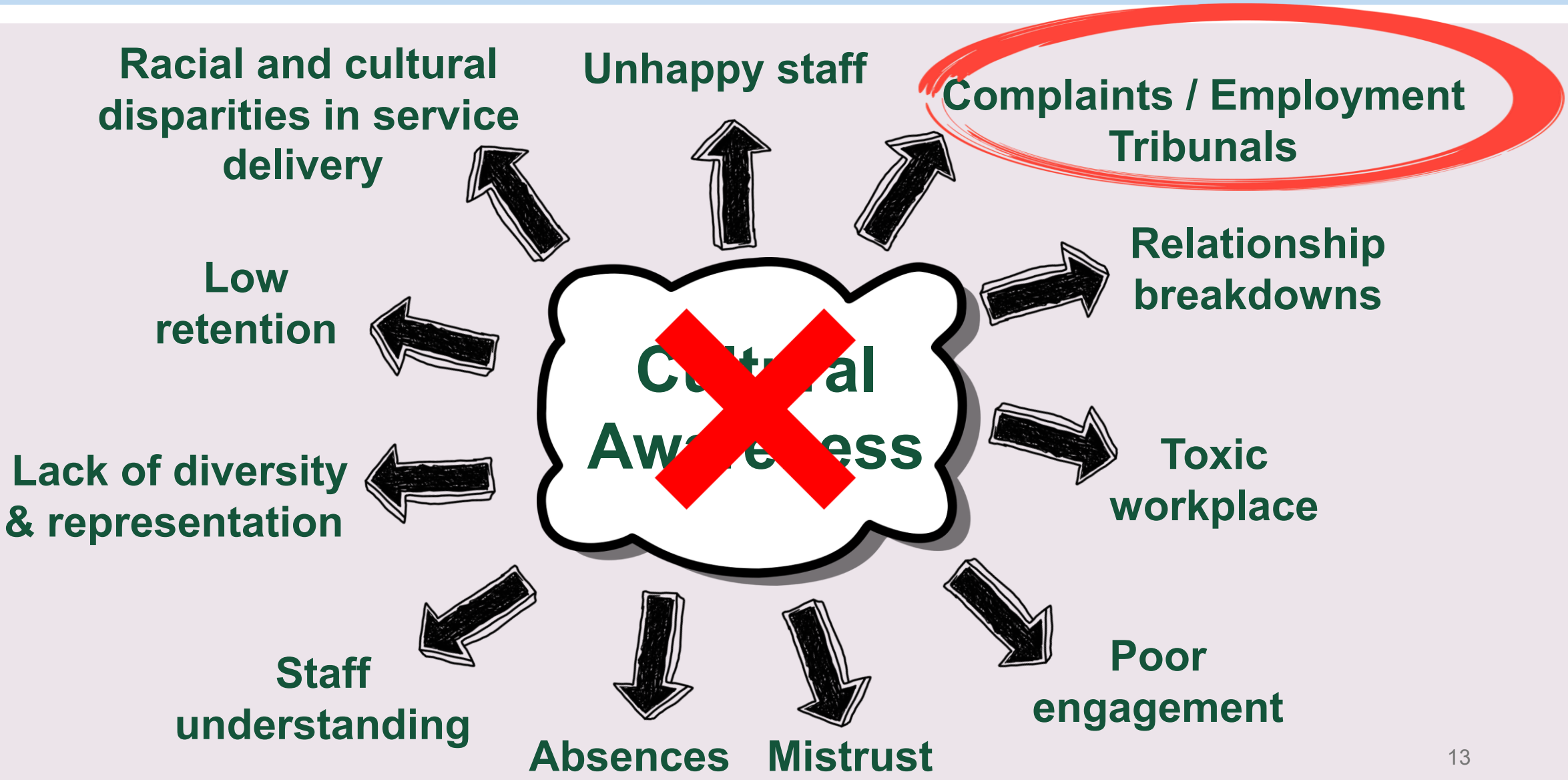


Health disparities affecting minority groups

Roma and Travellers have a lower life expectancy than the rest of the population. Department of Health research indicates the average life expectancy for a Traveller man is 58-68



Why is Cultural Awareness important to an organisation?



What is the definition of culture?



The total range of activities and ideas of a group of people with shared traditions, which are transmitted and reinforced by members of the group.

(Collins Dictionary)

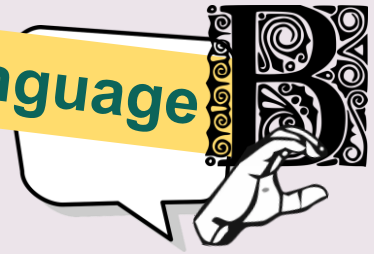
What is Culture?

A simple definition of culture is ‘how we do and view things in our group’ Some aspects of more traditional culture are visible or otherwise obvious, such as:-

Clothes



Language





Home-life



Food



Music



Art



How we express emotions



Marriage



Social Habits



Religion

The Hijab- Cultural or Religious?



The Hijab- Cultural or Religious?

Niqab
A veil covering the head and face, but not the eyes, usually worn with a loose black garment (abaya) that covers from head to feet.



Hijab
A general term meaning 'to cover' or 'veil', most commonly refers to a headscarf that covers the hair and neck, but not the face.



Burka
A veil that covers the entire body and face, with a mesh window or grille across the eyes for a woman to see out of.



Chador
A full-length cloak worn by many Iranian women, typically held closed at the front by the wearer's hands or under their arms.



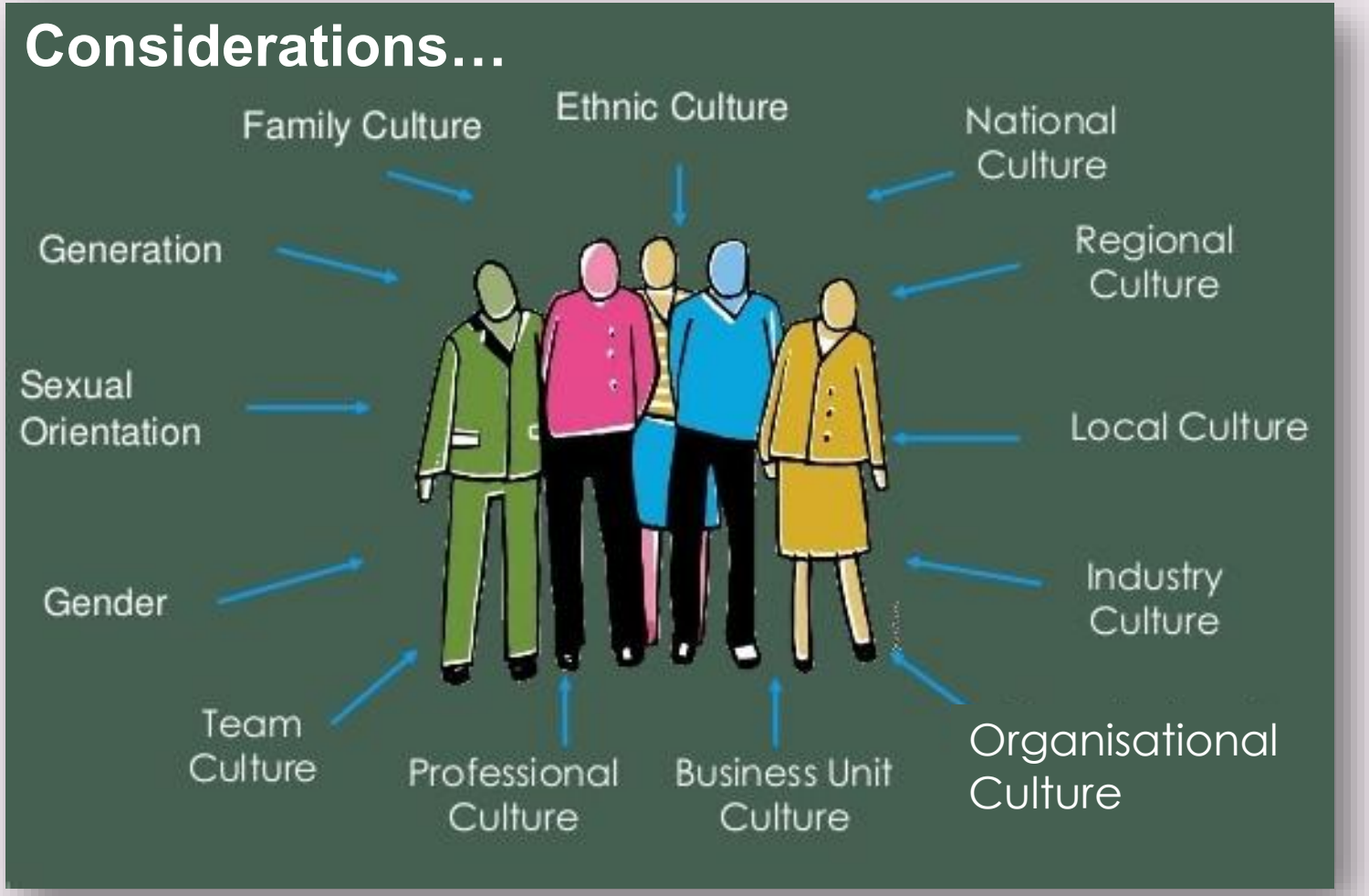
Dupatta
A long scarf loosely draped across the head and shoulders, common in south Asia and often paired with matching garments.







The Complexity of Cultural Difference



Western Culture

Western culture is characterised by ;

- Individualism
- Rationalism
- Objectivity, self-criticism, impartiality, search for the truth
- Separation of the Church and the State
- The rule of Law
- Equality and Human Rights
- Liberal democracy

- (Life, Liberty and pursuit of happiness)





Eastern Culture

- Eastern culture refers to the societal norms of countries in Far East Asia including China, Japan, North & South Koreas and the Indian sub-continent.
- Heavily influenced by religion and growing of rice.





Chinese Culture

- Diverse
- Family and respect are central
- Collectivist values
- Rich traditions









Chinese Culture





- Special days
- Work ethic
- Communication style



Middle Eastern Culture

- Covers about 20 countries in the Middle east
- Arabic language is common among most countries/different dialects
- Common religion is Islam
- Middle East is the birthplace of Judaism, Christianity and Islam





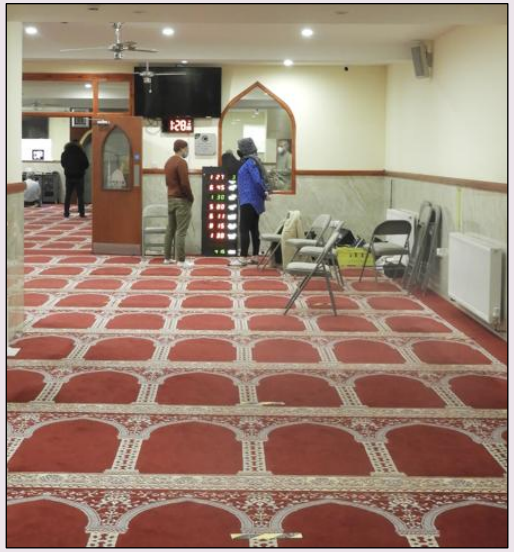
5 min Break



Islam

- Islam was revealed to the Prophet Muhammad in the 7th century
- Place of worship is called a Mosque
- Holy book is the Quran
- The Imam is the religious leader







- Belief in one God, Allah
- Prophets
- Emphasis on justice, compassion, honesty, and integrity

Islam

- Five pillars of Islam
  - -Submission
  - -Prayer
  - -Fasting
  - -Charity
  - -Pilgrimage



Shahadah – The Declaration of Faith

Shahada

أَشْهَدُ أَنْ لَا إِلَٰهَ إِلَّا ٱللَّٰهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا رَسُولُ ٱللَّٰهِ

Ashhadu an la ilaha illa Allah wa Ashhadu anna Muhammadan Rasul Allah

I bear witness that there is no God but Allah and Muhammad is the Messenger of Allah.

islamtics

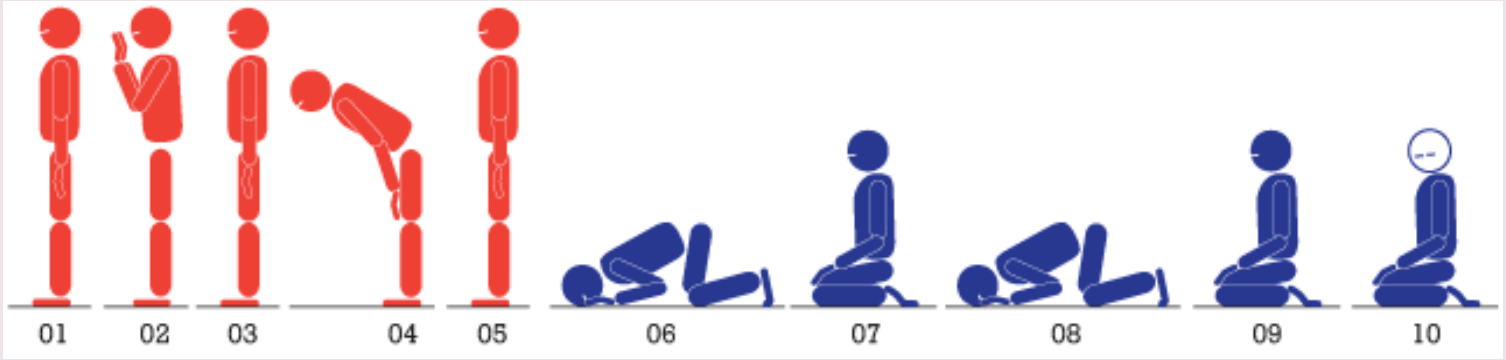


Salah – The Prayer



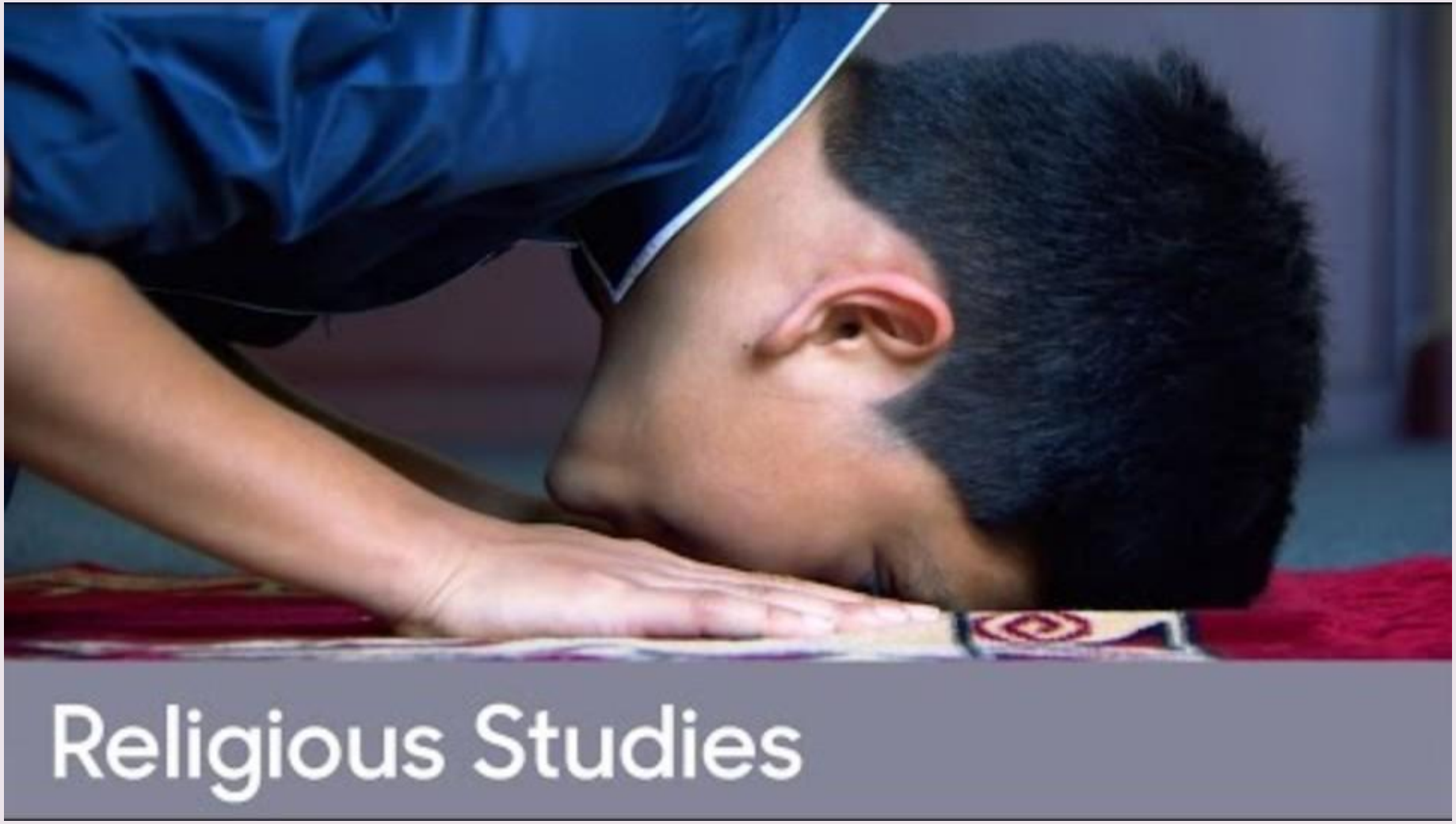








Salah – The Prayer

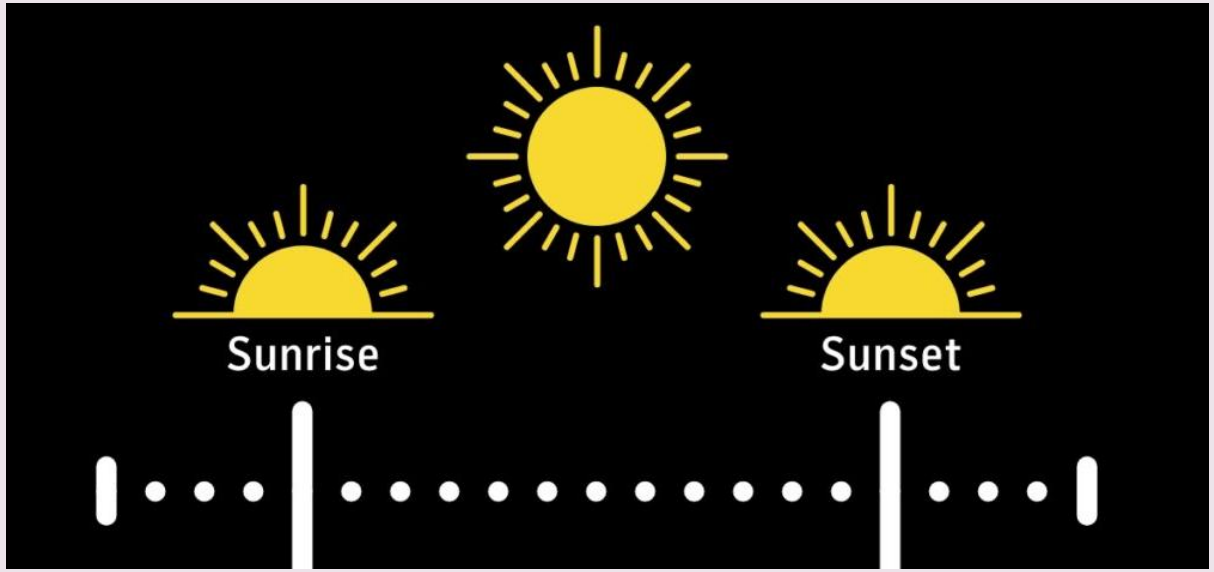


Sawm – Fasting

- Ramadan - 9th Month of the Islamic Calendar
- 29 or 30 days
- No food, drink or marital relations
- Dawn to sunset









Zakah – Charity

- 2.5% of excess wealth
- Payable annually
- Purification of wealth
- Fair distribution of wealth
- Social welfare
- Acknowledgement that everything belongs to God

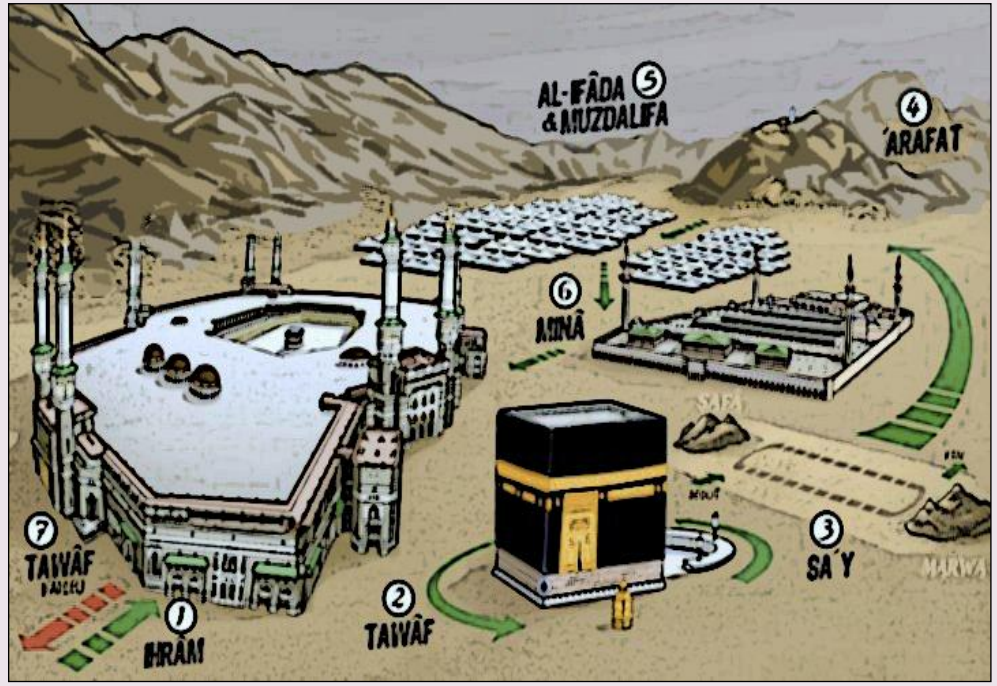




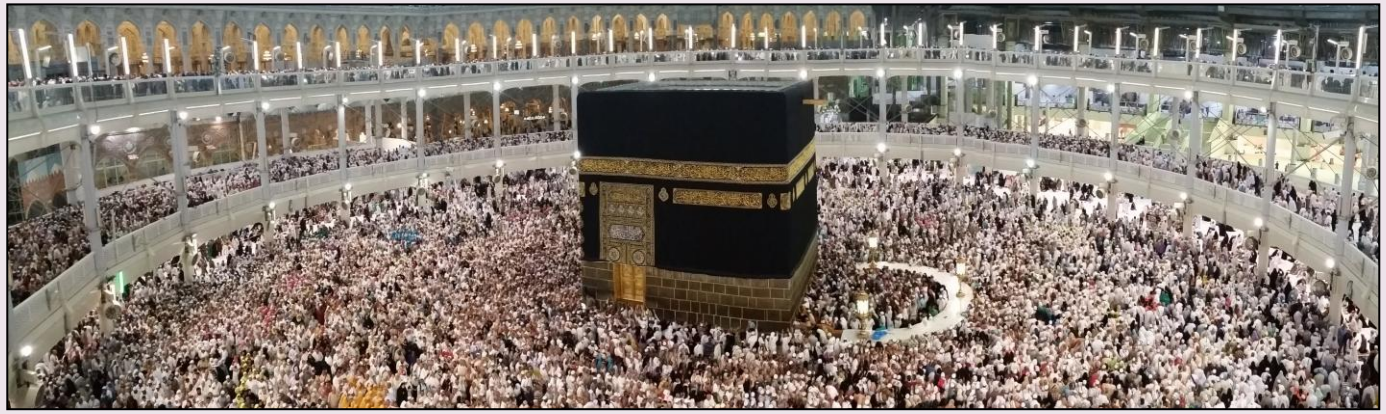
1. The Poor & The Needy
2. The Destitute
3. Zakah Collectors
4. Muslim Converts
5. People in Debt
6. Travellers

Hajj – The Pilgrimage

- Once in a lifetime
- Physically and financially able
- 6 days
- The month of Dhul-Hijjah
- Following the footsteps of Prophet Abraham
- International conference of Muslims
- A reminder of our journey to the hereafter







HAJJ

Special days





- 30 days (Month) of Ramadan
- Eid ul Fitr (to mark the end of Ramadan)
- Eid ul Adha (Pilgrimage and sacrifice)
- Fridays (Friday prayer at the mosque only for men)

Additional Information

- Arabs and Muslims are not the same
- 400 millions Arabs but they represent only 20% of the Muslims in the world
- Asia is the region where there are the most Muslims with 1 billion believers
- Indonesia accounts for 13% of the Muslims in the world
- Halal



Islam : End of Life Beliefs and Rites

- Belief in afterlife
- Final judgment : Paradise or Hell
- Death is a decision from God and must be seen as part of life.
- The body should be buried the same day of death but can never be buried at night
- Exaggerated emotionalism is not encouraged
- Suicide and euthanisa are forbidden
- Embalming, autopsy, cremation or organ donation are forbidden





5 min Break



Hinduism



- Hinduism is the oldest of the main religions (2500 BC)
- More than a billion followers, the 3rd largest religion in the world (80% of India's population)
- A set of philosophical concepts derived from Indian tradition

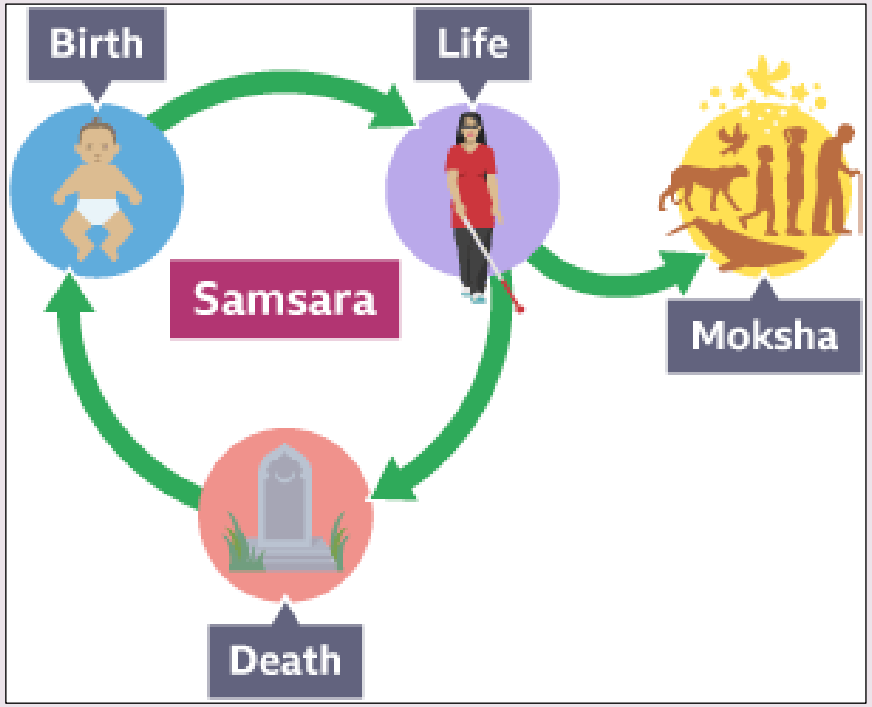


- One single divine presence, expressed through multiple deities including Brahmâ the creator, Shiva the destroyer and Vishnu the curator of the worlds
- Variety of texts that guide moral behaviour and practices
- Place of worship is a Mandir



Hinduism

- Samsura: Life, death and time are a cycle
- Karma: Universal law of cause and effect
- Actions in this life affect future lives, with the ultimate goal of *moksha*, or liberation from the cycle of reincarnation.



Hindu Community





Traditional dress attire includes
Sarees or Kurta-pajamas

Special days:

- Diwali
- Navratri
- Holi
- Maha Shivratri
- Raksha Bandhan
- Krishna Janmashtami
- Ganesha Chaturthi
- Dussera

- Fasting and Dietary requirements





Hinduism: End of Life Beliefs and Rites

- The way in which someone dies can influence the rebirth.
- Body and soul are connected.
- Family support is essential. The body must not be left alone until cremation
- Cremation is preferred within 24 hours of death





Sikhism

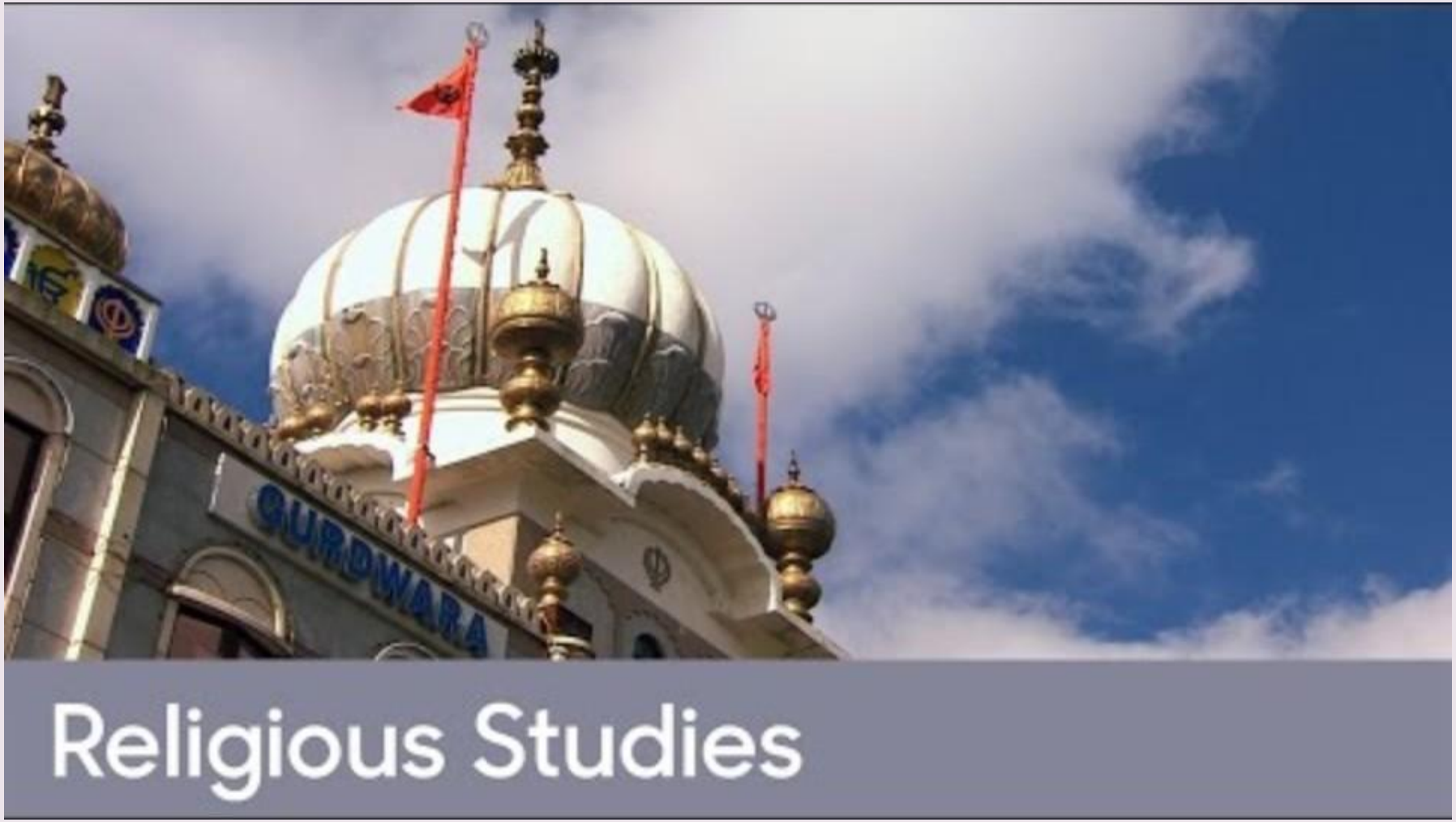




- Sikhism is a way of life and stresses the importance of doing good actions.
- Ideals of Sikhism are; honesty, equality, fidelity, meditating & never bowing to tyranny
- Place of worship is a Gurdwara
- Holy book is the Guru Granth Sahib
- Oneness of God, known by many names
- Faith started by Guru Nanak, succeeded by 9 other Gurus
- Singh and Kaur



Sikh Community



Sikhism

- Sikhs typically pray and meditate daily twice a day- morning and evening
- Family and Community are central
- Many (not all) observe vegetarianism
- Cultural emphasis on caste background – rejected by the faith
- The Five K's





The Five K's



- Kara (Steel bracelet)
- Kachera (Under Garment)
- Kirpan (Sword)
- Kesh (Uncut hair)
- Kanga (Comb)

Sikhism

Special Days

- Maghi
- Holla Mohalla
- Vaisakhi
- Phalia Prakash sri Guru Granth Sahib Ji
- Diwali (Festival of Lights)
- Guru Nanak Gurpurab









Sikhism : End of Life Beliefs and Rites

- Sikhs believe in reincarnation
- Reincarnation depends on the karma which is influenced by our past actions and present actions



- Sleep and death corresponds to the same state but to a different degree
- Peaceful atmosphere surrounds the deceased
- Cremation within 24 hours



Any Questions?





Contact EDI Team
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