

Race Cultural Awareness Resource Pack

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&

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Geeta has developed a Cultural Awareness Resource Pack previously and provided
information for this particular pack as well

&

All those who have taken part in the consultation process

Introduction

This information pack has been produced to give NNUH staff the opportunity to develop an informed understanding of other cultures and religions. Knowing the religious and cultural needs of a patient will improve communication and health care.

Norfolk's ethnic minority population is increasing rapidly and as a NHS Trust we deliver care to people who have different cultural expectations, religious practices and speak different languages.

Valuing diversity, recognising difference and delivering a service which meets the particular needs of different groups, is the way forward to promote race equality and good race relations.

The information will apply only to **certain** Muslim, Jewish, Hindu, Chinese or other patients and their families. Never assume; check everything with the person concerned.

This resource pack is not a definitive guide to cultural expectations, customs and religious observance. The definitive guide to all this is your patient.

Note: If you find that any information given here is incorrect or if you wish to add more information to this resource pack, please contact the Human Resources Department or the Hospital Chaplaincy.

BREAKING DOWN LANGUAGE BARRIERS



Most people are apprehensive about coming into hospital. If you have difficulty with language or come from a different cultural background this apprehension is increased. Patients who speak little or no English are generally given less information and offered fewer choices (Bowler 1993, Currer 1996, Homans & Satow 1982). They are often unable to understand what is done to them and why. This will increase patients fear and sense of helplessness.

There are many disadvantages of using friends, relatives and in particular children for interpreting medical consultation. In many families details of bodily function and dysfunction are private and an unsuitable subject for discussion with children.

Efforts made to communicate and find out a patient's wishes regarding his/her care, diet, religious practice are never wasted.

INTRAN is an interpretation, translation and communication service in Norfolk. Under the Race Relations Amendment Act 2000 the Trust has a responsibility to ensure equal access to effective services for all members of the community. INTRAN services are there to help deliver high quality and responsive services across languages and cultures.

For updated information regarding translation services please refer to the Trust policy on interpreter and translation services.

| | |
|---|---|
| Language Line for Telephone interpreting | 24 hour a day / 7 days a week Telephone interpreting in a foreign language 0800 169 2694 |
| CINTRA for Face-to-Face interpreting | 24 hour a day / 7 days a week Face-to-face interpreter in a foreign language Out-of-hour British Sign Language 01223 346870 |
| Deaf ConneXions for BSL and Lip speaking | 24 hour a day / 7 days a week British Sign Language interpreting and Lip speaking during working hours. Telephone : 01603 660 889 Minicom : 01603 661 113 |
| Pearl Linguistics for Translations Transcriptions Audio translations | Written translations, transcription and audio translation services 9am to 6pm / Monday to Saturdays Contact your INTRAN Co-ordinator for job requests |

Step-by-Step Guidance to arrange an interpreter

When you call one of these numbers to arrange an interpreter, you will need to answer the questions listed below.

- Your I.D Code (**LXXXX**)
- Your name
- The name of your organisation
- The name of the directorate/department
- The language/dialect you require
- What is it about (context)

Should you have any queries regarding the use of this service please call Human Resources Department on ext. 5777.

ID Codes

Any request for interpreting or translation services requires your individual departmental ID code, and will not be accepted without it.

You can check the correct code for your department from your department's budget holder, your INTRAN Co-ordinator, or via the Trust's intranet under **Departments / INTRAN / ID Codes**.

The ID code is confidential to each department and should not be displayed to avoid improper use. ID codes are used for invoicing by the INTRAN service providers and enables monitoring of the service in the Trust.



HINDUISM

“Who sees all beings in his own Self, and his own Self in all beings, loses all fear”, (from the Hindu Scripture, Isa Upanishad)

Hinduism is not a religion with formal structure; it is the result of 5,000 years continuous cultural development. It includes a number of extremely diverse traditional and cultural beliefs and practices.

Hindus believe in the theory of re-birth and the principal of action i.e. one has to face the consequences of actions in past lives.

It is extremely important to the Hindu patient that he/she is allowed to practice his/her religion in hospital.

Married women may wear markings in their forehead and also wear a nuptial thread/ necklace and male adults a ‘sacred thread’.

Main Festivals

Navaratri Also called Norata Durga Puja; usually takes place in October. This festival is in honour of the mother goddess. It consists of nine nights of dancing and commemorates Rama’s victory over Ravana, the demon king of Sri Lanka who had kidnapped Sita.

Diwali or
Deepaawali An Autumn, usually November, festival, which remembers Rama’s victorious return to his kingdom when his path was lit by thousands of lights. It is the beginning of the financial year so special praise is offered to Lakshmi, the goddess of prosperity. This is the most popular and widely celebrated Hindu Festival.

THE HINDU PATIENT

Special Considerations

- Running water or a jug of water in the same room as the toilet is required. If a bedpan is used a bowl of water must be offered afterwards. Ablutions are important.
- Shower daily, early before prayer.
- The patient will only use the left hand for ablutions, this hand is regarded as unclean, therefore it would be wise to avoid using the left hand when feeding patients, also consider this when siting drips etc.
- Offer a volume of the Bhagavad Gita. Please contact Chaplaincy.
- The patient may require to lie on the floor (close to mother earth).
- Require time for meditation.
- Need for privacy is considerable amongst Hindus, as is the importance of modesty in dress for Hindu women.
- May wish to keep small idols or pictures of gods beside the bed.
- Family may wish to stay with the patient all the times.
- Hindu women may wear bangles or a thread, which should not be removed without permission. Similarly, the red spot married women wear on their forehead should not be washed off without permission.

Naming Systems

- Names normally have three parts; personal, middle or complementary, and family name. Personal name is used informally by family friends, sometimes with addition of 'ji' to denote respect. Personal and middle names are used together in more formal situations, middle names are never used on their own.
- Origin and meaning of name: Surname may be a family name, but may also denote caste.
- Changes to name: As a rejection of the caste system some people have dropped the surname using their middle name as such instead.
- Conventions of use: Full name and title should be used when addressing a Hindu person formally.
- NB As family names are rarely used; a mistake can occur if a middle name is recorded.

Diet

- Many Hindus consider the taking of life wrong and so are vegetarian.
- They do not eat meat, fish, or eggs, which are a potential source of life.
- Beef and beef products are forbidden, as the cow is sacred.
- Most will not eat pork.
- Some Hindus may refuse onion or garlic.
- Dairy produce is acceptable, so long as it is free of animal fat or rennet; so for example, the only cheese some Hindus will eat may be cottage cheese. However, it is best to ask each individual. Some individuals are very strict vegetarians. They will not eat food which has come into contact with, or been served with, the same utensils as meat.
- Alcohol is not forbidden but many will not consume it, especially women.
- Fasting is common in Hinduism between sunrise and sunset, but few Hindus insist on fasting when ill.

They believe certain foods are “hot” and certain foods are “cold” - no relation to temperature.

Hot foods include:

- Meat
- Some fruit – e.g. mango, pineapple
- Fried foods
- Alcohol
- Spices

Cold foods include:

- Most fruit
- Vegetables, especially cucumber
- Barley
- Yoghurt
- Ice-cream
- Herbal teas

In general these foods are eaten in combination in meals. However, in certain conditions, certain foods may be avoided, e.g. “hot foods” post child birth.

Child Birth

Traditions and ceremonies associated with the birth of a child may vary greatly between families.

Soon after the baby’s birth, the ‘OM’, a symbol of the Supreme Spirit, may be written on the baby’s tongue in honey. The parents may wish to have the baby’s horoscope read by an astrologer or priest and may need to know an exact time of birth. On the sixth day the women of the family may gather to offer congratulations to the mother and celebrate the birth.

It is also the day on which Hindus traditionally believe the baby's fate is written and some parents may wrap their baby in a green cloth and leave a blank piece of paper and pen near the baby's cot.

Healthcare professionals are advised to allow time and privacy for the placing of the 'OM' on the baby's tongue and also allow time for the celebratory gathering on the sixth day and explain carefully if visiting numbers are limited at any one time.

Care of the Dying

- Before death there will be a desire to offer food and articles of use to the needy, religious persons and the Temple. These gifts will be brought by relatives for the patient to touch.
- Offering a calf (female) is symbolised by placing under the bed "Kusha" grass.
- A Hindu would like to have the leaves of the sacred Tusi plant and Ganges water placed in his mouth before death by relatives. **Therefore warn the relatives if death is imminent.**
- After death the wishes of the dead are honoured.
- Consult the family if they wish to perform the Last Rites in the hospital, where the patient will be bathed in water mixed with water from the River Ganges. Normally, this is done at home by the family.
- Do not remove sacred threads or jewellery or any markings.
- Consult the wishes of the family before touching the body. The use of gloves will be appreciated.
- A Hindu is cremated.

Viewing the body

- Remove any Christian Symbols.
- Place the "OM" symbol, if available, nearby.
- Allow the head of the patient to be close to the "OM".

Post-mortems and Organ Donations/Transplants

No objection to organ transplants.

Post mortems are not liked, but if required by law, all organs and remains must be returned. It is preferred that no longer than 24 hours elapses before the funeral.



ISLAM

“Praise be to Allah, the lord of all the worlds! The compassionate, the merciful! Guide Thou us on the straight path.” (Sura 1 of the Qur’an’)

Islam is an Arabic word and connotes submission to the will of God. The other literal meaning of Islam is “Peace”. Followers of Islam are called Muslims.

Muslims believe there is no other God except Allah. Mohammed (peace be upon him) is the prophet sent by God for all humanity. Therefore whoever honestly believes in and professes the Unity of God and the Prophethood of Mohammed joins the fold of Islam and is a Muslim.

The holy book Qur’an is the revered book of Allah. Islam is based on 5 fundamental principles, which should be completely practiced by every Muslim:

- To acknowledge that there is no God except Allah and that Mohammed is his messenger.
- The mandatory 5 daily prayers (facing Mecca).
- Fasting in the month of Ramadan.
- Giving Alms to the poor.
- Pilgrimage to Mecca at least once in a lifetime if one can afford it.

Main Festivals

Eid-UI-Fitr Festival of Fast breaking occurs in the month of ‘Shawwal’ after Ramadan. The end of Ramadan is welcomed with much joy and celebration.

Eid-UI-Adha Festival of sacrifice on the tenth day of the twelfth month. Most Muslims make their pilgrimage to Mecca during this festival as part of Hajj.

Other important events

Ramadan Ramadan is a holy month, when practicing Muslims fast in the ninth lunar month.

Muharram The beginning of the Islamic year.

THE MUSLIM PATIENT

Special Considerations

- Great importance is attached to cleanliness. Therefore before every act of prayer the patient will want to wash. The Chapel has a Muslim prayer room with washing facilities.
- Times of prayer are dawn, noon, mid afternoon, just after sunset and before retiring or sleep. The patient will need to stand on clean ground or a prayer mat facing Mecca (southeast in Britain). Prayer mats are available in the Chaplaincy if needed.
- Privacy will be appreciated but not essential.
- An offer of the copy of the Qur'an will be appreciated. This must be handled with the greatest respect, no object or book being placed upon it.
- Both male and female Muslims are very modest in their dress and outlook. A female may request that her husband or a female companion be present during a medical examination. Women may stay fully clothed at night.

Naming Systems

The order of names is not fixed or of particular significance. In most Muslim families, each member will have a totally different name.

Examples:

Husband = Abdul Rahman
Wife = Fatma Jan
Sons = Mohammed Ruasa
= Mohammed Rashid
Daughters = Salamet Bibi
= Mehr-un-Nessa

Muslims from different cultures may use their own naming systems.

Origin and meaning of name: Men will often have a religious name and men who are especially devout may have extra religious titles. Women may use the titles Bibi or Begum, indicating respect.

Convention of use: For many Muslims their religious name must be used with their personal names at all times. To use their religious name alone may cause offence.

Diet

- Practicing Muslims do not consume pork or pork products. Other meat can be consumed but it has to be Halal meat.
- Halal meat means the meat of animals which have been killed in a special manner stated in Islamic law.
- Fish and eggs are allowed but not if they are cooked near pork or non-halal meat, or are served with the same utensils as non-halal meat.
- Muslims do not use non-Halal meat products such as gelatine.
- Some will accept kosher meat.
- Practicing Muslims will fast during Ramadan from sunrise to sunset.

Pregnant and post-natal women may not eat 'hot' foods e.g. red lentils, kidney beans, meat, and highly spiced vegetables. However, in general there are no restrictions on what pregnant or post-natal Muslim women can eat or drink over and above what Muslims can eat or drink generally.

Please ask the patient about his/her dietary observances i.e. take extra care with Vegans, Vegetarians, etc.

Child Birth

- Some Muslim women may refuse to be examined internally before giving birth.
- Muslim babies should be completely bathed immediately after the birth, usually before the child is handed to the mother.
- Muslims do not consent to photos of a stillbirth being taken.

A call of prayer is whispered into the right ear by the father or other male relative as soon as possible after the birth, as this should be the first sound the baby hears. If no male relative is available another Muslim male chosen by the family may do it.

Muslim women may wish to remain fully dressed in labour.

All Muslim boys are circumcised, usually within four weeks of the birth. Traditionally this is done in the first few days after birth.

Care of the Dying

- The patient may wish to sit or lie facing Mecca.
- Family or friends should be warned of imminent death so they can contact the Imam.
- Family or friends may wish to quietly read the Qur'an.
- The family may wish to prepare for existence beyond death by confession of faith.

- Life after death will continue in a form that makes preservation of the body essential.
- If no relatives are available, wear gloves and straighten the body. Avoid body contact.
- At death wrap the body in 2 plain white sheets.
- After death the body must be washed in a specific way by a Muslim man (if the deceased is male) or a Muslim woman (if the deceased is female), never by non-Muslims. Following this, a special prayer is said in front of the body.
- Place the foot of the bed towards Mecca or turn the patient onto their right side in order that the deceased's face looks towards the Holy City.
- It is customary amongst Pakistanis and Arabs to express their emotion freely when a relative dies. Where possible give them the privacy to do so. The need to avoid disturbing other patients by their mourning should be explained.

Viewing of the Body.

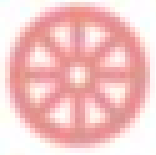
- Remove any Christian symbols.
- Place the foot of the bed towards Mecca, or position the deceased so that their face is towards Mecca.
- Burial to take place as soon as possible.

Post Mortem and Organ Donation/ Transplant

Many Muslims will oppose a post-mortem unless it is required by law. Any organs that are removed should be returned and buried with the body.

There are no issues relating to blood transfusions, but some Muslims may be reluctant to donate organs. The individual or their family may wish to consult their local religious leader about it.

It is preferred that no longer than 24 hours elapse before the funeral



BUDDHISM

“Impermanent are all created things. Strive on with awareness.” (Said to be the Buddha’s last words)

The Buddhist faith stems from the teachings of the Buddha, Mahatma Gautam Shakyamuni. Buddha, who lived around 500 BCE in India, and is revered, not as a god but as an example to us as a way of life.

Followers seek to emulate his example of perfect morality, wisdom and compassion culminating in a transformation of consciousness known as enlightenment. The Buddhist way of life involves morality and generosity, the keeping of special festivals, pilgrimage to Buddhist sacred places and social responsibility.

Buddhism is not dogmatic but through its long history has developed into many schools. It is important to ascertain which school of Buddhism the patient follows as this could influence their requirements in hospital.

Main Festivals

| | |
|--|--|
| Vesak/Wesak (May) | Full moon, celebrates the enlightenment of Buddha. |
| Obon/Parinirvana (July to September) | Celebrates the passing of Buddha. |
| Buddhist New Year | Varies from country to country. |

The Buddhist Patient

Special Considerations

- Peace and quiet for meditation and chanting would be appreciated; therefore access to a day room or single room may be required. The Chaplaincy also has a multi-faith prayer room available.
- The offer of the Chapel, or multi-faith prayer room, for visiting Buddhists to pray or meditate in with the patient would be appreciated.
- May wish to sleep on the floor
- The image of Buddha would bring comfort, as will some flowers and an incense stick. These must be handled with great respect.

Diet

Buddhism emphasises the avoidance of intentional killing, based on the principle of non-violence (ahimsa). Thus, many Buddhists are vegans or vegetarians or will eat only fish or eggs. Meals will vary considerably depending upon their country of origin. So it is best practice to ask the patient about their preferences.

Child Birth

People of all religions and none recognize the sanctity and value of human life and celebrate the birth of the child. Unlike other religions, Buddhism does not see the birth of a child as a gift from God. For Buddhists all living beings are special and precious, and all humans are able to make spiritual progress on the path to enlightenment. A new life is a symbol of hope and opportunity and is the expression of love between people and their desire to create a family.

Care of the Dying

Buddhists believe in rebirth after death. The state of mind of a person at the moment of death is important in determining the state of rebirth. They like to have full information about their imminent death to enable them to make preparation. Some Buddhists may not wish to have sedatives or pain killing drugs administered at this time, as they may wish to remain as aware as possible.

- A side room is essential, as having a quiet place is especially important to them and their family.
- Full information about their imminent death must be given to the patient to enable them to make their own preparation for the event. An open, honest and frank manner will be appreciated.

- Buddhism stresses the importance of relief of pain and suffering in general but the need to approach death in a clear conscious state of mind is important, therefore this may mean the reduction of certain types of medication.
- Patients should be consulted at all stages of their treatment.
- Body to be wrapped in a sheet with no emblems.
- The need to inform a fellow Buddhist is important; as the family may wish for special prayers and rituals to be performed. The family may do this.
- Cremation is preferred.

Post- Mortem and Organ Donation/ Transplant

Most Buddhists have no objection to post-mortem. However, please consult with the patient or their family.

Some Buddhists may want their body to be left for some time without being moved, as they believe the mind remains in the body for a time after the heart has stopped. Other Buddhists may want to stay with the body, chanting and meditating for some time.

Similarly, some Buddhists may decline to donate organs after death, because this would disturb the mind which remains in the body for some time after death.



SIKHS

“There exists but one God, who is called the True, the Creator, free from fear and hate, immortal, not begotten, self existent great and compassionate” (from Guru Nanak’s hymn, recited each morning by Sikhs)

Sikhs believe in one God, and in many cycles of rebirth. They respect equality of all people, regardless of caste, colour, creed or sex. The birthplace of Sikhism was in Punjab, India.

Sikhs believe that God is the only reality and that spiritual release can be obtained by taming the ego through devotional singing, recitation of the divine name, meditation and service. Prayers are read five times daily. Sikhs do not smoke and adultery is forbidden.

To indicate equality all men are given the name Singh (which means lion) and all women receive the name Kaur (Princess).

Sikhs wear five articles of faith:

- **Kesh** – long hair which is kept under a turban.
- **Kangha** – small comb, which is worn in the hair at all times.
- **Kachha** – special shorts – underwear.
- **Kara** – a steel bracelet or ring worn on the right wrist.
- **Kirpaan** – a short sword worn symbolically by baptised Sikhs.

Main Festivals

| | |
|----------|--|
| Baisakhi | The most important festival. It is usually celebrated on the 13 th April. It commemorates the day that the Kalsa came into being. |
| Diwali | Sikhs celebrate Diwali by lighting candles and exchanging sweets and presents. |

Birthday of Guru Nanak This is celebrated by an “Akhand Path” a complete reading of the Guru Granth Sahib (the Sikh Holy Book). This is started in the gurdwara two days before the festival and will finish on the morning of the birthday. Sikhs try to attend the gurdwara as often as possible during the reading.

THE SIKH PATIENT

Special Considerations

- Do not ask a Sikh to remove their Kara (bangle) unless vital for X-ray or surgery to be performed on the right wrist.
- MRI scan cannot be performed unless patient agrees to remove the Kara.
- The Community “Gurdwara” (local spiritual centre) must be contacted if there are no relatives.
- Sikhs prefer flowing water to wash in before meals, after toilet or after use of a bed pan.
- If for any reason the patient’s Kachha (special shorts – underwear) are removed they should be replaced by another pair. Consult the patient for method of removal/replacement.
- Moderate Sikhs may not object to underwear for medical purposes.

Naming Systems

Men and women will have a personal name, which will then be followed by the name Singh for men and Kaur for women. The use of a family name has been prohibited in the Sikh tradition as a way of eliminating the caste system.

Origin and meaning of name: Personal names do not indicate a particular sex, this is denoted by the next name.

Changes to name: Less traditional Sikhs are using family names, sometimes adopting European ones.

Conventions of use: A Sikh can be addressed by their personal name followed by Singh or Kaur.

Diet

- Baptised Sikhs are vegetarian, and may not take any food containing gelatin or cooked in animal fat.
- Most Sikhs would accept milk products such as yoghurt and vegetarian cheese.
- Where a Sikh is not vegetarian s/he may not eat beef or sometimes pork.
- Many will not accept eggs or fish.
- Most Sikhs will not accept Halal Meat.
- Alcohol is forbidden.
- Some will fast from sunrise to sunset for certain festivals.

It is helpful to explain to patients the ingredients of dishes with unfamiliar names, e.g. “Hot Pot”.

Child Birth

The birth of a baby will be greeted with rejoicing especially if the baby is a boy. Relatives will wish to visit the mother and child as soon as possible and will celebrate with the distribution of sweets. Traditionally the mother will get complete rest for forty days following the birth as she is thought to be at her weakest then. Other relatives will care for the family. The child will be named at the Gurdwara or Temple when the mother is considered well enough to go there.

The health visitor should check that the mother is being cared for at home and that the family does understand the need for rest. The mother may be coping with a very heavy workload.

Care of the Dying

A devout Sikh may wish to recite hymns from the Guru Granth Sahib (the Sikh Holy Book). If s/he is unable to do this a member of the family or a reader from the Sikh Temple may read them. If no family member is available any practicing Sikh may be asked for help.

- Do not remove the 5 K's.
- Cover the body with a plain white sheet and, if possible, close the eyes and mouth and straighten the limbs.
- The family may wish to say or sing prayers.
- Taped hymns or prayers may be placed beside the patient. A separate room if possible will be appreciated.
- Most Sikhs will be cremated, although stillborn or neo-natal babies may be buried.

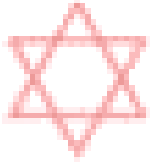
Viewing the body

Remove any Christian symbols and place Khanda (Sikh symbol), if available, nearby. The body may be taken home for friends to view. Most Sikhs are cremated.

Post Mortem and Organ Donation/Transplant

Sikhs do not like the idea of a post-mortem, but will accept it if it is required by law.

Most Sikhs have no objection to blood transfusions, or to receiving or donating organs for transplantation. However the decision rests with the individual family.



JUDAISM

“Hear O Israel, the Lord your God, the Lord is one, and you shall love the Lord your God with all your heart, and with all your soul and with all your might” (The ‘Shema’ recited by Jews twice daily)

Judaism has been in existence for five and a half thousand years. It is based on the belief in one universal God seen by Jews in a purely personal relationship. They also believe that God is omniscient, and will reward the righteous and punish the wicked at the end of time when there will be a resurrection of all the dead.

The love of God and the wish to carry out the Ten Commandments as given to Moses on Mount Sinai is embodied in the teaching of the Pentateuch (Torah), the first five books of the Old Testament, a portion of which is read out on the Sabbath in synagogues throughout the country. Jews are required to live in accordance with 615 commandments covering all aspects of life. They do not believe non-Jews are required to live by the same rules.

The Jewish Sabbath begins before nightfall on Friday afternoon and ends with the first sighting of three stars on Saturday night. It is a day of rest, and begins and ends with ceremonies in the home.

Jewish religion and culture are inextricably mixed. After many centuries of dispersal from their land of origin, Israel, Jews have adopted food habits, habits of dress and modes of behaviour of their host countries and generally those Jews likely to be hospitalized in Britain will be totally European. It is also customary for Orthodox Jews to wear a small cap called a Kippah.

The family is of great importance to Jewish life. In Britain today there is a wide spectrum of observances amongst Jews from *reform* and *liberal* to *ultra-orthodox*.

Main Festivals

The Jewish year is both lunar and solar, in a 19 year cycle, so timings vary. Each month is the equivalent of 29 or 30 days and a year is 354 days. The Jewish day goes from evening to evening.

Shabbat or Sabbath Shabbat is the main celebration of each week in a Jewish home. It is a celebration of the Sabbath and the most important festival apart from Yom Kippur.

Day of Atonement 'Yom Kippur' a day of repentance, with a fast lasting over 25 hrs. Most of the day is spent in prayer.

Rosh Hashana Jewish New Year commemorates the creation of the world. New Year traditions in Jewish homes include eating a slice of apple dipped in honey to symbolize a 'sweet' new year.

Other Festivals

Purim Celebrating the story of Esther. This is read in Synagogue accompanied by rowdy cheering and booing. Children act in plays and wear fancy dress.

Pesach – Passover The Festival of Unleavened Bread, commemorating the liberation of Jews from slavery in Egypt.

Chanukah-Hannuka The Jewish festival of rededication, also known as the Festival of Lights. On this day the Chanukah lights are lit, prayers are said, and children are given coins as presents.

THE JEWISH PATIENT

Special Considerations

- Sabbaths and festivals are important.
- On the Sabbath 'work' is prohibited and this includes things such as writing, traveling and switching on lights and electrical appliances. Orthodox patients should be consulted about what they can do during the Sabbath. The simple acts of turning lights and television sets on and off for them would be greatly appreciated. Some Orthodox Jews may not bathe or shower during major festivals or on the Sabbath.
- If you are arranging a Friday discharge, arrange discharge procedures so that the patient has enough time to go home before dusk. Observant Jews will travel to the hospital on the Sabbath only in an emergency. If discharged on a Saturday, they will wait in hospital until nightfall when the Sabbath ends before travelling home.
- Observant Jews pray three times a day, at morning, afternoon and evening, and would appreciate privacy for this. Orthodox men wrap themselves in a prayer shawl and tie phylacteries (small leather boxes containing Scripture passages) on their forehead and their arm. They may ask which way is east.

- Kosher meals should be available on request, but many Jews will accept a vegetarian diet while in hospital.
- A place to light two candles, a small glass of wine and some special bread may be needed to welcome the Sabbath. Friends will usually provide the necessities.

Special care must be taken with Ultra-Orthodox Jews:

- It is immodest for them to touch women other than their wives. Therefore, thought should be given about what contact is necessary between nurse and patient. For instance, when giving them something, put it down and they will pick it up, so that your hands do not touch.
- Orthodox women may wish to cover hair with a wig or scarf and limbs to be kept covered at all times. This must be respected. Also Orthodox men may like to cover their heads with a small cap during their stay.

Naming Systems

Jews follow European naming systems. At circumcision boys receive a religious name but this will not be used in a secular context, girls receive their name at birth.

Diet

- Judaism lays down strict guidelines concerning diet. Acceptable food is called Kosher. However, as Jews have a wide range of religious observance, practice of dietary laws will vary from person to person.
- Many Jews will ask for Kosher food, i.e. meat that has been prepared in a special way according to Jewish Law.
- Shellfish, pork, rabbit and derivatives are strictly prohibited (treifu).
- Milk and meat products are not eaten in the same meal. This means that they do not have milk in their drinks or cream with their desserts after their meat meal and do not use butter on meat sandwiches.
- Orthodox Jews may wish to use plastic rather than metal knives and forks.
- No food preparation is allowed on the Sabbath.

The patient should be consulted over his/her dietary observance and the necessary arrangements made.

Orthodox Jews may not be happy to take non-Kosher medication.

At Passover (in March or April) special foods may be required by some Jewish patients: food made with barley, wheat, oat, rye will be avoided. No bread or cake made with yeast will be consumed, and only unleavened bread, called Matzah, is eaten.

The Day of Atonement or Yom Kippur (in September or October) is a special day of fasting, although those who are ill, children under 9, and women giving birth are not required to fast. A Jewish patient will normally wish to keep that day to pray and be quiet. It is the holiest day of the Jewish calendar and is considered to set the path for the year follow. Orthodox patients must be offered alternatives to oral medication, such as injections or suppositories.

Child Birth

All Jewish boys are circumcised, usually eight days after birth. This is performed by a trained and medically certificated religious functionary called a “Mohel”. If there is any doubt about the child’s health the circumcision is delayed. Circumcision is a family event and celebration.

Care of the Dying

- Jewish people place great importance on the sanctity of life. Their philosophy is ‘where there is life there is hope.’
- Jewish people may not want to talk about or accept that life is near its end and for that reason they do not always access palliative care.
- Jews oppose anything that may be interpreted as hastening death, but do not wish to prolong the actual act of dying.
- Visiting the sick is religious duty.
- Dying patients should not be left alone; relatives therefore may wish to stay.
- The relatives may wish to call the patient’s own Rabbi to say a prayer of confession and affirmation of faith. If the Rabbi is not available, this can be said by the relatives.

Once death is established

- The relatives may wish to open a window to allow the soul to depart. The nearest relatives may wish to close the eyes. The arms should be extended by the side, hands open, mouth closed, and feet pointing towards the door. The body touched as little as possible.
- If death happens during the Sabbath the body should be left; seek advice of relatives.
- Jewellery should be removed in presence of witnesses and a list made.
- The body should be wrapped in a plain white sheet.
- Relatives may wish to keep vigil over the body.



Our Vision

To provide every patient
with the care we want
for those we love the most



Norfolk and Norwich
University Hospitals
NHS Foundation Trust

- When viewing the body remove any Christian symbols, candlesticks etc. from the room.
- Some non-orthodox Jews may choose cremation, while Orthodox Jews prefer burial.
- If the death has to be reported to the Coroner, s/he should be informed that the patient was Jewish and be asked if the procedures can take place as soon as possible.
- Burial should take place within 24 hours if possible.

Post Mortem – Organ Donations/Transplant

Post mortems are not permitted unless legally required. Organ transplants are usually forbidden by Orthodox Jews. However opinions vary and decisions may rest with the rabbinic authority and family.



CHRISTIANITY

“I give you a new commandment: love one another; as I have loved you, so you are to love one another.”

(Jesus to his disciples)

Christianity was founded just over 2,000 years ago in the area of modern-day Israel and Palestine. It is based on the person and teachings of Jesus of Nazareth, also known as Christ (the Anointed One). Christianity is a world-wide religion followed by people of many different cultures.

There are many different Christian churches with differing structures, beliefs and rituals, but Christians hold the majority of the same beliefs in common, and the concept of one God who reveals himself as Father, Son and Holy Spirit is central to all Christian teaching.

Christianity is still the main religion of Britain. The central of belief of Christianity is that the nature and purpose of God has been revealed in the life and teaching of Jesus Christ.

Christians believe that God became man in the person of Jesus Christ. He was crucified, rose from the dead and ascended to heaven. The Christian holy book is called the Bible, made up of the Jewish scriptures and the New Testament. Key Christian rituals are baptism and Holy Communion (a simple meal of bread and wine). Most Christians are baptised as babies or when they are old enough to profess their own faith in Jesus Christ.

All Christian churches uphold the sanctity of life, and believe every effort should be made to save life.

Main Festivals

| | |
|-----------|-------------|
| Christmas | 25 December |
| Easter | March/April |
| Pentecost | May/June |

THE CHRISTIAN PATIENT

ANGLICAN / CHURCH OF ENGLAND

Special Considerations

- Patient may wish to see a Chaplain before an operation, or to receive Holy Communion.
- They may request a Bible, or wish to attend the Chapel.
- Patients or relatives may want to pray in the Chapel or ask the times of Services.
- If the patient is in spiritual distress, they may wish to see the Chaplain.

Diet

There are no special dietary requirements. However, some Christians fast on particular days or at particular times of the year. Some Christians give up certain foods during Lent (a 40-day period between Ash Wednesday and Easter). Other Christians may fast before receiving Holy Communion.

Child Birth

There are no special requirements.

Care of the Dying

- Prayers may be said at the bedside of the dying and sometimes it will be appropriate for the patient to be anointed with specially blessed oil. The close family must be asked.
- After death the family may wish to gather around the bed to say prayers of thanksgiving for the person's life.
- Always ask the patient / significant others if they would like to see the Chaplain or wish their local priest to visit.
- If a baby is in danger of dying, parents should be offered the Chaplain who can perform a blessing or baptism for their baby. In an emergency, a member of staff can perform a baptism if the Chaplain cannot reach them before the baby dies. Some Christians do not practice infant baptism, and may prefer a sick or dying baby to receive a blessing instead.
- Hospital chaplain will contact the patients' own parish priest if so requested.

Post-mortems and Organ Donation/Transplant

No objections on religious grounds.

THE CHRISTIAN PATIENT

ROMAN CATHOLIC

Special Considerations

- Patients may wish to see a Roman Catholic Chaplain before an operation or to receive Holy Communion.
- They may request a Bible, or a rosary.
- Patients or relatives may want to pray in the Chapel or ask the times of Services.
- If the patient is in any spiritual distress they may wish to see the Chaplain.

Diet

There are no special dietary requirements. However, some Christians fast on particular days or at particular times of the year. Some Christians give up certain foods during Lent (a 40-day period between Ash Wednesday and Easter). Roman Catholics particularly observe Friday as a no-meat day, or may fast before receiving Holy Communion.

Child Birth

There are no special requirements.

Care of the Dying

- In addition to the normal visits by the Chaplain, the Sacrament of the Sick and anointing with oil is of particular importance. This may also be required before an operation.
- The Catholic Priest should always be called to a dying patient or one who has just died and he will normally be of assistance in consoling the relatives.
- After death some like their hands in a position of prayer holding a crucifix or rosary.
- If a baby is in danger of dying, parents should be offered the Chaplain who can perform a blessing or baptism for their baby. In an emergency, a member of staff can perform a baptism if the Chaplain cannot reach them before the baby dies.
- Hospital chaplain will contact the patients' own parish priest if so requested.

Post-mortems and Organ Donation/Transplant

No religious objections to this.

THE CHRISTIAN PATIENT

FREE CHURCH

There are many ‘Free’ Churches. Some of them are:

Baptist

Church of Christ

Church of Nazarene

Free Church of England

Independent Churches and Missions

Independent Methodists

Methodists

The Vineyard

Pentecostal

Plymouth & Other Brethren

Presbyterian Church

Salvation Army

The Lutheran Church

The New Church

The Society of Friends Quaker

United Reformed Church

Special Considerations

- Free Church patients will welcome prayers and, if well enough, to come to Chapel on Sunday, although they typically take Holy Communion less frequently than Anglicans or Roman Catholics. Members of the Salvation Army may wish to attend Chapel but will not take Holy Communion.
- Where possible the ministry will be given by a Minister of their own Church.
- May request a Bible.
- Patients or relatives may want to pray in the Chapel or ask the times of Services.

Diet

There are no special dietary requirements. However, some Christians fast on particular days or at particular times of the year. Some Christians give up certain foods during Lent (a 40-day period between Ash Wednesday and Easter). Free Church members particularly may wish to fast and pray before making a significant decision.

Child Birth

There are no special requirements.

Care of the Dying

- Prayers may be said at the bedside of the dying and sometimes it will be appropriate for the patient to be anointed with specially blessed oil. The close family must be asked.
- After death the family may wish to gather around the bed to say prayers of thanksgiving for the person's life.
- Always ask the patient / significant others if they would like to see the Chaplain or wish their local priest to visit.

- If a baby is in danger of dying, parents should be offered the Chaplain who can perform a blessing or baptism for their baby. In an emergency, a member of staff can perform a baptism if the Chaplain cannot reach them before the baby dies. Some Free Church members particularly do not practice infant baptism, and may prefer a sick or dying baby to receive a blessing instead.
- Hospital chaplain will contact the patients' own parish priest if so requested.

Post-mortems and Organ Donation/Transplant

No religious objections to this.

THE CHRISTIAN PATIENT

CHRISTIAN ORTHODOX

A family of Christian Churches including Russian, Greek, Syrian, Armenian & Serbian Orthodox. Belief in one God expressed as Father Son and Holy Spirit. Christians see Jesus as the revelation of God and the means of reconciliation with Him (Salvation).

Religious pictures known as icons are important, as the representation of a saint or holy event from the past is deemed to make that person or event real in the present.

Special Considerations

- The sacraments (Holy Communion, Baptism, Anointing of the sick) will be important to Orthodox.
- Will want to see an Orthodox Priest in the event of serious illness or death.
- Patients or relatives may want to pray in the Chapel or ask the times of Services.

Diet

There are no special dietary requirements. However, some Christians fast on particular days or at particular times of the year. Some Christians give up certain foods during Lent (a 40-day period between Ash Wednesday and Easter).

Child Birth

There are no special requirements.

Care of the Dying

- Very important to ask patient or relative if they would like the Orthodox priest to visit and administer Communion and anointing with oil.
- After death the family may wish to gather around the bed to say prayers of thanksgiving for the person's life.
- If a baby is in danger of dying, parents should be offered the Chaplain who can perform a blessing or baptism for their baby. In an emergency, a member of staff can perform a baptism if the Chaplain cannot reach them before the baby dies.
- Hospital chaplain will contact the patients' own parish priest if so requested.

Post-mortems and Transplants

No religious objections although there may be cultural concerns.

THE CHRISTIAN PATIENT

CHRISTIAN SCIENTIST

Known as the Church of Christ, Scientist, they are often known as Christian Scientists and have no clergy. Founded 1879 by Mary Baker Glover Patterson Eddy (1821-1910), who argued in her book, *Sickness and Health* (1875), that sickness is an illusion that can be corrected by prayer and right attitude. This book became their central text, along with the Bible.

The Church is known for its newspaper, *The Christian Science Monitor*, and for its Reading Rooms which are open to the public. Members follow the 'Manual of the Mother Church' and are led by a president and board of 5 directors.

Members subscribe to a form of philosophical idealism, believing that reality is purely spiritual and the material world an illusion. This includes the view that disease is a mental error rather than physical disorder, and that the sick should be treated not by medicine, but by a form of prayer that seeks to correct the beliefs responsible for the illusion of ill-health.

Special Considerations

- Christian Scientist patients may accept conventional but minimal medical treatment. They will also ask for drug therapy to be kept to a minimum.
- Some Christian Scientists may refuse medical treatment for themselves and for their children. Where a child's life is in danger, it may be necessary to apply for a court order to treat the child.
- Privacy will be needed for prayer and Bible reading. This should be made available simply by closing the curtains.

Diet

There are no special requirements.

Child Birth

Some Christian Scientist mothers may refuse anesthetic during the birth of their child, preferring prayer before and during child-birth.

Care of the Dying

- No last rites.
- Female body handled by female staff.
- Cremation is usually chosen in preference to burial, but is a matter of family choice.

Post-mortems and Organ Donations/Transplant

- No post-mortem unless required by law.
- Would wish to keep the body inviolate.
- Would not normally wish to donate or receive organs.

JEHOVAH'S WITNESSES

Jehovah's Witnesses were founded by Charles Taze Russell in 1872. They believe in Almighty God, Creator of the heavens and earth, and accept Jesus as the Son of God, but not as being equal or one with God. They do not, however, use the symbol of the cross because they believe it to be of pagan origin.

They await the end of the present world system, which they believe will begin with the battle of Armageddon, Jehovah and his true witnesses will be the only survivors. After Armageddon there will be 1000 years of peace and life under favourable conditions.

Jehovah's Witnesses believe it is important to share their faith, and are well known for calling on people in their homes, and for their magazine *The Watchtower*.

THE JEHOVAH'S WITNESS PATIENT

Special Considerations

- ❖ *Strongly held belief that taking blood transfusions or blood products into the body in morally wrong.*
- Jehovah's Witnesses believe that all medical decisions should be a matter of informed consent.
- The patient will not accept treatment involving the use of blood or blood components but will accept alternative non-blood medical management.
- A matter of Patient choice are the use of derivatives from blood such as;
 - Red Cells
 - Hemin and Hemoglobin
 - White Cells
 - Interferons and Interleukins
 - Platelets
 - Clotting Stimulants and Platelet Factor
 - Plasma
 - Albumin, Clotting Factors, Fibrinogen and Immunoglobulins
- Procedures that are also the Patient's choice are;
 - Dialysis
 - Acute Normovolemic Haemodilution
 - Heart-lung machine
 - Intraoperative Blood Salvage Machines
 - Epidural Blood Patch
 - Plasmapheresis

- There is a growing movement from the Reform Group on Blood, to be found on the web, which is concerned that at the very least the decision to have blood should be an individual choice.
- Jehovah's Witnesses do not smoke.

Diet

- Food containing blood or blood products is not acceptable.
- They are not allowed to eat animal meat if the blood has not been drained from it.
- Some Jehovah's Witnesses may be vegetarian and abstain from alcohol, but these are matters of personal choice.
- No other special dietary requirements.

Child Birth

There are no special requirements.

Contraception is a matter of individual choice.

Jehovah's Witnesses believe that human life begins at conception, and so do not approve of abortion.

Care of the Dying

Those who are very ill appreciate a pastoral visit from one of their Elders. Friends or family may assist with this information, or Chaplaincy can contact someone.

Post-mortems and Organ Donations/Transplant

- Jehovah's Witnesses have no objection to post-mortems on religious grounds.
- While forbidden to take blood, Jehovah's Witnesses are not forbidden to take tissue or bone from another person. Therefore, they can accept organ donation but any surgery would have to be performed on a bloodless basis.
- Some Jehovah's Witnesses may not wish to donate organs because another person's blood will flow through them.
- In the case of organs which do not involve blood-flow, e.g. corneas, they would have no religious objection to donation.

THE BAHAI FAITH

“The earth is but one country, and mankind its citizens.”

(Baha’ullah on the unity of humankind)

The Baha’i faith began in Persia in the middle of the 19th Century. It is based on the teachings of Baha’ullah (1817-1892). He stated that the time had come for the people of the world to put aside their differences and to unite on the basis of the teachings that he had brought.

Baha’is believe in one God who reveals His purpose progressively throughout human history. Baha’ullah taught that humankind must follow the principle of the ‘oneness of mankind’. This recognizes that while people are diverse in their aims, aspirations and cultures, it is imperative that they work co-operatively in a spirit of ‘unity’.

Baha’is have no clergy, instead its affairs are in the hands of elected administrative bodies known as ‘Spiritual Assemblies’; at present 200 in the United Kingdom.

They are required to say an obligatory prayer each day, to read from the Holy Scriptures of the faith each morning and evening; during illness they are exempt from obligatory prayer.

Baha’is have a great respect for life. Each person has a soul that comes into being at conception. During a person’s lifetime, the soul acquires the spiritual attributes required for the next stage of existence, which occurs after death.

Baha’is are found in all continents and they come from many nationalities and cultures.

Main Festivals

NAWRUZ

New Year, celebrated on 21st March each year

THE BAHAI PATIENT

Special Considerations

- There are no unusual requirements for Baha’i patient in hospital. S/he will accept usual routines and treatment.
- The patient may wish to fast, therefore food should be available before dawn and after dusk. Members of Baha’i faith fast for a period from 2nd March-21st March. But fasting is not obligatory during sickness or pregnancy, whilst breastfeeding or menstruating, and those under the age of 15 or over 70 are exempt from fasting.

Diet

- Alcohol is not permitted, including alcohol in cooking.
- Fasting is observed for 19 days every spring, from 2nd to 21st March.
- Smoking is discouraged.

Child Birth

There are no special requirements. Baha'is may wish to celebrate a birth with prayers to God, but there are no other rituals.

Contraception is left to individual conscience, but sterilization of either sex is discouraged unless there is a medical reason.

Abortion is only permitted where there is a risk to the mother's life or health.

Most Baha'is will not use the intra-uterine device, as they regard it more as an abortive measure than as contraception.

In-vitro fertilization is only permitted with the wife's egg and the husband's sperm, and as long as the resulting embryo develops within the mother's womb.

Care of the Dying

- Belief in an after-life – not reincarnation
- Patients may wish for members from spiritual Assembly of Baha'i to come and pray with them. The family may arrange this. Privacy will be required.
- Treat the body with great respect.
- The body is washed and wrapped in plain cotton or silk.
- A special ring will be placed on the finger of the patient; **not** to be removed.
- Baha'i adherents may not be cremated or embalmed, nor may they be buried more than one hour's journey from the place of death.

Post Mortems and Organ Donation/Transplant

Post-mortems are acceptable to Baha'is if necessary.

Most Baha'is have no objections to blood transfusions.

Baha'is may receive transplants or donate organs for transplant. Organ donation is regarded as praiseworthy.

THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS (MORMONS)

The Church of Jesus Christ of Latter-Day Saints (LDS) was founded in America in the early 19th century by Joseph Smith. The Bible and Book of Mormon are essential scriptures for Latter-Day Saints. The Church believes in God as Trinity (Father, Son and Holy Spirit). Members believe in pre-existence: a spirit-life before birth that a person has no memory of. They view life on earth as a period in which to become worthy to return to live in the presence of God and Jesus Christ.

Family unity is of central importance, epitomized by a 'sealing' ceremony at a Temple, when man and wife are sealed together for eternity. Children may be sealed to their parents. Family members, already dead, who were not members of the Church, may be baptized into the faith and sealed to their families. The Church encourages reverence and care for the body, and so counsels against immoral practices and the use of illegal drugs.

The sacrament of bread and water (Latter-Day Saints abstain from alcohol) equates to the Eucharist of other Christians, and is performed each Sunday. Although it may be brought into hospital from their local Temple, it is not regarded as essential for a sick patient.

The LDS Church administers spiritual healing to the sick. At the request of the patient, two members of the LDS priesthood may visit them. One anoints them with consecrated oil, and the second places their hands on the patient's head and offers prayer. Some privacy for this would be appreciated.

Most Latter-Day Saints have a positive attitude towards healthcare staff and are willing to seek medical help and advice when sick.

THE MORMON PATIENT

Special Considerations

- There are no unusual requirements for Mormon patient in hospital. S/he will accept usual routines and treatment.
- Church members live by a health code known as the Word of Wisdom, which promotes purity of the body. As a result, they will not drink tea or coffee.
- Some Latter-Day Saints wear special undergarments (white knee-length shorts). They believe these intensely private items to be sacred, and would normally wear them day and night. They may be removed by staff in an emergency, but must at all times be treated with respect. Members may choose not to wear these while in hospital.

Diet

- Mormons avoid the use of stimulants or substances they regard as harmful to the body. So they refrain from tea, coffee, alcohol and tobacco. Hot chocolate, Ovaltine and other such drinks are perfectly acceptable.
- All Latter-Day Saints who are fit to do so fast for 24 hours on the first Sunday of the month, from an evening meal on Saturday to a meal on Sunday evening.

Child Birth

There are no special customs relating to child-birth.

Although the Church does not forbid the use of contraception, it is not encouraged.

Sterilisation is forbidden except where necessary to protect life or health.

Latter-Day Saints only permit abortion to protect the life or health of the mother.

Care of the Dying

- There are no special rituals associated with dying, other than prayers.
- An 'endowed' Latter-Day Saint should be dressed after death in their white shorts, and wrapped in a white sheet. They will be dressed in other special clothes by Church members at the funeral directors.
- Treat the body with great respect.
- Generally cremation is not encouraged, but is the choice of the family members.

Post Mortems and Organ Donation/Transplant

Most Latter-Day Saints do not object to blood transfusions, and are willing to accept and donate organs for transplant.

They will accept a post-mortem if necessary.

PAGANISM

Paganism has its roots in the pre-Christian religions of Europe, and has re-emerged in the 20th Century. The social infrastructure of Paganism consists of a network of inter-related traditions and local groups served by larger organizations, and include practices or elements such as ecology, witchcraft, Celtic traditions, Wiccans, Druids, Shamans, Sacred Ecologists, Odinists and Heathens. In the UK, the Pagan Federation acts as an educational and representative body.

Pagans understand deity to be manifested within nature, and taking the forms of gods and goddesses. Pagans believe that nature is sacred and that the natural cycles of birth, growth and death observed in the world around us carry profound spiritual meanings. Human beings are seen as part of nature, along with other animals, trees, stones, plants and everything that is of this earth. Most pagans believe in some form of reincarnation, viewing death as a transition within a continuing path of existence.

Most pagans worship the pre-Christian gods and goddesses through seasonal festivals and ceremonies. Observance of these festivals is very important to pagans. As there are many diverse traditions within paganism, the patient should be able to state if they have any special requirements.

Most pagans have a positive attitude towards healthcare staff and are willing to seek medical help and advice when sick.

Main Festivals

| | |
|---------|-------------------------------|
| Yule | Mid-winter, usually December. |
| Imbolc | 1 st February |
| Ostara | Vernal Equinox |
| Beltane | 1 st May |
| Litha | Mid-summer, usually June. |
| Lammas | 1 st September |
| Mabon | Autumnal Equinox |
| Samhain | 1 st November |

THE PAGAN PATIENT

Special Considerations

- Some pagans may wish to see a pagan faith representative from their own community, or the Chaplaincy can contact someone.
- Pagans may wish to have a small white candle or a small figure of a goddess on their bedside locker.

Diet

- Many pagans are vegan or vegetarian.
- Most pagans prefer foods derived from organic farming or free-range livestock rearing, for ethical reasons.
- Some pagans choose to fast in preparation for Ostara, the Spring Equinox.

Child Birth

Paganism celebrates life, so birth is viewed as sacred and empowering. Pagan women will wish to make their own decisions about pre-natal and neo-natal care and ceremonies.

Pagans will generally plan pregnancies and use contraception as appropriate.

Paganism emphasizes women's control over their own bodies. The weighty decision to choose abortion is seen as a personal matter for the woman, who will be supported in the choice she makes.

Care of the Dying

- Most pagans believe in some form of reincarnation.
- Pagans view death as a natural part of life, and will wish to know when they are dying, so that they can consciously prepare for it.

Post Mortems and Organ Donation/Transplant

Most pagans do not object to blood transfusions, and are willing to accept and donate organs for transplant.

They will accept a post-mortem if necessary.

HUMANISM

Although Humanism is not a faith, it does provide a moral framework for a life free from superstition and supernatural beliefs. Believing that a person only has one life, humanists try to make it as worthwhile and happy as possible for everyone. Humanists are atheists, agnostics or skeptics, who reject or question the idea of any god or power beyond the physical world. Humanists base their moral principles on a rationalist approach to life, underpinned by shared human values and respect for others.

Humanism focuses on human beings and offers an ethical approach to life, a belief in people's ability to solve problems, and taking responsibility for human-caused harm. Humanists assert that morality comes from our ability to see that there is general benefit when we behave well towards each other, and a belief that we should treat each other with consideration and unselfishness. Human rights laws and humanitarian ideals are important to all humanist organizations throughout the world.

Humanists respect healthcare staff, and are comfortable seeking medical help and advice when sick.

THE HUMANIST PATIENT

Special Considerations

- Humanists may wish for non-religious pastoral care.
- They may wish for humanist celebrants to conduct non-religious ceremonies to observe births and deaths.

Diet

- No particular requirements.
- Some humanists are vegan or vegetarian.

Child Birth

No particular requirements.

Humanists have always been strong advocates of contraception, and the right to choose in relation to abortion.

Care of the Dying

- Many humanists will have a 'living will' or Advance Refusal of Treatment.
- Many humanists endorse death with dignity, and may express a belief and wish for voluntary euthanasia.
- Humanists would want a non-religious Humanist funeral, and they favour cremations or green burials.
- Humanists are more likely to want to donate their bodies for medical research.

Post Mortems and Organ Donation/Transplant

Most humanists do not object to blood transfusions, and are willing to accept and donate organs for transplant.

They have no objections to post-mortems.

RASTAFARIANISM

Rastafarians are followers of a growing movement, which began in the 1930's in the West Indies, mainly in Jamaica and Dominica, among the descendants of slave families who had come from Africa.

Identification with Africa, especially Ethiopia, is central to the Rastafarian doctrine and the movement is linked to the roots of resistance to slavery. "The Back To Africa" movement led by Marcus Garvey raised black consciousness and self respect and has inspired faith.

The accession of Ras (Prince) Tafari as the Emperor of Ethiopia (Haile Selassie 1) in 1930 is central to Rastafarian belief. He is considered to be a divine being, an incarnation of God as the second coming of Jesus or the Holy Spirit, the Messiah of the human race who will ultimately lead all black people to freedom. Various groups have contributed to the Rastafarian Movement, which has in many ways rejected both Jamaican-European culture and the Christian Revivalist Religion predominant in Jamaica, and as a result it is a distinct entity.

The old and new testaments are still regarded as scriptures, although they have been corrupted by Western civilisation, which they refer to as Babylon. For them Christ's spirit has been reborn in Ras Tafari, the New Messiah. They believe they are the true Jews, descended from Solomon and the Queen of Sheba, who will eventually be redeemed by repatriation to Ethiopia, their true home and heaven on earth. A personal religion, there are no church buildings, set services or official clergy. All members have an equal status and have a deep love of God.

Main Religious Festivals

| | |
|------------------------------------|--------------------------|
| Ethiopian Christmas | 7 th January |
| Groundation Day | 21 st April |
| Birthday of Emperor Haile Selassie | 23 rd July |
| The coronation of Haile Selassie | 2 nd November |

THE RASTARFARIAN PATIENT

Special Considerations

- Rastafarians have an antipathy for Western medicines and may be reluctant to take treatments, which they fear will contaminate the body, preferring alternative therapies such as herbalism, homeopathy or acupuncture. They may be reluctant to answer questions.
- For some a legal marriage is unnecessary and thus extended families may be complex.
- They are easily identified by their distinctive hairstyle. Dreadlocks are a symbol of faith and a sign of black pride. Orthodox members may not let their hair be cut.
- May be unwilling to wear hospital gowns that have been worn by others.
- Visiting the sick is important and their visitors often arrive in large groups.
- Rastafarians are opposed to blood transfusions.
- For some Rastafarians, the smoking of cannabis is a spiritual activity, which allows them to consult with God.

Diet

Most Rastafarians are vegetarians or vegans but some follow Jewish dietary laws, excluding pork and shellfish. They like to eat 'Ital' or natural food, which includes fruit and organically grown vegetables. They may not eat anything from the vine, such as currants or grapes and may not drink alcohol. Food containing additives and preservatives are avoided and some refuse to use salt. Exceptionally strict Rastafarians will only eat food cooked in vegetable oil and do not eat in public. Strict Rastafarians may refuse all drugs and the majority only use drugs prescribed for medical reasons.

Child Birth

No special requirements.

Care of the Dying

- Rastafarians have a deep love of God and believe that where people are, God is present, therefore the family may pray around the bedside of the dying member.
- No rites or rituals around death. Burial is preferred.

CULTURES

AFRICAN/CARIBBEAN CULTURE

The term African-Caribbean describes people of African origin for example Ghana, Nigeria, Uganda, Kenya, Somalia etc., who came to Britain from the Caribbean islands namely Jamaica, Trinidad, Barbados, St Lucia and the British Virgin Islands.

Religion plays an important part in the lives of African-Caribbeans. Many African Caribbean people are Christians: Pentecostals, Seventh Day Adventists, Baptists, Anglicans, Methodists, Roman Catholics or Rastafarians and Jehovah's Witnesses. Some are Muslims due to the spread of Islam across Africa.

This is a broad generalisation and it is important that patients are consulted individually about their needs.

Customs depend upon the area of origin and the level of traditionalism. Circumcision of Muslims: Boys are traditionally circumcised within seven days of birth. Boys from Ashanti or Akan royal family are exempt, but even this is not universally accepted nowadays. Circumcision of non-Muslims: this is a matter of custom rather than religious practice.

Nigerians practice female circumcision: excision and infibulations are widely practiced in Nigeria and throughout West, Central and parts of East Africa. The custom exceeds religious and ethnic boundaries although some tribes disapprove of it.

For Seventh Day Adventists, Saturday is observed as the Sabbath for rest and worship and enjoyed as a day of delightful communion with God and one another. The Sabbath is from Friday sunset until Saturday sunset as stated in the Bible.

Diet

- There are no specific dietary regulations.
- Foods are known by slightly different names between the Caribbean islands and cooking methods can vary for the same dish.
- The traditional diet is not healthy as it is high in fibre and highly saturated.
- They often use evaporated/condensed milk in tea and coffee.
- Lots of oil is used in cooking, coconut and its derivatives are very common in food.
- African-Caribbean people often prefer highly spiced food, such as 'jerk chicken'.

Adaptations made to this diet in the UK, however, have compromised the nutritional quality. More processed foods are consumed, and the second and third generations of African-Caribbean people in the UK tend to eat more European foods.

Most Seventh day Adventists avoid pork and pork products. Some do not drink tea or coffee as these are regarded as harmful stimulants. Seventh Day Adventists will not consume shellfish and alcohol.

Child Birth

No specific requirements.

Care of the Dying

There are no special rituals, but African-Caribbean people are often highly religious. They will often welcome a visit from a Chaplain or their local pastor. Routine last offices are appropriate and burial or cremation is equally acceptable.

Funeral and mourning customs vary depending on cultural/religious beliefs. It is customary amongst some African-Caribbean cultures to express their emotions freely when a relative dies. So privacy should be given to the relatives of the deceased whenever possible.

GYPSY TRAVELLER CULTURE

Gypsies are an ethnic minority who began to settle in the British Isles in the fifteenth century. Unlike most other ethnic groups, resident over a similar period of time, they have retained their identity. With no written history, the distinctive, resilient community have followed their nomadic way of life, and preserved a unique culture.

Travellers include groups of people who do not descend from the same source as the Gypsies. Irish Travellers trace their roots to an ancient Celtic tribe with a very different culture and tongue that inhabited the British Isles long before the Gypsies arrived. Welsh and Scottish Travellers are, for the most part, Gypsies. There has been some intermarriage between these groups.

New Age Travellers are a recent addition to the group with no cultural connections to either.

BACKGROUND INFORMATION

Gypsies are diverse people composed of many distinct communities with different histories and varying life-styles. The Kalderas, Gitanes Lovari, Sinti, Manus, and Romanichals, are just few of the many groups found throughout Europe and America. Their names often refer to their original occupations. The Kalderash were coppersmiths, the Lovari, were renowned horse-dealers, the Boyas, animal trainers etc. These related communities, composed of many different ethnic fragments reflecting the numerous countries and cultures they settled during more than thousand years of migration, have retained most distinctive, if not homogeneous culture.

In the British Isles they came to be known collectively as Gypsies. The name derives from Egypt because they announced when they first arrived, that they were; 'princes of Little Egypt'. Today, most refer to themselves as Romany.

This first appearance in the British Isles, documented in 1505, was the western extension of a migration, probably originating in North West India, 1500 hundred years before. Viewed as intruders, even possible spies from the Muslim East, repressive legislation threatened expulsion, imprisonment and even death for these vagrants who refused to abandon the wandering life-style. Some groups did settle, others continued to travel from one region or country to another to avoid persecution and subjugation. Whatever occupation they followed throughout Europe they were, for the most part, continually harassed, often accused of brigandry, witchcraft, fortune-telling or just being 'Bohemian', and as such, offensive to the established authorities of church and state, but frequently acceptable to the populace they moved among.

Yet no persecution in the remote past compares to the awful events of recent history. During the Second World War, over 500,000 Gypsies were killed in Nazi occupied territories throughout Europe; their extermination in these countries was near total.

Gypsies are now recognised as a distinct ethnic minority, legally deserving racial equality in this country, Europe and America, although Travellers in Ireland are not yet afforded this right. Unfortunately, here in the UK they do continue to attract negative discrimination.

Please Note:

There are between 100,000 to 130,000 Gypsy Travellers in the UK. The practice of specific customs and beliefs within their common heritage varies, depending on group origin, age, occupation, and circumstance. Some families strictly adhere to their Romany codes, others are leaving their traditions behind. The following checklist gives an outline of current practices and customs.

Diet

For the most part there are no specific dietary requirements. But most Gypsy Travellers may have some misgivings about how food is prepared and presented. For this reason relatives may wish to bring all the food required into hospital during in patient stay.

Child Birth

Traditionally pregnancy and birth was not the concern of Gypsy men, a woman was deemed to be 'polluted' throughout this period and would require to be 'churched', which is to be blessed by a priest, before she could be accepted back into society.

Today fragments of these beliefs continue, few Gypsy men would want to attend the birth of their child for example. Both Mother and baby will be blessed at the Christening.

The majority of Gypsy Traveller women today prefer to have hospital births, and they will attend their local practice or clinic for check-ups but rarely attend ante-natal classes.

Care of the Dying

Concerning death and bereavement there are many different customs which vary depending on the age of the individual and which family group he or she comes from.

Should death be imminent for a Gypsy, his family or clan may gather to be at his side. It has been known for more than two hundred Gypsies to arrive and camp outside a hospital where a renowned Gypsy elder was dying.

Some Gypsies still follow an old custom of holding, or touching a person while they are dying, to assist them in their passage from this world to the next. Candles may be lit after death, or in hospital an electric light near the bed will suffice. In a home setting white sheets might be hung on the walls. Curtains may remain closed until deceased is buried.

Traditionally, the deceased possessions would be burnt including their trailer or caravan. It was also common practice for the dead to be burnt with their possessions in their vardo. If possible they would prefer to leave a site where someone has recently died. Nowadays there is a general preference for burial rather than cremation, with the body as whole as possible.

It has been known to request a delay before actually writing the death certificate or delivering the last religious offices, until all members of the family or clan have assembled, to enable them to make their last farewells before the official declaration of death.

Often family and friends require the body to be released from the mortuary before the funeral to allow them to 'sit up' with the dead person for at least one or sometimes three to seven nights. The coffin is open, where feasible, the body dressed in their best clothes, not unlike an Irish Wake. Items belonging to the deceased may be placed in the coffin; things they were attached to, photographs, jewellery, toys.

Among some, there is belief in an evil entity, a spirit or ghost called the Mulla, or Mulla Mush, which may attach itself to the possessions or the environment of the deceased, unless the correct rituals are observed.

CHINESE

The Chinese are likely to belong to the Christian, Buddhist, Tao or Confucian religions, although among some there is a strong anti-religious culture.

There is a difference between the Hong Kong Chinese and those from mainland China. It is important not to generalize the Chinese into any particular culture. The older generation, particularly, have very complex systems of belief.

Confucian is more of a philosophy than religion, a belief that problems are solved in ethical ways. Heaven is a moral law, a cosmic order.

The Chinese may have no sense of sin, they believe human nature is essentially good and that evil is humans doing bad things.

Taoism talks of an inner peace being the center of life or way of the universe. Breathing control and yoga are used to create this peace.

Chinese folk customs imagine gods have magical powers and are to be feared.

Family ancestors are worshipped and there are often shrines in the home in the form of altars to the deceased, and they believe in life after death.

THE CHINESE PATIENT

Special Considerations

- Women are reserved and very modest and will benefit from being attended by female staff. Medical staff should take time to gain their trust and explain procedures very carefully.
- Herbal remedies are expected by the traditionalists but most are able to mix both traditional and Western medicine.

Diet

- Rice is the staple food for the Chinese.
- The Chinese make a distinction between hot foods (nuts, ginger, eggs, garlic, lamb, onions) and cold foods (rice, wheat, potatoes, fruit, sugar, vegetables). In order to be healthy a balance between “hot” and “cold” needs to be maintained.

Child Birth

- Some Chinese women may avoid breastfeeding for a few days after the birth as they consider colostrum is harmful.
- They may request hot water to drink.

Care of the Dying

- The Chinese believe that there is a fatalism about death and prepare for it.
- The coffin is procured before death and can often be found in the dying person’s room, head to the door.
- There may be a mixture of Western and Chinese beliefs in any one person. The dying person may wish to see the Buddhist or Christian minister to organize their funeral, and they often need reassuring that all has been arranged properly. This will include choosing the gown to be worn, which may depict rank and status.
- The body is washed an uneven number of times after death. Not uncommon for staff to be asked to the funeral as they took care of the patient before death.

Post Mortem and Organ Donation/ Transplant

There is generally no objection to organ donation or organ transplant.