Glossary

Acculturation: adaptation of a person from one cultural group to another; may occur in stages over a long period of time

Acupuncture: Chinese method of restoration of Yin/Yang through the use of inserting needles into meridians to remove blockage to qi.

Allopathic: health beliefs based on scientific model; technology, prescribed meds; immunization

Amor propio: save face and maintain self esteem (Filipino American)

Amulet: an object that is thought to offer protection against illness or evil spirits; tying string to wrist (Hmong American), attaching safety pin to clothing (pregnant Mexican woman)

Apocope: style of communication when the end of one word is a vowel as is the beginning of the word in a phrase. Example: ¿Cómo esta usted?” may sound like “¿Comoestaudst?”

Ayb: shame caused to a Muslim woman by discussing a female health issue with a male doctor

Bible: the holy book of Christianity

Biomedicine: an approach to health and illness; based on scientific information; cause and effect; also known as western medicine

Boat people: second wave of immigrants coming from Vietnam in the mid 1970s

Class: people having the same social or economic status

Coining: a method healing in which a coin is placed on the skin; when dark ecchymotic spots appear it means the treatment is working

Complicated grief: a sense of loss that includes a person being frozen or stuck in a state of chronic mourning and unable to make adaptations to life

Constructivist theory: used in the academic setting to build on students’ experience and current knowledge and to introduce new information

Cuarentena: forty-day period following childbirth (Mexican American)

Curandero: healer in the Mexican culture

Culture: values, beliefs, attitudes transmitted from one generation to another, often tacitly; each influence the way one sees the world

Cultural awareness: understanding one’s own beliefs and values; recognizing the similarities and differences with other groups
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Cultural competence: self awareness coupled with the knowledge of the cultural beliefs and health practices of other groups, acknowledging differences and finding common ground; providing health care that is within the cultural context of the patient.

Cultural humility: ongoing process of self reflection and self critique of interactions with others

Cultural imposition: imposing one’s cultural views and biases on another

Cupping: applying small heated cuplike forms to skin that cause suction and leave ecchymotic spots; remedy for joint and muscle pain and to remove excess wind

Dab: malevolent spirits found in the Hmong health beliefs

Dau: word for pain in the Vietnamese language

Discrimination: prejudicial behavior or treatment toward individuals or groups of people that involves restricting members of one group from opportunities that are available to other groups

Ethnicity: groups who have different experiences and backgrounds ~ customs, social factors, religion

Ethnocentrism: belief that one (group) is superior to another

Exercise bulimia: an intensive exercise regime used compulsively to control weight

Hajib: head covering for women (Islam American)

Halal: requirement by Muslims that meat be properly slaughtered and prepared

Health care disparity: differences in the incidence, prevalence, mortality, and other adverse health conditions that exist among specific groups

Hevrah-Kadisha (Chevra Kadisha): a holy society that prepares the body for burial (Judaism)

Hilot: healer in the Filipino culture

Hiya: avoid shame (Filipino American)

Holistic: viewing the individual within the context of mind, body, spirit, and community

Homeopathic: a natural approach to healing

Immigrant: a person who voluntarily came to a host country

In sha Allah: God willing
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Kaddish: prayer that praises God and affirms one’s faith (Judaism)
Kahuna: Hawaiian healer
Kosher: diet that does not include pig products or shellfish; meat and milk are not eaten together.
Locus of control: internal is when the person believes he or she has control over the body and environment; external is the belief that anything that happens is a result of fate, luck, or chance.
Magioreligious: folk medicine taking into consideration religion and folk beliefs
Shaman: healer
Medicine wheel: a symbol used in the Native American culture to show wholeness by balance of mental, emotional, physical, and spiritual components.
Meridians: sites where qi flow crosses; acupuncture needles are inserted at these sites to restore flow
Moxibustion: Chinese method of healing through use of heat
Naturalistic: an approach to health and illness; belief that illness is caused by imbalance in the body ~ hot/cold, Yin/Yang, wind
Neeb: healing spirit in the Hmong belief system
Pakikisama: maintain smooth relationships (Filipino American)
Personalistic: an approach to health and illness; belief that illness is caused by intervention of a supernatural being (diety/god), nonhuman (ancestor, ghost), or human (witch, sorcerer)
Personalismo: maintain a respectful relationship
Prayer warriors: women of the African American church community who offer prayers on behalf of those who are in need
Qi (chi): a term for energy found in all living things
Qur’an: holy book of Islam; furnishes guidelines for all aspects of life
Race: a group with biological similarities
Racism: belief that one’s race to superior to another
Refugee: sponsored by the government; comes to the country as the result of religious or political persecution; war; genocide
Reiki: healing method; reduces stress and restores health by transferring energy from the practitioner’s hand to the client’s body

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Religion: an organized system of beliefs; offers guidelines for practices and assurance gained through prayer and worship

Simpatico: maintain smooth relationships; avoid conflict

Spirituality: a personal approach to finding life’s purpose, finding meaning to life

Sweat lodge: a structure that is used for healing and purification; hot rocks are placed strategically; herbs such as sweetgrass, sage, and cedar are used (Native American)

Talisman: blessed religious object that offers protection from illness and evil spirits

Torah: holy book of Judaism

Txiv Neg: Hmong healer

Yin & Yang: Chinese concept of the understanding of balance in the universe; Yin (female) and Yang (male) co-exist to ensure the complementary balance

Yoga: a physical exercise and meditative activity that helps with balance