### Description of cultural group (9)

- Culture
- Origin
- Current population in the US: 1,304,286 as of 2010 (Hoefeel, Kim, Rastogi, & Shahid, 2012).

### Cultural beliefs related to communication (10)

Eye Contact: Continuous eye contact makes many of the Japanese uncomfortable.
- Space and distance: The Japanese like to have some distance between one another (approximately 3 feet). Many Japanese do not like others being in their personal space.
- Time and punctuality: The Japanese are usually extremely punctual.
- Gender Communications: There are no restrictions on gender communications.
  
  (S. Komobuchi, personal communication, April 14, 2016)

### How is health maintained? (7)

- There are no dietary restrictions except for strict Buddhist. Strict Buddhists are usually vegan.
- Although the Japanese aren’t really religious, they go to temples (Buddhism) and shrines (Shintoism) to pray about health problems (infertility, diseases, etc.) and pray for good health.
- Many Japanese individuals believe that the Japanese diet is good for their health due to the low sodium, sugars, and fats in their diet.
  
  (S. Komobuchi, personal communication, April 14, 2016)

### What causes ill health? (5)

- Many Japanese believe that stress causes ill health. The Japanese are forced to be polite and in all situations, they work long hours, and many students spend long hours studying each day.
- Changes in dietary habits can cause ill health. For example, if someone from Japan comes to America who is used to a balanced Japanese diet and goes to an American diet, their bodies can get sick due to...
| **Health beliefs/practices specific to pregnancy, the birthing process, and childrearing** | **The family can attend the birth (S. Komobuchi, personal communication, April 14, 2016).**  
- Fathers are often not present during the birth of a child.  
- Dark foods are often avoided during pregnancy.  
- Japanese women may not restrict the types of foods that they consume (raw fish, green tea, etc.) despite the risks.  
- Japanese women may not take prenatal vitamins as well.  
- Japanese women often move to their maternal home during the eighth month of pregnancy to reduce their level of physical activity.  
- Births are usually midwife assisted.  
- Women are encouraged not to cry during labor. ("Japanese ethnicity and background," n.d.)  
- The Japanese believe that women must endure labor pains in preparation of motherhood (Schalken, n.d.). | **Who attends the birth? (3)** |
| --- | --- | --- |
| **Is circumcision done? If so, what rituals are associated with it? (3)** | **It is thought that only 1.5% of Japanese men are circumcised.**  
- Male circumcision is often seen as plastic surgery.  
- A majority of Japanese males are uncircumcised.  
- The Japanese often believe it is unnecessary.  
- When a male is circumcised, it is usually done to improve self-confidence and sexual performance. (Castro-Vázquez, 2013) | **(3)** |
| **Is birth control practiced and if it is what are the birth control practices? (3)** | **Birth control is extremely important to the Japanese.**  
- Many women today are focusing on their careers instead of wanting to start a family. (S. Komobuchi, personal communication, April 14, 2016)  
- Abortion is legal in Japan.  
- Condoms and the pull out method are the most popular methods of birth control practices.  
- Birth control pills have become more popular within the last decade. (Kato, 2009) | **(3)** |
<table>
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<th>Question</th>
<th>Answer</th>
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| Are there customs associated with the postpartum period for the mother or the infant? | - Japanese women often stay at their maternal home for up to eight weeks after the baby is born so that the mother can rest and learn how to take care of the infant.  
  - Infants are usually cared for by the mother of the postpartum woman.  
  ("Japanese ethnicity and background," n.d.)  
  - It is a Japanese tradition that the new mother will stay in bed with the baby for 21 days.  
  - During this time, friends of the new parents may come by to see the newborn and celebrate with the family by eating osekihan (red beans and rice).  
  (Schalken, n.d.). |
| Is breastfeeding supported in the culture? | - Mothers that breastfeed are in the minority.  
  - Breastfeeding outside of the home is considered embarrassing, so it is not common to see Japanese women breastfeed their infants outside of their homes.  
  - Japanese women often are concerned about gaining weight during their pregnancy and afterwards; so many Japanese women may restrict their diets. This can affect their ability to produce enough milk to feed their infants.  
  - Formulas are often introduced to the infant at two to three months.  
  ("Japanese ethnicity and background," n.d.) |
| What are the practices regarding immunizations? | - Many Japanese people find that vaccinations are important (S. Komobuchi, personal communication, April 14, 2016).  
  - Required vaccinations in Japan are: haemophilus influenzae Type B, Streptococcus pneumoniae, DPT-IPV, BCG, MR, and chicken pox.  
  - Other immunizations are seen as voluntary.  
  (Ito, 2014) |
| Health beliefs/practices specific to end of life & death              | - Japanese often follow Buddhist traditions for death.  
  - Japanese often pray for the dying and dead.  
  - In Japan, after death, the Japanese normally cremate the body. |
| **rituals** (5) | **What are the practices for caring for the dying and the dead?**  
**If any, what are the funeral practices of the culture?**  
(S. Komobuchi, personal communication, April 14, 2016) |
|---|---|
| At funerals, they are dressed in black clothing.  
Traditional Japanese funerals last 3 days. The first night of the death, people say their goodbyes. People who were strongly connected to the individual that has passed, get together and have a meal on the second day. On the third day, the family cremates the body, picks the bones out of the ashes with chopsticks and place the bones in a box to be buried the same day. 50 days after the death of the loved one, the family gets together, visits the grave site and prays. |

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<tr>
<th><strong>What are the mourning practices of the culture?</strong> (5)</th>
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| The second day of the funeral period is the most important day for mourning (S. Komobuchi, personal communication, April 14, 2016).  
Many Japanese have the “It cannot be helped” attitude when it comes to terminal illness.  
This attitude takes away the feeling of guilt, failure, and any blame off of the person and his/her family (Marianne & Tanabe, n.d.). |

| **Physiological variations within the culture which affects treatment or response to treatment**  
**Are there variations within the culture based upon geography?** (3) |
|---|---|
| Japan is known for its homogeneity. However, there is an indigenous tribe that is still active in the Hokkaido region of Japan called the Ainu that even many Japanese do not know about (S. Komobuchi, personal communication, April 14, 2016).  
Many individuals from Okinawa do not consider Okinawa a part of Japan due to the differences in culture (C. Nakamura, personal communication, April 13, 2016). |

<table>
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<th><strong>Are there genetic predispositions</strong></th>
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<td>The prevalence of gastric cancer is twice as high as any other population in the United States (Marianne &amp; Tanabe, n.d.).</td>
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to any diseases? (5)

- Are there environmental factors resulting in physiological variations? (3)
  - Okinawan’s skin is often darker, they have larger physiques, and their eyes are rounder.
  - Okinawa is more diverse than the rest of Japan, so it is more common to see mixed races.
  (C. Nakamura, personal communication, April 13, 2016)

| Role of nursing within the culture | Japanese health professionals are highly respected and represent power and authority (“Japanese ethnicity and background,” n.d.).
  - Nursing is a popular career choice among Japanese females (S. Komobuchi, personal communication, April 14, 2016).

- Are there restrictions related to the practice of nursing? (5)
  - There are no restrictions related to the practice of nursing among the Japanese (S. Komobuchi, personal communication, April 14, 2016).

Based on the information provided in this table, how would you provide culturally sensitive nursing care to a patient from this culture? Be specific (10)

- When speaking to someone who is older and of Japanese descent, I would be cautious about my eye contact and my distancing. If they are traditional Japanese, this may make them uncomfortable. I can also ask my patient if there is anything that I do that makes them uncomfortable.
- I would try and stress the importance of maintaining a healthy diet for their baby’s health, but I will understand that it is a common thing that Japanese women do, and not push the fact.
- If I have a patient of Japanese descent that practices Buddhism, I will ask about his/her dietary habits and not assume that he/she is vegan.
- Understand that even though circumcision is more of a common practice in America, it is likely that Japanese parents will not have their son circumcised.
- When taking care of anyone, I would ask if there are any customs that I should know about and not
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Comments:
Submit table and reference page to faculty mentor via Submissions

Honor Code: Breanah Stevens Student’s electronic signature
References


