

Chinese Culture



Introduction to Chinese Culture

- conservative style of dress for both men and women including Chinese Suit and Cheongsam
- value education in children
- celebrate Spring Festival (always somewhere in the January 21 to February 20) as Chinese New Year and is distinguished using certain animals, known as zodiacs
- arts and passtimes include painting, playing musical instruments, and kung fu in certain dynasties
- main languages are Mandarin or Cantonese and write using characters rather than letters, and often use calligraphy

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Methods of Treatment

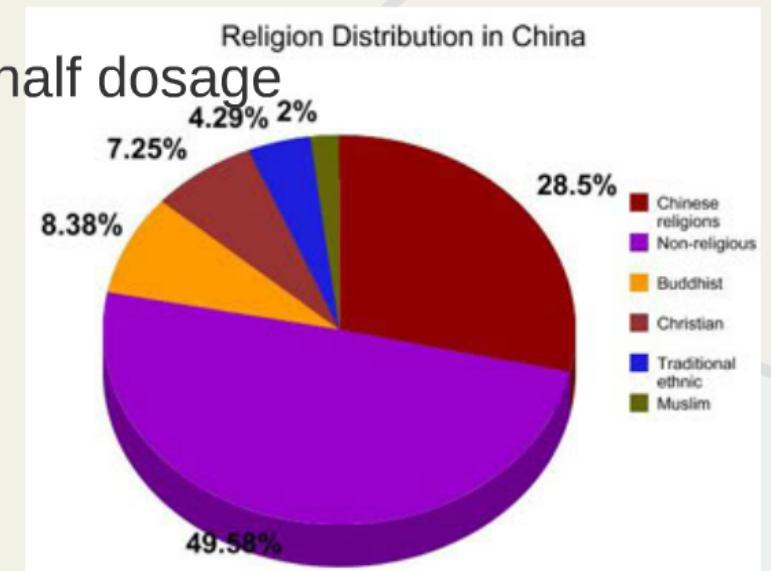


- belief of yin-yang system
- Traditional Chinese Medicine (TCM): moving energy, body fluid, and state of blood are sacred in health
- Observation, Auscultation, Interrogation, and Palpitation
- Acupuncture, herbs, and colorful diet sustain health
- https://ethnomed.org/clinical/nutrition/chinese_food_cultural_profile
- do not commonly use western medicine or surgery
- hot/cold theory
- no DNRs
- faith healing



Religious Views

- Chinese culture not very religious
- current growing religions include Taoism, Christianity, Confucianism, and Buddhism
- against abortion and blood donation
- cannot schedule health-care appointments on days of Taoistic holidays
- not used to taking pills; prefer injections
- do not believe in medication; may only take half dosage
- birth control



Response to Pain

- stoicism; pain must be endured and not expressed
- patient may be in denial about pain/diagnosis
- ointments, massage, acupressure or acupuncture used to treat pain (privately)
- complaining only tolerated in small children
- refuse medication
- believe pain may be punishment for acts
- doctors should use "pain scale"
- natural child birth



Prevalent Diseases

- common diseases include depression, diabetes, cancer, tuberculosis, and stroke among all Chinese people
- diseases among the poverty in China experience more infectious diseases since there is more contact; STDs or malaria
- diseases among wealthy are more genetic as the wealthy are reserved within family; chronic respiratory disease or cancer
- since there is less advanced medicine, Chinese people can get sick from simplest diseases such as the cold

Personal Space and Touch

- proper to stand less than arms length, or 1-2 feet away when making conversation, depending how well you know the person
- little-no touching unless it is with families, close friends, or relationship
- women tend to hold hands or link arms in public
- can touch when greeting someone; shake hands
- pointing or using index finger only to touch is considered disrespectful



Eye Contact/Communication

- Chinese favor direct eye contact, it is considered polite
- When talking to an elder, it is also considered polite and respectful to lower your head and bow
- Speak in an indirect manner, are sometimes unclear about what they mean
- punctuality when meeting or doing something with another is highly valued



Gender Roles



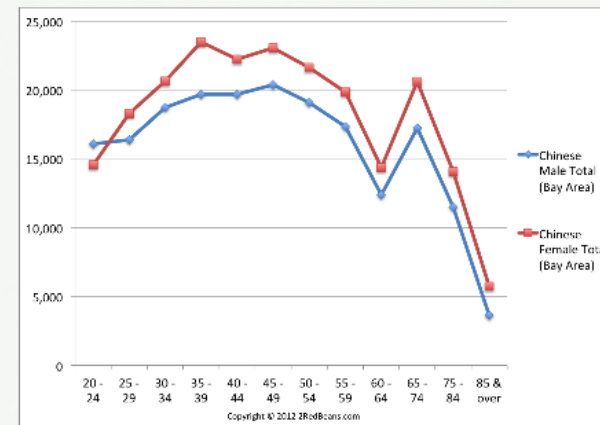
The traditional Chinese family is vastly different from the more modern developed families in western Europe or the United States

In 1950, China enacted the marriage law, which enabled people to marry someone of their choosing

Women are put at a severe social disadvantage.

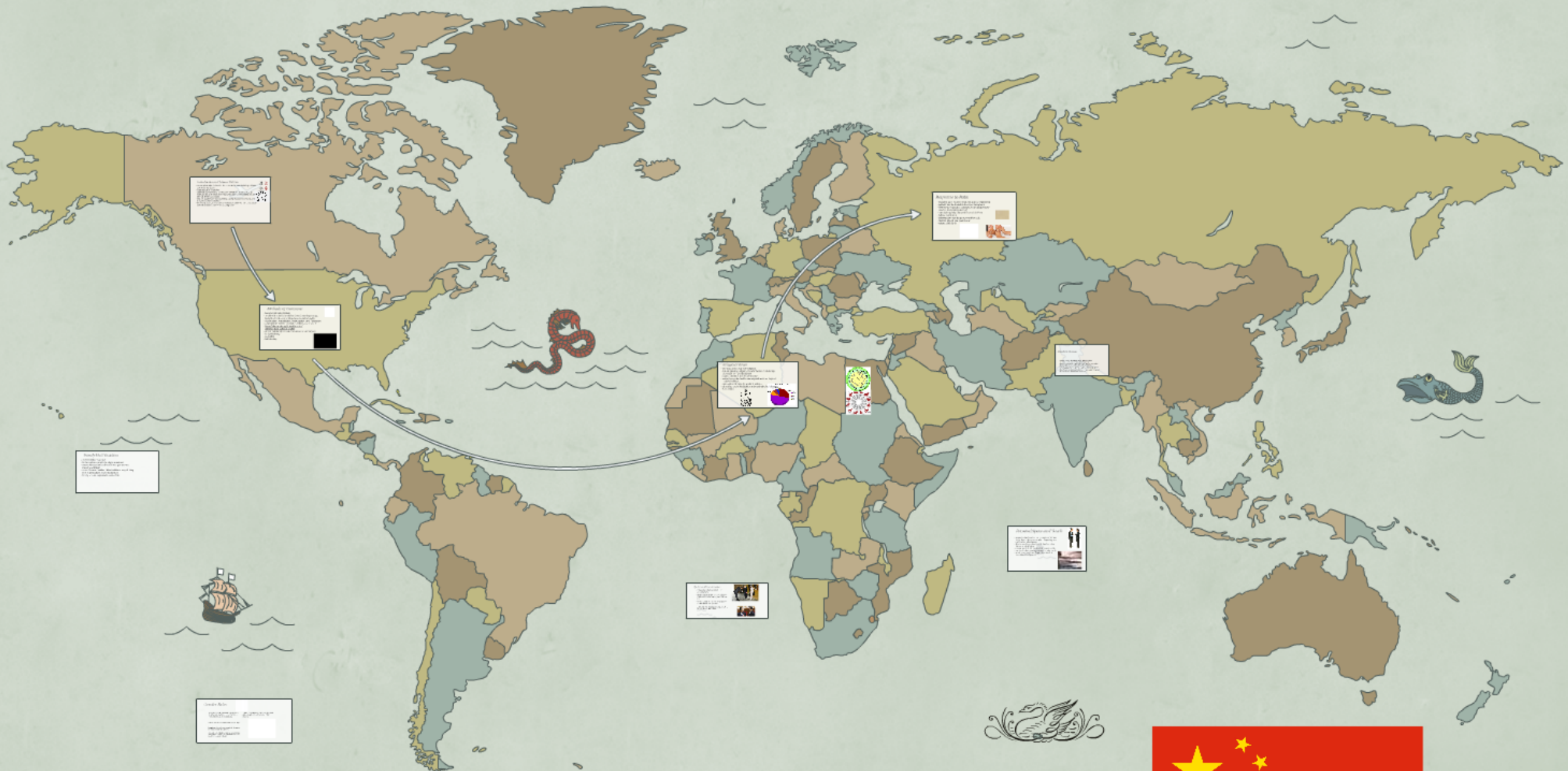
Daughters of a family are considered "temporary members" before they are wed

Sons are looked upon as superior because they attain jobs and contribute to the families financial needs and economic growth



Family Unit Structure

- elders highly respected
- father and son bond in family is prominent
- most Chinese families live with two generations (parents and kids)
- some Chinese families follow traditional way of living with 4 generations in one household
- family is most respected aspect of life



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