

Moving Towards Culturally Competent Health Care Practices

Somali/Somali Bantu Population

Toolkit

Respect	Greeting	Name	Birthdate	Modesty	Religion	Food	Decision Making	Family Members	Super natural Beliefs	Diseases	Mental Health	Medications	Medical Interpreters
Treat your Somali/Somali Bantu clients with Respect & Dignity. In healthcare, cultural competence means treating patients from different cultural backgrounds, as well as the elderly and indigent, in accordance with their unique cultural needs, beliefs and risk factors.	Remember that some Somali/ Somali Bantu maintain Islamic traditional norms about handshaking - limiting physical contact to persons of the same sex. <u>Try using common cultural greetings, such as:</u> <i>IskaWaran (How are you in Somali).</i> <i>Habari yako (how are you in Swahili)</i> Galab-Wanagsan- (Good afternoon in Somali)	Ask your patients by what name they prefer to be addressed. All Somali names have three parts. The first name is the given name, the second name is the name of the child's father, and the third name is the name of the child's paternal grandfather. All children in a family have the same second and third names. Women do not change their name with marriage.	Be careful, many Somalis/ Somali Bantus have the same birthdate, 01/01 plus the year. Regardless of whether you know your real birthdate or not, this is standardized birthdate that is given to most Somali/ Somali Bantu refugees.	It is important to keep the Somali/Somali Bantu patient's body covered. Women cover all but the face, hands, and feet. Men cover the chest to the knees. This stems from the religion obligation of female and male dress codes. Hijab-is the Islamic female head covering	Somali/ Somali Bantu people value their connection with God. All social customs, attitudes, values, and gender roles derive from Islamic tradition. Ramadan occurs each year, which is when Muslims fast from sunrise to sunset. Suggest that patients take their medications at night. Islam forbids pork, alcohol, or anything with pork or alcohol in it, including gelatin medications made of pork derivatives.	Islam forbids pork, alcohol, or anything with pork or alcohol in it, including gelatin medications made of pork derivatives. The Somali/ Somali Bantu food is meat and Basmati rice driven. Drinking sweet tea is the common culture. Daily Meals are Breakfast, Lunch (which the largest meal) and Dinner. The general view is that overweight and obesity are signs of success, good health and happiness.	Health care decision usually involves the entire family. A male family member might act as the family spokes-person	Family takes precedence over individual	Evil Eye- which can be given to someone by the purposeful or accidental gaze from an envious or admiring eye. Fire-burning- Burning the sick part of the body with a special stick. Jini-Causes psychotic problems Herbal Medication Female circumcision	Diseases and medical conditions are caused by Allah. Some diseases are believed to be caused by people or spirits such as evil eye (excess praises) and curses	Do not typically speak of emotions. It is important to develop trust with Somali/ Somali Bantu patients before speaking of mental health issues. The perception is: one is crazy or one is not crazy. Mental health problems are believed to be from Allah, evil eye, Jini(evil spirits), or curses from others and parents. For treatments of mental health issues, religious leaders and traditional healers are sought.	Be aware that Somalis/Somali Bantu expect prescriptions for medications when they go to a clinic. They prefer non generic prescriptions. Islam forbids pork, alcohol, or anything with pork or alcohol in it, including gelatin medications made of pork derivatives.	Use professionally trained interpreters. For trust building, use only one interpreter consistently Linguistic competency means being able to converse in a limited-English speaking patient/client's native tongue or having access to a qualified interpreter.

Source: Minoritynurses.com