Culturally Congruent Care for the Ashkenazic Orthodox Jewish Woman
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Cultural/Religious Beliefs & Practices
- Torah Holy Book
- Reward/punishment system
- Strict observation of the Sabbath
- Traditional gender roles
- Strong ties to family
- Value of procreation
- Kosher diet
- Modesty
- Maintenance of good health
- Avoidance of contact between opposite genders
- Respect for personal space
- Body belongs to God

Care of Newborn
- Male circumcision
- Naming ceremony
- Mother is primary caregiver
- Preference for breastfeeding

Care of the Pregnant Female
- Niddah – a status from onset of menses until 7 days after the cessation of menses
- Yoledet: Niddah status related to childbirth
  - Unclean until post-partum bleeding has ceased
  - No contact with husband
  - Separate bedding & utensils
- Mikvah – cleansing ritual bath taken after menstruation and childbirth
- Draping required during childbirth and examinations
- Husband not present during exams

Prevalent Diseases/Epidemiology
Genetic screening program to screen:
- Tay Sachs
- Gaucher Disease
- Familial Disautonomia
- Fanconi Anemia
- Canavan Disease
- Bloom’s Syndrome
- Mucolipidosis
- Glycogen Storage Disorder
- Niemann-Pick Disease

Culturally Congruent Care
- Conduct a thorough cultural assessment to ascertain important beliefs and needs
- Avoid stereotypes
- Preserve respect
- Maintain modesty of the female
- Provide Kosher diet
- Anticipate needs during the Sabbath
- Avoid handshaking
- Accommodate need for same gender care

References


Additional references available upon request from jdurante@umflint.edu or jemcbrld@umflint.edu