

ACCESS

Acquiring Cultural Competence,
Equalities, Successful Safeguarding



ADCS
Leading Children's Services

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The ACCESS Project

Acquiring Cultural Competence, Equalities,
Successful Safeguarding

A Cultural Diversity Document

First edition September 2014

Faith and how it is expressed is simultaneously personal, cultural and dynamic. This means that this document will always be 'work in progress' as approaches to faith develop over time. Please do get in touch with us if there are changes to any sections that you think should be made and we will do our best to accommodate them in future editions. Our contact details are on the back cover of this document.

Every effort has been made to ensure the information in this guide is accurate and up to date. The organisations involved in the production of this guide cannot accept responsibility or liability for any omissions or errors at time of publication.

What is the ACCESS Project?

This project is funded by the EU European Integration Fund and by the Regional Safeguarding Improvement Programme across Eastern Region social services teams (adults and children) from July 2014 to June 2015.

It is run by a team of staff from the East of England Local Government Association's Strategic Migration Partnership in conjunction with a number of locally based community organisations and interpreting agencies across the East of England, following their successful 'EACH' cultural competence project for the NHS.

We offer **free** places at half day interactive workshops on Cultural Competence, led by Black and Minority Ethnic Community Organisations with experience and knowledge of migration, culture, faith and migrants' attitudes to using UK public services. We also offer workshops on Working Effectively with Interpreters, led by professional Interpreting Agencies. And there will also be workshops bringing service providers together with migrant women to discuss their expectations of local public services.

How can the ACCESS Project help frontline staff?

The broad focus of the project workshops will be on the ways in which safeguarding processes need to take account of culture, ethnicity and race. Participants will have the opportunity to learn more about, and to discuss some of the most challenging areas of work faced by professionals in meeting the needs of migrant women and families – for example female genital mutilation, forced marriage and 'honour'-based violence.

These workshops should also help participants understand the role that stereotypes play in the ways that women from different cultures are treated.

Participants will explore the impact of culture on someone's ability to access public services. And they will consider the demographic profile of the area that they serve, thinking about whether any particular communities are under or over represented amongst service users, and what could be done about that.

The workshops on interpreting provide a real insight into language barriers, the role of the

professional interpreter and the risks attached to using family members and friends as interpreters.

By the end of an ACCESS Project workshop, participants should feel more confident about their engagement and interaction with culturally diverse women and their families.

How do we know that there is a need for this project?

The health and wellbeing duties in the Care Act (May 2014) provide a clear context for this project – preventing delay in providing care and support; providing information and advice to aid understanding of the system; high quality services to meet peoples' choices.

In addition, engagement with harder to reach communities and faith groups are areas of challenge for most local authorities and public sector service providers. There is a need for greater understanding of intercultural issues and staff training so that risks to service users can be quickly identified, and services are culturally sensitive.

Creating a Cultural Diversity Document

In Britain today there is an estimated 'ethnic minority' population of just over 4 million. We live in a country rich in cultural heritage, but the value in this diversity is sometimes not fully seen.

Valuing our diverse culture in Britain today is all about understanding and respecting other people's beliefs and ways of life (as we would expect someone to respect ours). It is about supporting individuals in keeping their cultural traditions alive and appreciating the fact that all these different cultural traditions will enrich British life both today and in the future. (My Learning, 2012)

This document has been created to support the work of the ACCESS project. It has been compiled to support social care teams and multi-agency workers in their work with third-country women in the East of England¹.

¹ Third Country Nationals are people legally living within the EU but who are not nationals of any of the current 28 EU member states. They are not asylum seekers or refugees, and this term does not mean 'third world'.

The aim is to increase awareness of the cultural and religious groups targeted by the ACCESS project by providing a concise and easily accessible reference guide.

It is important to recognise that it is difficult to make broad generalisations about different religions and cultures. After all, no culture is, or has ever been, entirely homogenous. While there are no variations in the teachings and principles for followers of each faith in different parts of the world, variations may be found in their customs and practice. These often reflect influences of the host country.

You might notice that the guidebook contains information about the appropriate medical treatment of people of particular religious backgrounds. This is because we used this information in a cultural diversity guide which we produced in a previous project, largely for the NHS.

However, we have left it in this updated version of the guide as it may still be of interest to ACCESS workshop participants and colleagues.

Creating Culturally Competent Public Services

**“A personal, fair and diverse health and care service, which draws the best from its communities and understands, respects and caters for all using and working within it.”
(DOH, 2010)**

This cultural diversity guide has been developed to bring together useful unbiased cultural and religious information and guidance for professionals and community groups working with Black and Ethnic Minority women and their families. In preparing this document we are seeking to recognise the cultural and religious context of individual service users without projecting religious or racial stereotypes. We also do not presume that individuals uniformly share the beliefs or practices of their faith or cultural community. These factors may impact on how we treat or support the person and their family.

The ACCESS Team endeavours to support and equip staff in their efforts to offer the most culturally competent service they can. A holistic approach is vital in planning and delivering care in a way which takes seriously the values and

beliefs that are central to the life and well-being of all services users.

To assist someone from another culture, we should set aside our own cultural beliefs and seek to understand the needs of the other person. This will enable more favourable communication and build trust. Gaining a better understanding of the basic principles of other cultures and religions will assist us in this process, but we should resist making assumptions about people.

Provision of materials in different languages or the arrangement of an interpreter may assist, but these do not address issues of individuality or the importance in some cultures of a person's place in the social spectrum.

When people become older, develop dementia or become ill, they can revert to their mother tongue. This is a 'comfort zone' and although you may be aware that the person was quite fluent in English, at this time it may be important to understand that there is a preference for communication in their first language from childhood.

Religions have varying degrees of adherence and influence amongst communities. Religious practices will vary depending upon the country of origin of the individual. Many of the customs, rituals, beliefs or constraints may not apply or be important if the person is younger or is from a second or third generation in the UK. However, new arrivals may find that being part of an active faith community provides them with a sense of belonging, helping them to settle somewhere new without their extended family, making their religious observance a central part of their new life in the UK. As always, it is important to discuss any questions or queries with the client and/or their family.

The 'spokesperson' in each family may differ, no matter what the custom is. It may be that usually it is the older son, but family circumstances now dictate it is the youngest daughter.

Always check and do not assume. It is important to highlight that the view of the client may differ from that of the 'spokesperson' for a multitude of reasons. For example, it is important to hear directly from the client if she is a victim of domestic violence or has undergone forced

marriage. Or, more simply, the spokesperson may just be unconsciously disempowering the client as a result of undue concern and over-involvement. Hence there may be some difficulties or 'politics' surrounding meeting the needs of the person who is seeking support and not breaching customary or familial boundaries. If you are concerned by a situation, ask for support and advice from a senior member of staff, or arrange for a professional interpreter to attend a future appointment.

The main rule is there is no rule. Treat each person as an individual. We must ask how we may help and we must listen to the response. Our mere presence as a person who cares will be a significant starting point.

Buddhism

Buddhism is a path of practice and spiritual development leading to insight into the true nature of reality. It emphasises non-violence.

Buddhists are mainly situated in Sri Lanka, Burma, Thailand, China, Tibet and Japan and each nationality has its own distinct cultural version. There may be several versions of Buddhism in one country – it is hugely diverse.

Since WWII and de-colonisation, many westerners have converted to Buddhism, and many nationalities have their own temples in the UK. The Dalai Lama is possibly the best known exemplar, but he is from one particular Tibetan lineage, and does not represent all Buddhists. It is the largest religion after Christianity, Islam and Hinduism.

Like many of the world Faiths, the Christian model of central organisation and hierarchy does not apply. The emphasis is on individual responsibility, but many who come to this country may have cultural customs which they feel an intense sense of obligation to maintain. Customs vary from country to country and even within one country.

Holy Days	Many special or holy days are held by Buddhists throughout the year. See the Shap Calendar for details. The most significant is held every full moon of April/May, when the birth, enlightenment and death of the Buddha over 2,500 years ago is celebrated.
Birth Customs	Baby naming ceremonies will depend on the country of origin and the variety of Buddhism followed by the person.
Marriage	Family is very important in Buddhist life. The Buddhist views on marriage emphasise family loyalty, and honouring of parents; it is regarded as a secular family concern, not as a religious sacrament.
Death Customs &	Death is considered to be a normal inevitable part of life. While Buddhism teaches that grief neither helps the deceased nor the bereaved, emotions may be expressed freely – funerals are often uplifting, focusing on the life that has been led and the opportunity for a better life that death brings. Buddhists' bodies are cremated – depending on the culture of the person, monks may be invited to chant during the funeral.
Diet	Many are vegetarian or vegan in accordance with the value of avoiding harm to any life form. Depending on the culture of the person, fasting may be observed on special days.
Dress	Shoes are never worn in places of worship, and the home may have a sacred place where shoes are not worn.
Medical Treatment	Buddhists will try to avoid drink or drugs that cloud the mind. When caring for Buddhist patients, carers need to understand that it may be important to the patient to maintain consciousness as much as possible up to death.

Christianity – Anglican

Anglican	Anglicanism is a denomination within Christianity comprising churches with historical connections to the Church of England or similar beliefs, worship and church structures.
Holy Days	<ul style="list-style-type: none"> • Christmas 25 December • Easter – celebrating the Resurrection of the Lord – moveable feast (March or April) • Whitsun or Pentecost • Harvest Festivals
Birth Customs	A new Christian is made a member of the Church's community by baptism.
Marriage	Part of God's intention for all mankind. It is considered a life-long commitment therefore many Christians consider the remarriage of divorcees in church to be wrong.
Death Customs & Funeral Rites	Funerals normally take place within a week or two of a death. Christians may be buried or cremated.
Diet	Christians may abstain from eating certain things during Lent or on Fridays.
Dress	Christians most commonly wear clothes worn in the country in which they live. Often a Christian will wear a piece of jewellery like a brooch, showing two fishes or a crucifix.
Medical	The Church of England is not, in principle, against abortion, but when it is necessary, it should be carried out as early as possible. However, in the rare exceptions that a termination has to be carried out beyond 24 weeks, it should only take place where there is a serious foetal disability and survival will be for a very short period of time.

Christianity – Coptics

Coptic Christians	<p>The Coptic Orthodox Church of Alexandria is the official name for the largest Christian church in Egypt and the Middle East.</p> <p>Estimates of the current population of the Coptic Church range from 10 million to 60 million members worldwide. Theologically, Coptic Christianity is very similar to Roman Catholicism and Eastern Orthodoxy. They profess to be genuine followers of Jesus Christ and a part of his worldwide Church. But, as with Catholicism, they tend to emphasize meritorious works in salvation along with liturgical ritual rather than salvation through a personal relationship with Jesus Christ.</p>
Festivals	<p>The Coptic Christmas is celebrated on January 7 (or 29 Kiahk - the fourth month of the Coptic calendar), which has been declared an official holiday in Egypt.</p> <p>The Seven Major Feasts of Our Lord:</p> <ul style="list-style-type: none"> • The Annunciation (Paramhat 29, c. 7 April) • The Nativity of Christ (Christmas, Kiahk 29, c. 7 January) • The Theophany or the Baptism of Christ (Tuba 11, c. 19 January) • Palm Sunday • The Feast of the Resurrection; it is preceded by the Great Lent (55 days) and is considered by the Coptic Church as "The Feast" • Ascension • Pentecost
Birth Customs	<p>For male babies the mother will take the baby to church to be baptised 40 days after the delivery.</p> <p>For female babies, the mother comes to the church after eighty days of delivery, to baptise her.</p>
Marriage	<p>Copts marry within the faith - non-Coptic partners are required to convert. Copts undergo a ceremony of betrothal in advance of marriage during which the couple exchange rings engraved with their partner's name; this is not a final commitment and can be renounced. Divorce and remarriage is only permitted for the innocent party in cases of adultery or conversion, although this is currently a controversial issue after Egypt's Higher Civil Court ruled that Copts who had been through a civil divorce had the legal right to remarry. In August 2003, the Coptic Orthodox Church issued a formal declaration against homosexuality and same-sex marriage.</p>
Death Customs & Funeral Rites	<p>Copts believe in resurrection after death.</p>
Diet	<p>Fasting is an important spiritual element of Coptic life. While it is regarded as an important spiritual practice, it is a voluntary spiritual sacrifice and the Church does not insist that people fast. Fasting is excused for those who are unwell. The Church bans spirits (alcoholic drinks made by distillation) and the misuse of alcohol. Wine is permitted, but not in excess.</p>
Dress	<p>The general rule for men and women is to dress appropriately, modestly and respectfully as before the living God.</p>
Medical	<p>The Church accepts organ transplants, whether from dead or living persons.</p>

Christianity – Eastern Orthodox

Eastern Orthodox	The Orthodox Churches are united in faith and by a common approach to theology, tradition, and worship. They draw on elements of Greek, Middle-Eastern, Russian and Slav culture. At the centre of worship and belief is the Eucharist surrounded by the Divine Offices or the Cycle of Prayer. These prayers are sung particularly at sunset and dawn and at certain other times during the day and night. All Orthodox Churches use the Mystery of Penance, or Confession, but in Greek speaking Churches only priests who have been blessed by the bishop as 'Spiritual Fathers' are allowed to hear confession.
Holy Days	There are four main fasting periods: 1. The Great Fast or the period of Lent 2. The Fast of the Apostles: eight days after Pentecost until 28 June. This ends with the Feast of Saint Peter and Saint Paul 3. The Dormition Fast which begins on 1 August and ends on 14 August 4. The Christmas Fast from 15 November to 24 December The Orthodox Church calendar begins on 1 September and ends on 31 August. Each day is sacred: each is a saint's day, so at least one saint is venerated daily.
Birth Customs	Baptism of adults and infants is by immersion in water three times in the name of the Trinity and is both the initiation into the Church and a sign of forgiveness of sins. Chrismation (anointing with holy oil called Chrism) follows immediately after baptism. Chrismation is then followed by holy communion.
Marriage	Marriage is celebrated through the rite of crowning, showing the importance of eternal union of the couple. Although marriage is seen as a permanent commitment in life and in death, remarriage and divorce are permitted in certain circumstances.
Death Customs & Funeral Rites	The notion of the eternal life of the soul and the integrity of the body underpins many of the traditions surrounding death and mourning. For example, cremation is forbidden as it represents the destruction of the eternal physical body. Organ donation, too, was prohibited. However the church does support the use of transplants and church leaders have recently shown a more supportive attitude towards organ donation.
Diet	There are no normal dietary restrictions. Many Orthodox will observe a sometimes strict discipline of fasting during Lent, and some during Advent. Also all Wednesdays and Fridays are expected to be days of fasting.
Dress	Christians most commonly wear clothes worn in the country in which they live. Often a Christian will wear a piece of jewellery like a brooch, showing two fishes or a crucifix.
Medical	The Orthodox Church has condemned abortion as the taking of a human life.

Christianity – Pentecostal Church

<p>Pentecostal Church</p>	<p>Pentecostalism is a form of Christianity which emphasises the work of the Holy Spirit and the direct experience of the presence of God by the believer.</p> <p>Pentecostalism is based on a key event in the life of the early Christians: the baptism of the twelve disciples by the Holy Spirit on the day of Pentecost. Pentecostalism is not a church in itself, but a movement which includes many different churches. Pentecostal churches are highly diverse.</p> <p>Pentecostals base their theology on the text of the Bible which they believe to be the word of God without error.</p> <p>The Spiritual leader also known as the Pastor or the Shepherd is expected to exercise oversight over the flock (members). Peter 5:2-3 says 'Feed the flock of God; care for it willingly, not grudgingly; not for what you will get out of it, but because you are eager to serve the Lord. Don't be tyrants, but lead them by your good example. (The Holy Bible, Peter 5:2-3)</p> <p>The Bible commands flock (members) to obey their Spiritual leaders and submit to them. Hebrews 13:17 says 'Obey your spiritual leaders and be willing to do what they say. For their work is to watch over your souls, and God will judge them on how well they do this. Give them reason to report joyfully about you to the Lord and not with sorrow, for then you will suffer for it too.' (The Holy Bible, Hebrews 13:17)</p>
<p>Baptism</p>	<p>Pentecostals believe that baptism in the Spirit is part of salvation. This is a second baptism that follows water baptism, although some passages of scripture reverse this sequence.</p> <p>Baptism in the Holy Spirit is an experience in which the believer gives control of themselves to the Holy Spirit. Through the experience they come to know Christ in a more intimate way and are energised with the power to witness and grow spiritually.</p> <p>The proof of having been baptised in the Spirit is speaking in tongues. Speaking in tongues is the only consistent event associated with baptism in the Spirit in the various Biblical accounts of the phenomenon.</p>
<p>Holistic Faith</p>	<p>Pentecostalism is a holistic faith, and the belief that Jesus is healer is one quarter of the full gospel. Pentecostals believe that prayer is central in receiving healing.</p> <p>Pentecostals moderated their views concerning medicine and doctor visits; however, a minority of Pentecostal churches continues to rely exclusively on prayer and divine healing.</p>
<p>Gifts of the Spirit</p>	<p>The gifts of the Spirit are supernatural abilities given to believers by God. These gifts demonstrate the power of God and are used for particular purposes such as healing the sick, and generally helping the believer in their Christian ministry.</p>
<p>Speaking in tongues</p>	<p>Speaking in tongues means speaking miraculously in a language unknown to the speaker.</p> <p>Speaking in tongues can be either evidence of the baptism of the Holy Spirit, or a demonstration of the gift of tongues.</p>

Foot washing	Some Pentecostal churches practise foot-washing as an ordinance of humility in their services. In doing so they follow the instructions of Jesus, who washed the feet of his disciples at the Last Supper.
Prayer cloths	<p>Prayer cloths are small cloths like handkerchiefs that are used in healing. The healer prays over the cloth which is given to the sick person, who may bring it close to the afflicted part of their body.</p> <p>The cloth is seen as carrying the prayers and the divine healing power to the ill person.</p>
Miracles	Pentecostals believe that God can and does work miracles today.

Christianity – Roman Catholic

Roman Catholics	<p>Catholics are encouraged to attend weekly mass and are under an obligation during the Easter season to attend the sacraments of reconciliation (formerly known as confession) and holy communion. The Catholic Church ordains only celibate men to the priesthood since Jesus was, it teaches, male and celibate.</p> <p>Catholicism is a faith that revolves around the seven sacraments - baptism, reconciliation, Eucharist, confirmation, marriage, holy orders (joining the priesthood) and the sacrament of the sick (once called extreme unction or the last rites). The importance of receiving Christ's body and blood at communion as the bread of life is central.</p>
Holy Days – Days of Obligation	<ul style="list-style-type: none"> • All Sundays • Nativity of the Lord 25 December • Easter Sunday - the Resurrection of the Lord – moveable feast (March or April) • St. Peter & St. Paul 29 June • Assumption of the Blessed Virgin Mary 15 August • All Saints 1 November <p>In the UK the following celebrations have now been transferred to the nearest Sunday:</p> <ul style="list-style-type: none"> • Epiphany of the Lord 6 January • Ascension of the Lord – moveable feast (May or June) • The Most Holy Body & Blood of Christ (Corpus Christi) - moveable feast (June)
Birth Customs	A new Christian is made a member of the Church's community by baptism.
Marriage	Marriage is also intended to be life-giving. Both bride and groom state their willingness 'to accept children lovingly from God'. This means that every sexual act should be both unitive and procreative. Artificial forms of contraception are unacceptable as they are contrary to God's will, frustrating his creative plan.
Death Customs & Funeral Rites	Most Catholic funerals include a wake, a funeral service, and prayers at the graveside where the body will be laid to rest. On the day of burial, a brief funeral service may be held at the funeral home, or the body may be transported to the church, where a mass known as the rite of Christian burial is offered.
Diet	<p>There are no particular dietary needs. The ethnic background is likely to be important in dietary choice.</p> <p>This varies with individuals, but some Catholics will wish to abstain from meat on Fridays (often eating fish instead) and on Ash Wednesday at the start of the season of Lent. Some patients see fasting as important to bring them closer to God and it is an individual decision.</p>
Dress	Christians most commonly wear clothes worn in the country in which they live. Often a Christian will wear a piece of jewellery like a brooch, showing two fishes or a crucifix. Rosary beads or rings may be carried by some Roman Catholics.
Medical	<p>Catholics are against artificial methods of contraception, which interfere with the transmission of human life and the sacred purpose of sex.</p> <p>The Roman Catholic Church says that deliberately causing an abortion is a grave moral wrong.</p>

Christianity - The Seventh-day Adventist Church

The Seventh-day Adventist Church	<p>The Seventh-day Adventist Church is a Millennialist Protestant Christian denomination that was founded in the 1860s in the USA.</p> <p>The name Seventh-day Adventist is based on the Church's observance of the "biblical Sabbath" on Saturday, the seventh day of the week. "Advent" means coming and refers to the belief that Jesus Christ will soon return to this earth.</p>
Festivals / Traditions	<p>The Seventh-day Adventist Church keeps the Sabbath from sundown on Friday to sundown on Saturday, because God set apart the seventh day of creation week to be a day of rest and a memorial of creation.</p>
Birth Customs	<p>Seventh-day Adventists refer to the blessing of a baby as a "baby dedication". It is usually celebrated a few weeks to a few months after the birth of the child.</p>
Marriage	<p>Seventh-day Adventist ministers will not marry church members to non-members. The Seventh-day Adventist Church believes in the sanctity of marriage. Prior to the wedding, pastors will provide premarital counselling over a period of months. In fact, pastors are encouraged not to conduct a wedding unless a couple has had the benefit of premarital counselling.</p>
Death Customs & Funeral Rites	<p>Adventists do not believe that people go to Heaven or Hell when they die. They believe that the dead remain unconscious until the return of Christ in judgement.</p>
Diet	<p>Adventists do not smoke or drink alcohol, and recommend a vegetarian diet. Meat is permitted, but only following the Biblical commandments on clean and unclean food.</p>
Dress	<p>Clothes are chosen for their durability, and "profuse ornamentation" and "gaudy display" are unacceptable. Adventists do not wear jewellery, other than a wedding ring.</p>
Medical	<p>Seventh-day Adventists believe that the body, mind, and spirit are inextricably knit together. They believe that the body can affect the mind as well as the mind the body. They believe that God is concerned that the entire person be in the best possible condition, physically, mentally, and spiritually.</p>

Hinduism

Hinduism is a very accommodating faith. It accepts all views. It even teaches that personal experience is more important as a guide to life than the scriptures. This accommodating and evolving nature of Hinduism is perhaps how so many other faiths have evolved from Hinduism, including Sikhism, Buddhism and Jainism.

Hinduism	Prayers are said first thing in the morning after washing and before eating. Evening prayers are said last thing at night before sleeping.
Festivals	<p>A woman will not pray in a place of religious significance while menstruating.</p> <ul style="list-style-type: none"> • Holi – held on the last full moon day at the beginning of spring • Diwali – family festival of lights in late October/early November • Akhand Path • Tirtha Yatra
Birth Customs	<ul style="list-style-type: none"> • Garbhadana – thanksgiving after a woman has conceived • Jatakarma – after childbirth – welcoming the child into the family and thanksgiving for the health of mother and child • Annaprasana – celebrated when a child has first solid food at 6 months <p>After 40 days the mother will take a purifying bath. The naming ceremony will take place on the sixth day. The infant's head is shaved in the first, third or fifth year.</p>
Marriage	<p>Traditionally marriages are arranged by families, but for some families this is changing and there is more freedom of choice.</p> <p>After agreement, the majority of couples may be seen together in public.</p> <p>Dowries are usually given but not in every case; it may be a sum of money or a gift.</p> <p>The ceremony is first held in the registry office and then people go to a local community hall. The families sit on a platform where a fire is lit. The couple walk round the fire four times making a promise at each turn to their partner. This is done in the presence of a priest (Maharaj). Within a couple of days of marriage the couple then go to the local temple (Mandir), taking a present (Prasad) from the priest.</p>
Death Customs & Funeral Rites	<p>Various rituals may take place around the dead body. After being ritually bathed, it is traditional for a Hindu to be cremated. In India, the body would be placed on an open wood pyre. If possible ashes are sprinkled into a holy river such as the Ganges, but they may be taken to be sprinkled on the sea near to where they lived.</p> <p>Hindus carry Ganges water around the world because it should be the last thing that is put into the mouth when a Hindu dies.</p>
Diet	<ul style="list-style-type: none"> • Sattvic foods – light and nutritious • Rajasic foods – cause heat and stimulation • Tamasic foods – fish and meat (hot, spicy, bitter and fermented foods, which have a dulling effect) <p>Vegetarianism is practiced as a mark of respect and those who do eat meat generally avoid beef as the cow is considered sacred.</p>

Dress	<p>Bangles are only removed on husband's death. They are usually shattered – breaking them is a bad omen.</p> <p>Mangal Sutra – a black bead necklace or a yellow cord or chain blessed by a priest, with symbols representing the bridegroom's family shrine; this is seen as a sign of marriage and is only removed on husband's death.</p> <p>Sindur – red powder in hair parting symbolises marriage so not worn by widows, or unmarried girls.</p> <p>Bindi/tikka – spot on the forehead; a red spot normally symbolises a married woman.</p> <p>Medendi/Henna Paste – this is painted on hands for special occasions i.e. weddings or religious festivals.</p> <p>Kajal – black eye make up; often black eye liner is advised to be used as varieties of the traditional make up contain lead sulphide.</p>
Customs	<p>The Hindu as a rule, in India anyway, does not use toilet paper, and even when it is used, the left hand and water are used to complete cleansing. Therefore, during a stay in hospital a bowl or jug of water should be made available to a Hindu patient at the bedside, if they are able to clean themselves.</p> <p>Food must only be eaten with the right hand, and if given a gift, elders might well insist that it be accepted in the right hand.</p>
Medical Treatment	It is advisable to discuss contraception in the presence of husbands.

The Hindu Naming System

The pattern:

Lalita	Devi	Sharma
Vijay	Lal	Patel

First Name Personal	Middle Name	Surname Family
Lalita	Devi	Sharma (F)
Vijay	Lal	Patel (M)

FIRST NAME: Used by family and friends

MIDDLE NAME: within Hinduism this always accompanies the first name which acts as a suffix

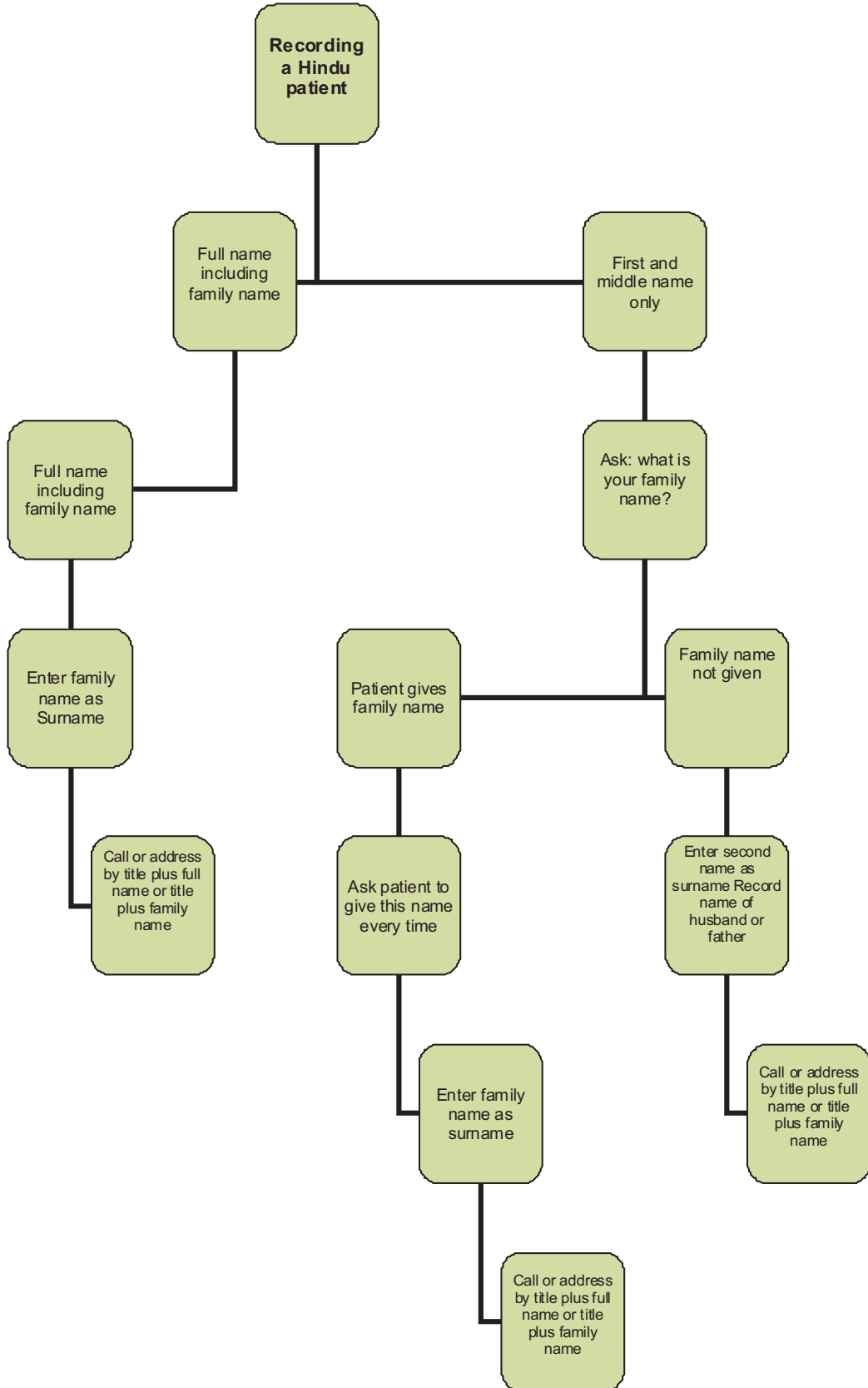
Male:	Bhai	Chaud	Das	Dev
	Kant	Kumar	Lal	Nathpal
Female:	Behn	Devi	Gowri	Kumari
	Lakshmi	Rani		

SURNAME: Subcaste name indicating family's traditional occupation and status

British born Hindus may only have a first name and surname

Gujarati Hindus may have father's/husband's name after their own

Recording a Hindu Patient



Islam

Islam is the same truth that God revealed through all his prophets to every people. “Islam” simply means peace through submission to God. For a fifth of the world's population, Islam is both a religion and a complete way of life.

<p>The Five Pillars of Islam</p>	<p>The Five Pillars of Islam are the five obligations that every Muslim must satisfy in order to live a good and responsible life according to Islam.</p> <ul style="list-style-type: none"> • Shahadah - declaring belief in one God and accepting The Prophet Mohammed (pbuh) as his final messenger • Salat - performing ritual prayers in the proper way five times each day • Zakat - paying an alms (or charity) tax to benefit the poor and the needy • Sawm - fasting during the month of Ramadan • Hajj - pilgrimage to Mecca at least once in the lifetime <p>Muslims believe the holy book, the Quran, to be the final revelation and the direct words of God conveying to all humanity how to live a life. It was revealed to the Prophet (pbuh) who then demonstrated how to live by it. Carrying out these obligations provides the framework of a Muslim's life, and weaves their everyday activities and their beliefs into a single cloth of religious devotion. The articles of faith require all Muslims to believe in: one God, all earlier prophets from Adam to Jesus (pbut) and Prophet Mohammed (pbuh) as the final; Angels, Day of Judgement, life after death, and heavenand hell.</p>
<p>Festivals</p>	<p>The two main festivals are Eid-ul Fitr and Eid-ul Adha. The holiday of Eid ul-Fitr, which marks the end of Ramadan, takes place on the first day of the following month and celebrates the completion of the 30 days of fasting. On this day, morning prayers are followed by feasting and celebration.</p> <p>Eid-ul Adha celebrations start after Hajj. During this festival Muslims sacrifice animals and the meat is divided into three equal parts among the family, friends and neighbours and less privileged people. This sacrifice made by Muslims is a symbol of sacrifice made by prophet Abraham (pbuh).</p>
<p>Prayers</p>	<p>A set of formal daily prayers are performed facing Mecca at five fixed time bands spread during the day. These involve special postures and reciting selected verses from the Quran in a defined order. The prayers can be said anywhere but performing them in the mosque and with others has more rewards. The Friday congregational prayer in the mosque is compulsory for men. Women enjoy more flexibility in that they can stay home to pray, but they can go to the mosque if they wish, using a segregated space.</p> <p>Additionally, Muslims invoke many inward and silent prayers of remembrance, thanks, requests and forgiveness throughout the day, sometimes using beads.</p> <p>For formal prayers Muslims are required to perform Wudu - wash their face, arms and feet.</p>
<p>Ramadan</p>	<p>Ramadan is designated as the holy month when a Muslim devotes more time towards prayer and self-reflection. During the month of Ramadan, adults and children who have reached puberty engage in fasting from dawn to sundown. Individuals abstain from eating, drinking, smoking, sexual intercourse, and keep in check all vices such as anger, bad language, back-biting, etc. Each evening, Muslims will break the fast at sundown with Iftar, a traditional meal often beginning with the eating of dates.</p>

	<p>In Muslim-majority countries the working hours are often reduced by a few hours. The fast can present unique challenges for those living in non-Muslim nations around the world where business hours and social schedules are not altered to accommodate the month. In general, the practices of Ramadan are meant to purify oneself from thoughts and deeds which are counter to Islam. One of the main objectives is to be able to feel the pain of the less privileged. The start of Ramadan begins with the new moon and shifts by approximately 11 days on the solar calendar each year. In 2012 Ramadan starts in July.</p>
Birth Customs	<p>Male children are circumcised as soon as possible, preferably by a Muslim GP. A prayer (Azan) is recited in both ears of all babies by a male family member. Ideally this should be the first sound the baby hears upon birth. This custom should be expected by hospital midwives.</p> <p>The birth hair is shaven completely and buried. Value of its weight in silver is given to charity.</p> <p>The mother will have a wash after birth but is exempt from performing formal prayers for forty days.</p>
Marriage	<p>According to Islam, parents should look for a suitable partner for their children. However the final decision remains with the bride and groom and no marriage can take place without the consent of both parties. Forced marriages are not allowed. The marriage ceremony (Nikah) may take place at either at home, mosque or a local community centre; it is followed by a reception. If the person conducting the Nikah is not a registered body, then couples have an additional ceremony at the registry office.</p> <p>Birth outside Islamic marriage is considered a cardinal sin as well as co-habitation and adultery.</p> <p>Divorce is allowed as a last resort.</p>
Death Customs & Funeral Rites	<p>Death is treated as the start of eternal life. The body is cleansed, bathed and wrapped in white unstitched cloth by other Muslims, often family and friends. Modesty of the deceased is maintained at all times by keeping the body covered even when washing. The body is then taken to the mosque for a special funeral prayer and later buried. The whole process needs to be completed within a few hours of death. Cold storage and post mortem must be avoided unless it becomes a legal necessity. Mourning is allowed as long as there is no audible crying. Muslims continue to say prayers for their deceased throughout their own lifetime.</p>
Diet	<p>Food is either Halal or Haram.</p> <p>Haram food (not allowed) includes:</p> <ul style="list-style-type: none"> • all food that is not earned by permissible activities in Islam • all carnivorous animals and birds of prey, mammals and birds of reproductive age • pigs • blood <p>Animals which can be eaten only become halal if slaughtered in the special way so that all blood is drained.</p> <p>Alcohol is strictly prohibited but exceptions are made for medicinal purposes.</p> <p>Many seemingly vegetarian and sweet products can contain animal fat, lard, alcohol or blood and therefore Muslims have to check ingredients carefully.</p>

<p>Dress</p>	<p>In Islam, the basic rule for both men and women is that they should cover their body with loose-fitting clothes. This is a generic requirement and so the actual style of clothing is adaptable to suit personal preferences. The majority of women choose to cover their hair.</p> <p>There are therefore different styles of Hijab worn by women throughout the world. The term Hijab also covers modesty in behaviour, so physical contact with members of the opposite sex who are not immediate family is not allowed. Muslim men and women will therefore, generally speaking, not shake hands with members of the opposite sex. Social etiquette also discourages being alone in a confined space with a member of the opposite sex unless this is absolutely necessary. NHS staff should be aware of this when carrying out consultations.</p> <p>When outside, women are generally covered, so vitamin D deficiency can often develop.</p>
<p>Medical Treatment</p>	<p>Women prefer female doctors for gynaecological/obstetric investigations, but then there are some women who would prefer female doctors during all consultations. Patients may prefer to take medicine which does not contain gelatine. Equally, medicines containing alcohol may not be acceptable if an option without alcohol is available.</p> <p>Blood transfusion is acceptable.</p> <p>Differing views are held regarding organ donation and contraception.</p>

Definition of Halal

Halal Food

The word 'halal' literally means permissible or allowed and in translation it is usually used as lawful. The opposite, 'prohibited' is *haram*.

To make meat halal or permissible, an animal or poultry has to be slaughtered in a ritual way known as *Zibah* or *Zabihah*.



Halal meat should either be purchased from a halal butcher's shop or if from a supermarket, packaging will have a halal certification mark (An example is provided below, but there are many different halal symbols).

Zabihah requires animals to be alive and healthy at the time of ritual slaughter. All the flowing blood must be drained out of the carcass, **as blood is forbidden**. Swine flesh is also forbidden, and animals that have been killed by strangling, a violent blow, or by a headlong fall.

Since pork is forbidden, halal slaughtering must not be done where pigs are slaughtered or in the vicinity of a pig slaughtering area. The animal has to be fed as normal and given water prior to slaughter. One animal must not see another being slaughtered. The knife should be four times the size of the neck and razor sharp, and as far as possible the slaughterer and the animal should face Qibla or Mecca and, animals must not have any lacerations.

Halal and the NHS

Food and medication should ideally be halal – prepared away from non-halal food.

Anything that is marked 'Suitable for Vegetarians' is halal except if it contains alcohol, even if the alcohol has been boiled out by cooking. However vinegar is halal even though its manufacture required fermentation of alcohol. Many ready-prepared and catering food products have animal based ingredients, some of which are obscure. Obviously away from Muslim countries, these are

certain to be from *haram* sources, so the product itself becomes *haram*. Common examples are gelatine, stock, suet, fat-based emulsifiers and cochineal. These can appear in sweets, soups, glazes, puddings, sauces etc. Sweeteners are also likely to be non-vegetarian as they are produced using the by-product of soap making.

Things to consider:

Dairy products are halal, provided they contain no 'dead animal' content that has not come from a halal source. Thus fresh milk and butter are invariably halal, but cheese may have been made with rennet from a *haram*, prohibited, source, e.g. the stomach of a calf that had been killed with a bolt or by electrocution, though vegetarian cheese or rennet is nowadays widely available and quite acceptable. Bread products should also be suitable for vegetarians. Some brands of white bread products may contain **L-cysteine** which can be made from human or animal hair.

Does the food or medication contain gelatine, often hidden in ingredients not necessarily just jelly. Some light yoghurts for instance use gelatine as a setting agent, as do many cheap ice creams. Also most capsules are not suitable for vegetarians/halal.

Where possible, medications that are suitable for vegetarians should be used. Some medications contain ingredients from animal origins such as cochineal. Other products which are not suitable for vegetarians/ halal Include:

- Carmines,
- Red colour number 4
- Natural colour red
- Carminic acid
- E120
- Cosmetics which includes hand creams, body lotions use CI 7547
- Penicillin capsules etc. should be replaced by syrup or tablets

Ideally all products that are applied to the body should be suitable for vegetarians. Soap, shampoo, conditioner and most body lotions (E45 etc.) are made using the fat of animals.

The Female Muslim Naming System (Asian)

In the Islamic system children are given a name including a reference to their father.

Women are not required to change their name upon marriage, so often their family name reflects their father's surname and not the husband's. Some names, particularly Asian, may not have a family name but a title followed by a personal name.

When registering, it is best to ask which name is unique to the person and which is the family one.

See for example, the Bangladeshi naming system

This usually has two parts

Examples	
Amina Begum	Nasreen Akhtar
Salamat Bibi	Mehrun Nessa
Shahida Khatoon	Razia Khatoon Iqbal

FIRST NAME is personal

SECOND NAME is female title or second personal name

There is normally no shared family name, but some women in Britain may use one e.g. Razia Khatoon Iqbal or Amina Begum Iqbal

Female titles

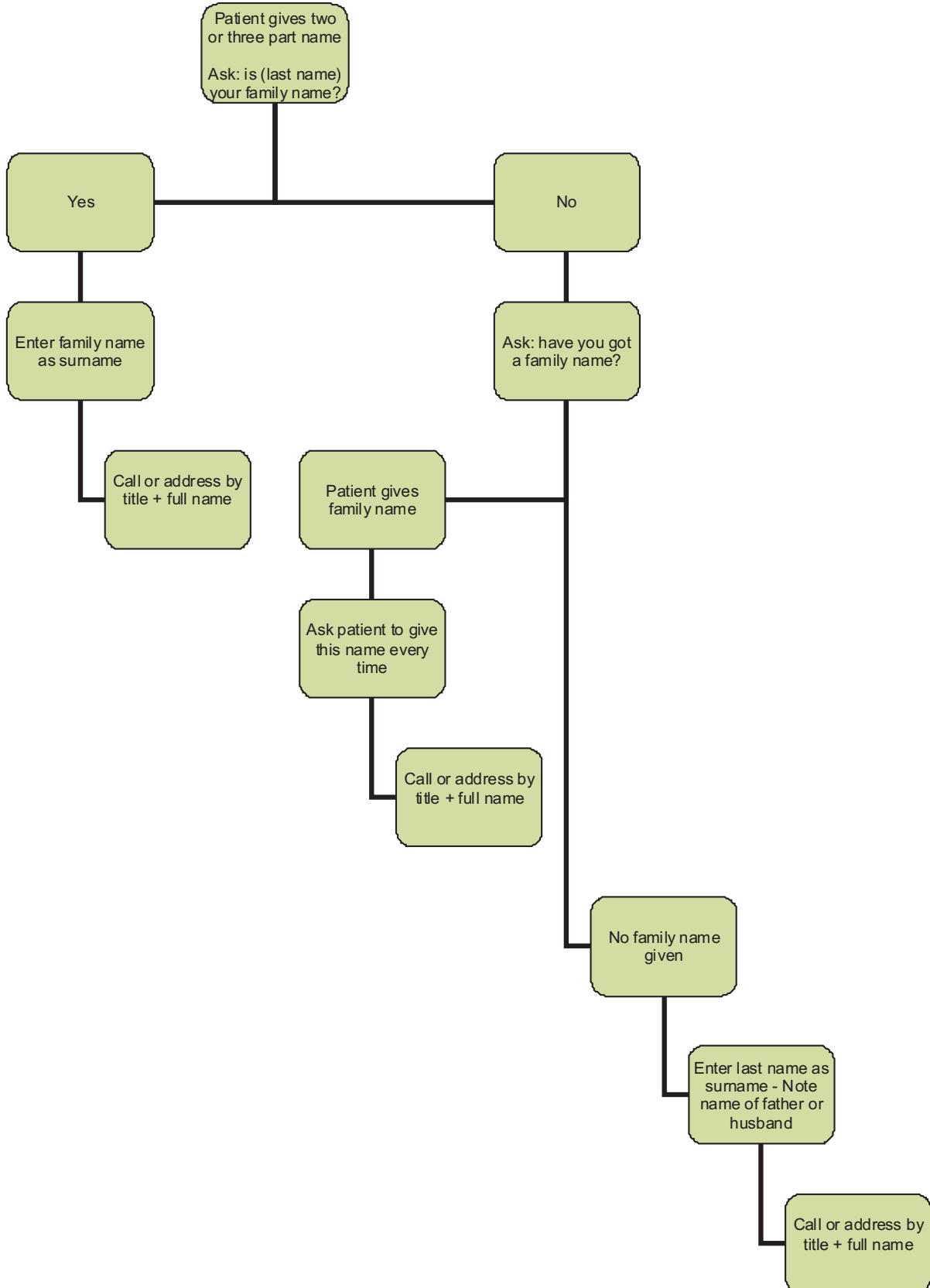
Bano	Begum	Bi	Bibi	Khatoon	Sultana
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Common second names: Akhtar, Jan, Un-Nessa, Kausar

Use last part of the name as surname for filing, and not the name of father/husband for extra identification

Call or address by full name

Recording a Female Muslim Patient



The Male Muslim Naming System (Asian)

FULL NAME is usually in two or three parts

Order does not indicate usage

FIRST NAME may not be personal name

(PERSONAL NAME can be either first or second)

LAST NAME is not usually a shared family name

Mohammed Safdar	Habib Ullah
Mohammed Ibrahim	Mohammed Yunus Choudrey
Suleiman Mia	Bahadur Khan
Mohammed Khalid	Qureshi Allah Dillah

Religious name is used with the personal name and is the calling name

Mohammed, Allah and Ullah are always religious names

Ahmed, Ali and Hussain are often used as religious names, but many other possible religious names exist

Following the calling name there may be another (usually only adopted in the UK)

USAGE:

Formal & Official: Full Name

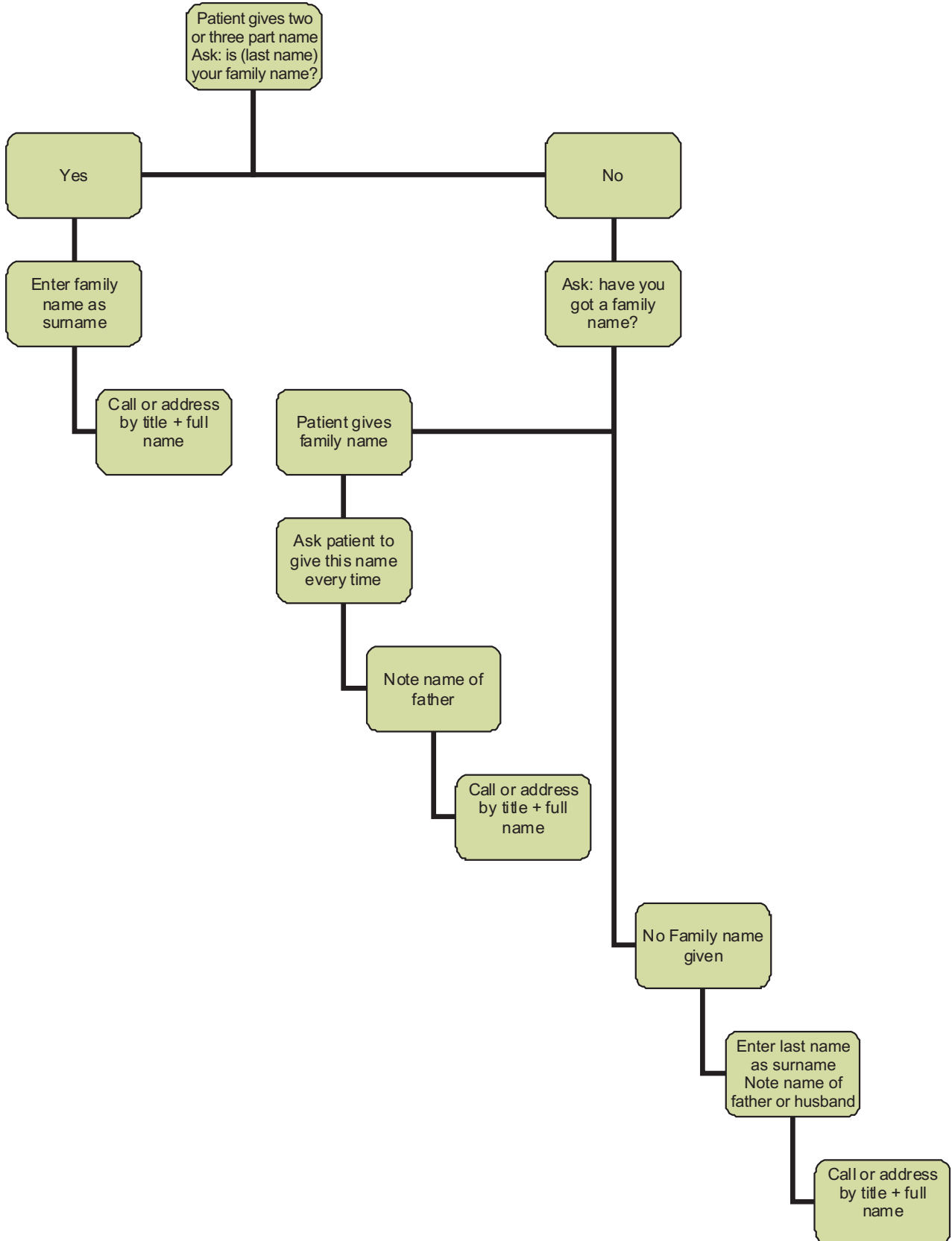
General Information: Calling name (usually personal + religious)

Close friends and family: Personal name

Always use title + full name for formal and official usage

Call or address by full name

Recording a Male Muslim Patient



Jainism

Jainism is an ancient religion from India that teaches that the way to liberation is to live a simple carefree life of harmlessness and renunciation. It believes in reincarnation i.e. life after death. The purpose of life is to break the cycle of birth and death and achieve Moksha. This can only be attained by purifying the soul. It also believes that all living beings have a soul and they are all equal, therefore we must respect them all. We must not harm them.

Holy Days	<ul style="list-style-type: none"> • Mahavira is regarded as the person who gave Jainism its present form and the festival of 'Mahavari Jayanti' celebrates the day of his birth. • 'Paryushana' is a festival of reflection and repentance with eight days of fasting. • 'Diwali' is significant to Jains as the date when Mahavira gave his last teachings. It takes place in October/November. • 'Kartak Purnima' is regarded as the time to make pilgrimage to sacred Jain sites in India. It takes place after Diwali. • 'Mauna Agyaras' is a day-long observance of fasting, silence and meditation.
Birth Customs	Simple religious ceremony at home or temple after forty days of birth and naming the child depending on the time of the birth (Zodiac Stars).
Marriage	The principle of Brahmacharya requires that Jains observe a chaste way of life, meaning that they remain true to their chosen partner and should avoid sex before marriage. They should try to control their sexual desire.
Death Customs & Funeral Rights	Fasting to death – Santhara – is the practice of stopping eating in preparation for death, when the inevitability of death is a matter of certainty with the intention of purifying body and mind.
Diet	Ahimsa (non-violence) is one of the principles of the Jain faith and means not intentionally causing harm and actively protecting all life. This means that Jains will follow a vegetarian diet.
	<p>Fasting is practiced by Jains at any time, but most will fast during festivals and holidays. There are four types of fasting:</p> <ul style="list-style-type: none"> • Complete – giving up food and water completely for a period. • Partial – eating less to avoid hunger. • Vruti Sankshepa – limiting the number of foods eaten. • Rasa Parityaga – giving up favourite foods. <p>The last meal of the day should be eaten before sunset.</p>
Customs	<p>Jain followers should cultivate '3 jewels':</p> <ul style="list-style-type: none"> • Right belief • Right knowledge • Right conduct – with 5 abstinences flowing from this: Ahimsa (non-violence), Satya (truth), Asteya (not stealing), Aparigraha (not desiring more than we need) and Brahmacharya (celibacy).
Dress	Any modest clothing is acceptable. No mixed showers are allowed. There is no specific dress code as such but a simple dress is recommended for mundane day course. Plain & clean clothing (dhoti) is used while doing hymns (pooja) in the temple.
Medical Treatment	All medical treatment is acceptable but use of eggs, fish, meat and alcohol is prohibited.

Jehovah's Witnesses

Jehovah's Witnesses see themselves as a worldwide brotherhood that transcends national boundaries and national and ethnic loyalties.

They believe that since Christ proclaimed that his kingdom was no part of the world, they too must keep separate from the world and refrain from political involvement.

Holy Days	<ul style="list-style-type: none"> • Memorial of Christ's Death, which takes place on the anniversary of the Last Supper. • Witnesses do not celebrate Christmas or Easter because they believe that these festivals are based on pagan customs and religions. • Witnesses do not celebrate birthdays or other secular festivals.
Birth Customs	Jehovah's Witnesses avoid taking unnecessary risks with their own lives. Baptism does not take place until individuals understand the requirements of becoming a Witness.
Marriage	A couple sends a request in writing to the congregation's "service committee", which assesses whether the couple is "in good standing, living in harmony with Bible principles and Jehovah's righteous standards" and that they also approve of the members of the couple's wedding party (that is, groomsmen and bridesmaids).
Death Customs & Funeral Rites	Jehovah's Witnesses believe that when a person dies, their existence completely stops. The Jehovah's Witnesses funeral service is similar to Christian faiths, but lasts only 15 or 30 minutes. The funeral usually takes place within a week after death.
Diet	Jehovah's Witnesses avoid eating the flesh of animals that have not been properly bled because they believe it is wrong to eat blood.
Dress	Men - no facial hair other than a tidy moustache, shirt, trousers and sensible shoes; a tie and suit for meetings. Women - over the knee dresses or skirts; tops that cover the body; limited jewellery; sensible flat shoes.
Medical Treatment	Jehovah's Witnesses believe abortion is wrong. Jehovah's Witnesses avoid surrogate motherhood as well as any operation that involves the use of donated sperm, eggs, or embryos. Jehovah's Witnesses refuse blood transfusions.

Judaism

Jews believe that there is a single God who not only created the universe, but with whom every Jew can have an individual and personal relationship. They believe that God continues to work in the world, affecting everything that people do.

Holy Days	<ul style="list-style-type: none"> • Sabbath – Jews are commanded to rest and to keep the day holy. Orthodox Jews do not travel in a vehicle, only walk. They do not operate electrical appliances. Food is eaten cold or heated on a hotplate. An urn is used for hot drinks. Paper is not cut or torn (NB pre-torn or folded toilet paper is used on the Sabbath). No writing is done nor telephones used. • Rosh Hashana – September/ October Jewish New Year. • Yom Kippur – the most holy day of the year for all Jews – usually in October, means the Day of Atonement. • Passover – commemorates the rescue of Jewish people from slavery in Egypt.
Birth Customs	<p>A child of a Jewish mother is Jewish by birth.</p> <p>On the eighth day after a boy's birth he is circumcised (or afterwards at the discretion of the parents and medical staff)</p>
Marriage	<p>Jews consider it important to select a Jewish partner for marriage. Children of Jewish mothers are considered Jewish, but they will not be Jewish if their mother is a non-Jew.</p> <p>Before the wedding, the bride-to-be will bathe in a mikveh, a pool of natural water, symbolizing the transition from impurity to purity. Both partners may fast before the ceremony to reflect upon the solemnity of their forthcoming contract.</p> <p>An orthodox married Jewish woman of childbearing age will visit the mikveh every month. Ultra-orthodox men will also visit the mikveh.</p>
Death Customs & Funeral Rites	<p>Funerals must take place as soon as possible but not on the Sabbath or on festivals. Jews are buried 'whole'. Where the person died at home, the body should be placed on the floor in a well ventilated room and covered with a white cotton sheet.</p> <p>It is customary to place memorial ('Yahrtzeit') light or candle nearby.</p> <p>Jewish tradition requires, if at all possible, that the body should not remain unattended from the time of death until the burial. Ideally a rota of Jewish volunteers, including family members, can be organised to help with this in 1-2 hour shifts (including through the night, where the deceased cannot be buried on the same day). Some communities have a voluntary chevra kadisha (literally: holy society – a group of special volunteers) who may be called upon to help with these arrangements.</p> <p>Shiva is the seven day period of mourning.</p>

Diet	<ul style="list-style-type: none"> • Kosher – fit, acceptable or ritually useable • Tref – not edible by Jews • Fleishig – meat foods • Milchig – milk foods • Parev – neither milk or meat • Fleishig and Milchig cannot be eaten together <p>Jews can only eat meat from animals that have chewed the cud and have spilt hooves. Jews can eat farmyard fowl but it must be slaughtered by a Shochet (a religious Jew who is duly licensed and trained to slaughter animals).</p> <p>Orthodox Jews can only eat fish which has fins and scales. Orthodox Jews do not eat shellfish. Vegetarian food may not be acceptable to orthodox Jews if it has been prepared in a place where non Kosher meat has been.</p>
Dress	<p>During services men keep their heads covered with a Kippah or Yarmulka – married women are expected to wear hats or headscarves.</p> <p>Orthodox married Jewish women either wear a Sheital (wig) or keep their natural hair covered at all times.</p>
Medical Treatment	<p>Orthodox Jews prefer to be treated by a doctor of the same sex.</p> <p>A woman may use contraception if her life is in danger by giving birth.</p>

Kosher Food Certification

Kosher (also kashrut, kashrus or kashruth) signifies food that meets with Jewish dietary law. The Badatz Igud Rabbonim KIR below is one of the largest Kosher Certification organisations in the world, but there are also other symbols used to show food is Kosher.



Rastafari Movement

Rastafari movement is the quest for African political and economic independence rather than an organised religion. It harnessed the teachings of the Jamaican born Black Nationalist Marcus Garvey and uses selective Old Testament Christian writings to support its teachings and practices.

Holy Days	<ul style="list-style-type: none"> • Sabbath • Ethiopian Christmas 7 January • Birthday of His Imperial Majesty Emperor Haile Selassie 23 July and his coronation as emperor 2 November seen as direct descendent of Kings of David and Solomon • Birthday of Marcus Garvey 17 August, seen as a prophet by the Rastafari movement
Birth Customs	Babies are offered to Jah (God) at birth and encouraged to follow the way of life of Rasta.
Marriage	In Rastafari there is no formal marriage structure. A Rastafari man and woman who live together are regarded as husband and wife (unless, of course, they are related in some other way, such as mother and son). If marriage does take place, it is regarded as a social occasion rather than a religious event.
Death Customs & Funeral Rites	'Dead' and 'death' are considered negative words. 'Passed' or 'passing' are more commonly used. Rasta believe life is external through the spirit.
Diet	'Ital' - a salt-less, vegetarian diet; natural food. Rastafarians shun eating the flesh of scavengers like pork or shellfish, yet fish and fowl are acceptable to many. Alcohol is discouraged.
Dress	Uncombed, uncut locks are the symbol of the devout Rasta and are seen as a sacrament, which many cover with a 'tam' (a large hat) or 'wrap' (a cloth wrapped into a turban). Trousers and makeup are not acceptable for women during festivals and celebrations.
Medical	Common diseases and conditions in this community are: <ul style="list-style-type: none"> • sickle cell anaemia • hypertension • diabetes hair and skin should be paid special attention as the community is prone to dry skin

Sikhism

Sikhs focus their lives around their relationship with God and being a part of the Sikh community. The Sikh ideal combines action and belief. To live a good life a person should do good deeds as well as meditating on God.

Holy Days	<ul style="list-style-type: none"> • Diwali is particularly important to Sikhs as it celebrates the release from prison of the sixth guru. • Gurpurbs are festivals that are associated with the lives of gurus. • Hola Mahalla – on this day Sikhs practise military exercises and hold mock battles. • Vaisakhi – this is the Sikh New Year Festival celebrated on 13 or 14 April. <p>There is no pressing requirement to pray; it is up to the individual.</p>
Birth Customs	Prayer is the first action of Sikh women when they find out that they are pregnant. When the baby is born, the words of the Mool Mantar (a key prayer, composed by Guru Nanak) are whispered into the ears of the child and a drop of honey is placed inside the mouth. When the mother is healthy, or on the eleventh or thirtieth day the mother and baby will visit the Gurdwara (temple) to name the child.
Marriage	Marriage is first registered at a registry office and followed by a wedding ceremony in the Gurdwara (temple). In Sikhism the dowry system is not encouraged. Some parents, according to financial capacity, might donate certain gifts to their daughters; however this is changing now.
Death Customs & Funeral Rites	No lamentations are allowed. Sikhs are cremated – men are cremated wearing a turban. It is forbidden to erect monuments over the remains of the dead.
Diet	Zabiha/halal meat is forbidden for Sikhs to eat. Sikhs do not observe fasting for any religious reasons.
Dress	Devout Sikhs must wear the “5 Ks”: Kesh (uncut hair), Kangha (wooden comb), Kara (steel bangle), Kirpan (symbolic dagger) and Kaccha (under shorts). All men must wear a turban but a few choose not to. Devout women also cover their hair with a scarf. Kara – a special bangle; this is never removed even on death. Mehendi/Henna paste is used for weddings only. Kajal – black eye-liner. Bangles – the same use as Hindu women.
Medical Treatment	Abortion is considered against Sikh ethics.

The Sikh Naming System

Baljit	Kaur	Gill
Ravinder	Singh	Sahota

First Name (personal)	Middle Name (religious)	Surname (family)
Baljit	Kaur	Gill (F)
Ravinder	Singh	Sahota (M)

FIRST NAME: Used by family and friends

Names can be both male and female

Names often end in – jit, inder, want, bir, pal, arn, ant

MIDDLE NAME:

Male: Singh	Female: Kaur
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Used often with first name e.g. Baljit Kaur

Often regarded as the most important part of the name

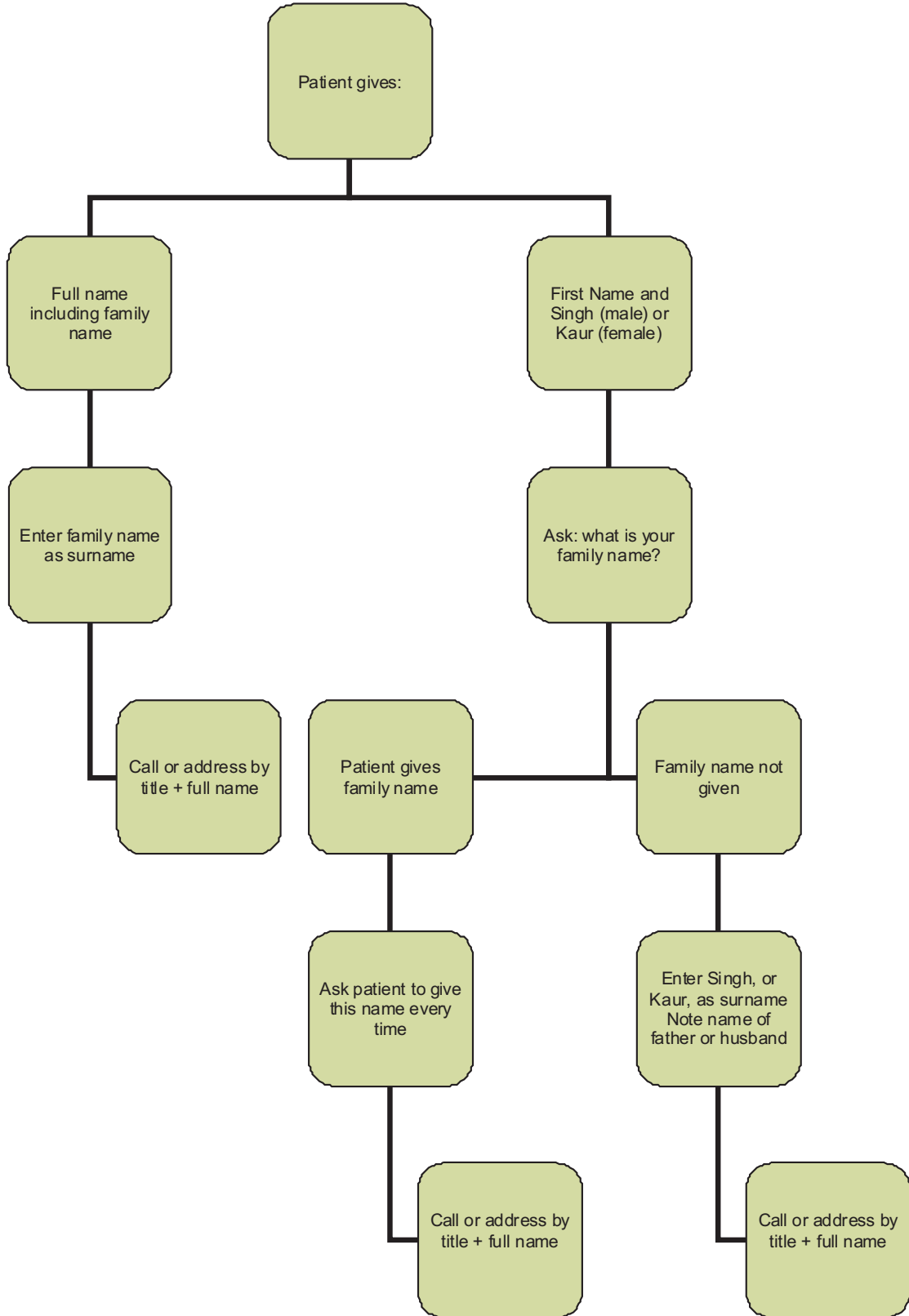
These are religious titles which do not identify anybody

SURNAMES: are traditionally not used for religious reasons but may be readopted after some time in Britain

British born Sikhs may have only first name and surname

Note: Always use full name with devout Sikhs

Recording a Sikh Patient



Taoism and Confucianism

The three main religions in China are Buddhism, Taoism and Confucianism. Confucianism looks for perfect humanity within the world. Taoism looks for universal unity.

Animistic religions are followed by minority nationalities and in rural areas. These can involve Buddhism, Taoism and worship of nature, spirits, ancestors, animals or parts of the body.

Festivals	<ul style="list-style-type: none"> • Chinese New Year date varies from January to mid February. • Qing Ming festival usually falls around 5 April. • Dragon boat festival usually takes place on 5 day of 5 Lunar moon, usually June or July. • The Mid-Autumn Festival – falls on 15 day of 8 lunar month (usually September).
Birth Customs	The mother is confined for a month after which a celebration takes place. The size of celebration may depend on the gender of the baby.
Marriage	Previously marriage was arranged – the wife would live with the husband's extended family and was considered family property. Today courting is open and free, but parents may become more involved once marriage takes place.
Diet	Tea is the main drink in China, but is being challenged by coffee and beer. Food and taste are very important, with large banquets being served at times of celebration.
Dress	Chinese people combine traditional styles and colours with modern ideas. Western fashion ideas also influence what the Chinese wear.
Medical Treatment	The principles of traditional Chinese medicine are based on the flow of Chi, a vital force or energy, which, among other things, controls the working of the human body and mind.

Honour Based Violence and Forced Marriage

“Violence against women is perhaps the most shameful human rights violation, and it is perhaps the most pervasive. It knows no boundaries of geography, culture or wealth. As long as it continues, we cannot claim to be making real progress towards equality, development and peace”

Kofi Annan, Former UN Secretary-General
(Women's Resource Centre, 2011)

Honour Based Violence (HBV):

Words commonly used and meaning honour/shame:

- Izzat (used mainly in South Asian communities) – honour
- Namus (used very often in a Middle Eastern context) – interpreted as honour as it directly relates to women's virtue and overall sexual integrity
- Corrective rape (South Africa) – rape of lesbians in order to cure / punish them
- Ird (Bedouin) – code of honour for women – linked to sexual integrity 'protected by men' and linked to sharaf
- Sharaf (Bedouin) - general honour code which includes responsibility for protecting ird
- Sharam (used mainly in South Asian communities) – shame
- Diss (used mainly in a Western urban context) - from disrespect

(Women's Resource Centre, 2011)

Honour-based violence is where a person (most often a woman) is subjected to violence by her family or community in order to restore 'honour', presumed to have been lost by her behaviour, most often through expressions of sexual autonomy. Men can also be victims, sometimes as a consequence of a relationship which is seen as inappropriate, for example if they are gay, have a disability or if they have assisted a victim.

(Domestic Violence London, 2014)

Potential areas of conflict between the individual and the family may include:

- Choice of sexual/marital partner
- Education and employment
- Dress
- Behaviour and contact with the opposite sex
- Sexuality
- General non-conformity to the family and community's culture and expectations.

Honour based crimes are different from other forms of domestic abuse due to the fact that many members of the extended family are often involved in the act. In some cases this maybe formal and organised, where a 'family council' is held by male family members and senior women who decide whether a woman should be killed and how it should be done. In tight-knit communities, social ties are of great importance, and such pressure can be sufficient to force an unwilling parent to allow a child to be sacrificed for the sake of the 'greater good' of the family as a whole.

Expectations associated with 'honour' are that:

- Women must guard their virginity and not develop relationships with persons outside the approved group;
- Women must agree to the demands of their family, particularly with regard to the arrangement of marriage;
- Women should not air their problems outside the family; this includes reporting spousal violence to the authorities;
- Women should not initiate divorce, and should not seek to gain custody of their children.

Victims of HBV often consider themselves to be in the wrong and still have strong affective ties to their families. This can mean that the prosecution of a family member may be a very painful prospect for the victim. Although prosecutions are vital, the protection and support of the victim and her or his needs must be the first priority.

(Honour based Violence Awareness Network, 2014)

Forced Marriage:

Forced Marriage Protection Orders (FMPOs) were introduced in 2008 for England, Wales and Northern Ireland under the Forced Marriage (Civil Protection) Act 2007. The aim of the order is to protect both adults and children who have been, or are being forced into marriage against their wishes. The court can make an order in an emergency so that protection is in place straightaway.

A Forced Marriage Protection Order (FMPO) can help if someone is:

- Being forced into marriage; or
- Is already in a forced marriage

The court can also add a power of arrest, when violence is threatened or used. This will help the police arrest a person who does not obey a court order that has a power of arrest attached. Breaching a Forced Marriage Protection order became a criminal offence in 2014, with a maximum penalty of seven years' imprisonment. FMPOs have been used:

- To prevent a forced marriage from occurring
 - To stop intimidation and violence
 - To reveal the whereabouts of a person
 - To stop someone from being taken abroad
 - To enforce the handover of passports
- (HALO Project, 2014)

Forced Marriage Unit

The Forced Marriage Unit (FMU) is a joint Foreign and Commonwealth Office and Home Office unit which was set up in January 2005 to lead on the Government's forced marriage policy, outreach and casework. It operates both inside the UK, where support is provided to any individual, and overseas, where consular assistance is provided to British nationals, including dual nationals.

The FMU operates a public helpline to provide advice and support to victims of forced marriage as well as to professionals dealing with cases. The assistance provided ranges from simple safety advice, through to aiding a victim to prevent their unwanted

spouse moving to the UK ('reluctant sponsor' cases), and, in extreme circumstances, to rescues of victims held against their will overseas.

Contact:

Telephone: +44 (0) 20 7008 0151

Email: fmufco.gov.uk

Email for outreach work:

fmuoutreach@fco.gov.uk

Facebook: [Forced Marriage page](#)

Twitter: [@FMUnit](#)

Media enquiries: +44 (0) 20 7008 3100

(GOV.UK, 2014)

Female Genital Mutilation (FGM)

It has been estimated that over 20,000 girls under the age of 15 are at risk of female genital mutilation (FGM) in the UK each year, and that 66,000 women in the UK are living with the consequences of FGM. However, the true extent is unknown, due to the "hidden" nature of the practice. (NHS, 2014)

FGM has been a criminal offence in the UK since 1985. In 2003 it also became a criminal offence for UK nationals or permanent UK residents to take their female child abroad for the purpose of genital cutting. Anyone found guilty of the offence faces a maximum penalty of 14 years in prison. (NSPCC, 2014)

What is FGM?

Female Genital Mutilation (FGM) is the partial or total removal of external female genitalia for non-medical reasons. It's also known as female genital cutting and female circumcision, initiation or sunna.

Religious, social or cultural reasons are sometimes given for FGM. However, there are no medical reasons to carry out FGM. It can cause severe and long-lasting damage to physical and emotional health.

The term FGM covers all harmful procedures to the female genitalia for non-medical purposes.

There are four types of FGM ranging from pricking or cauterizing the genital area, through partial or total removal of the clitoris, cutting the lips (the labia) and narrowing the vaginal opening. All of these are illegal and have serious health risks.

(NSPCC, 2014)

The FGM National Clinical Group are the UK's leading national charity advocating for the end of the Female Genital Mutilation practice as well as championing education and support for healthcare specialists and advisors throughout the National Health Service and the wider community. Locally there are also many small scale charities,

whose sole focus is to eradicate FGM. This link provides more detailed information about FGM: <http://www.fgmresource.com/>

(FGM National Clinical Group, 2010)

How FGM happens

The procedure is traditionally carried out by a woman with no medical training. Anaesthetics and antiseptic treatments are not generally used, and the practice is usually carried out using knives, scissors, scalpels, pieces of glass or razor blades. Girls may have to be forcibly restrained. (NHS, 2014)

FGM can be extremely painful and dangerous and it can cause:

- severe pain
- shock
- bleeding
- infection such as tetanus, HIV and hepatitis B and C
- organ damage
- blood loss and infections which can cause death in some cases

(NSPCC, 2014)

Girls and women who have had FGM may have problems that continue through adulthood, including difficulties urinating, incontinence, menstrual difficulties, frequent infections and pain when having sex. Women may also become infertile or if able to conceive have an increased risk of childbirth complications and new-born deaths. (WHO, 2014)

Who is at risk?

FGM is most commonly carried out when a girl is 5-8 years old. However it can happen at any age before a girl or woman is married or pregnant. Some girls are babies when FGM is carried out. (NSPCC, 2014)

The following are possible indicators that FGM may take place:

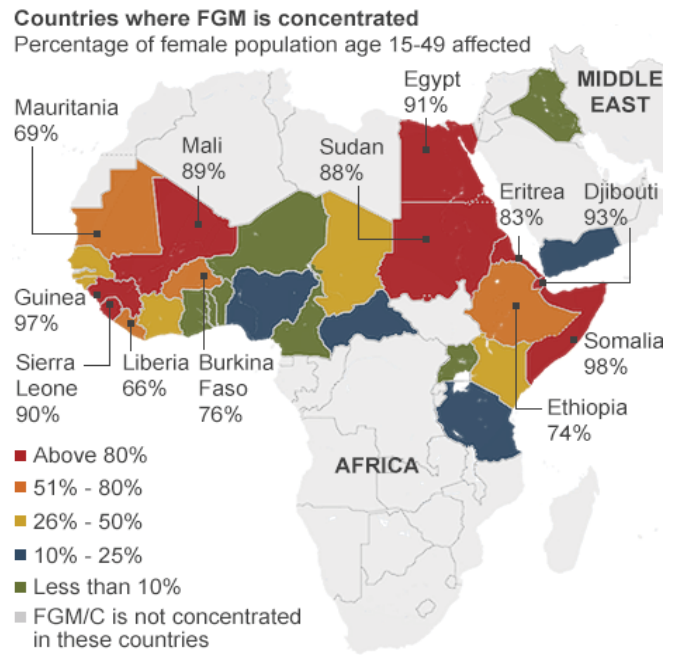
- The family comes from a community that is known to practise FGM. It may be possible that they will practice FGM if a female family

elder is present in the family network.

- Antenatal booking provides an opportunity for recognition of risk and preventative work with parents/carers. Any female child born to a woman who has been subjected to FGM must be considered to be at risk, as must other female children in the extended family.
- Parents state that they or a relative will take the child out of the country for a prolonged period or a child may talk about a long holiday to her country of origin or another country where the practice is prevalent.
- The child may confide to a professional that she is to have a 'special procedure' or to attend a special occasion.
- Reference to FGM/circumcision is heard in conversation, for example a child may request help from a teacher or another adult.

(FGM National Clinical Group, 2007-2013)

The map below shows the countries where FGM is concentrated. FGM is also practiced in Yemen and Iraqi Kurdistan. (Wikipedia, 2014) More detailed figures can be viewed in the Department of Health Multi-Agency Forced Genital Mutilation Guidelines <https://www.gov.uk/government/publications/forced-genital-mutilation-multi-agency-practice-guidelines> (Department of Health, 2011)



(BBC News, 2014)

What to look for: signs of FGM

A girl or woman may:

- Have difficulty walking, sitting or standing
- Spend longer than normal in the bathroom or toilet
- Have unusual behaviour after an absence from school or college
- Be particularly reluctant to undergo normal medical examinations
- Ask for help, but may not be explicit about the problem due to embarrassment or fear. (NSPCC, 2014)

What you can do

If you are worried a child is at risk of, or is a victim of, FGM contact the NSPCC FGM helpline anonymously 24/7 on **0800 028 3550** or fgmhelp@nspcc.org.uk (NSPCC, 2014)

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