

CULTURALLY NEUTRAL HISTORY

For healthcare providers

The following questions provide a framework for the types of questions you can incorporate into a patient visit to help you better understand the patients cultural beliefs and practices associated with the perinatal period.

Socio-cultural background

1. Where were you born? Where were your parents born?
2. How long have you lived in the U.S.?
3. How old were you when you came?
6. Did you come with family?
7. Did you live in the city or the country?
8. Who do you live with now?
9. Do you spend time with people from your home country?
10. Do you prepare and eat traditional food at home?
11. What language do you speak at home?
12. Do you attend religious services? If so, where?
13. Where did you go to school? How many years did you go to school?

Family roles, traditional health beliefs and practices (focused on the perinatal period)

1. Who helps you in your household when you are pregnant or after delivery?
2. Who in your family makes decisions about health care for you and the baby?
3. In your home country, was there someone in the community who helped pregnant women or new mothers?
4. Are there people like (her) here in your community?
5. Are there traditional food and drinks that you have at home during pregnancy or after childbirth?
6. Are there other things you do to stay well when you are pregnant or after delivery?
7. Is having a baby in this country different from having one back home?

Beliefs regarding the specific illness

1. What do you call your problem?
2. What do you think caused it? Why do you think it started?
3. What is the problem doing to you?
4. How is it affecting your daily life?
5. Is the problem severe? Do you think it will last a short or long time?
6. What do you fear about this problem?
7. Are you doing anything to take care of the problem?
8. What do you think I can do to help?