

Japanese

1. Origin	<ul style="list-style-type: none"> ▪ Japan. ▪ Shinto is a religion practiced by approximately 3% of the population. Only a small percentage identify themselves as "Shintoists" because they don't belong to organisations. ▪ Approximately 31% of the population are Buddhists, 1% Christian and 62% non-religious.
2. Languages	<ul style="list-style-type: none"> ▪ Japanese or English.
3. Beliefs	<ul style="list-style-type: none"> ▪ Ritual rather than belief is the heart of Shintoism. It involves worshipping at public shrines which are devoted to spirits (kami). kami are the "sacred essence" found in nature, e.g. in rocks, trees, rivers, animals, places, and people. Shinto has no God as such. ▪ There is more emphasis on fitting into the world rather than on an after-life, though belief in the immortality of the soul is common. ▪ Many people follow synchronised forms of Shinto and Buddhism.
4. Birth	<ul style="list-style-type: none"> ▪ Life cycle events are often marked by visits to a Shinto shrine. ▪ The birth of a new baby is celebrated with a formal shrine visit at the age of 13 days to a month.
5. Prayer & Customs	<ul style="list-style-type: none"> ▪ Worship of Kami takes place either at shrines or at home. ▪ Worshippers purify their mouths and hands using water. ▪ Like birth rituals marriage rites also tend to follow Shinto practices. However, the most popular wedding style is western at church or using a hotel or wedding centre.



6. Diet & Fasting	<ul style="list-style-type: none"> ▪ Traditional diet is high in salt, e.g. soy sauce, preserved meat and fish, and pickled vegetables. ▪ The prevalence of lactose intolerance can be high. ▪ Fresh food is often appreciated including fish, poultry meats, rice, fresh vegetables, fruit and tofu. ▪ Herbal or green tea can be appreciated but coffee, tea, and juices are also commonly consumed.
7. Clothing & Washing	<ul style="list-style-type: none"> ▪ Washing is often seen as akin to spiritual purity so is likely to be very important. ▪ Hair washing occurs daily or several times per week and nails are generally kept short and clean.
8. Medicine	<ul style="list-style-type: none"> ▪ The majority receive scientific western medicine but may combine it with complementary healthcare such as acupuncture, shiatsu (Japanese massage) or herbal remedies. ▪ Awareness of health issues is usually high. Blood transfusions are normally acceptable. In most cases health promotion would not be a difficult topic to discuss, such as immunization and maintaining healthy habits of diet and exercise. ▪ There may be variable receptiveness to the concept of cancer screening, however, which some may feel is the equivalent of “looking for something bad.” ▪ There is a stigma around mental health issues and an avoidance of psychiatric assistance. ▪ Courtesy is valued and would be appreciated during an assessment. A blameless, indirect problem solving approach would help to avoid feelings of shame and be better than a blunt manner. ▪ There may be a reluctance to show pain or to burden relatives with sadness. ▪ Decision making may be deferred to children and to the eldest son in particular. Traditionally children are expected to care for their parents in old age.



9. Care of the Dying	<ul style="list-style-type: none"> ▪ Life-limiting illnesses, dying and death may be considered akin to “contamination.” This can make frank discussions about informed consent procedures, choices in treatment, and advance directives difficult. ▪ Mothers in particular may want to carry out caring tasks for the patient. ▪ There is often a view of letting events follow “naturally” when people are dying, whilst seeking to preserve dignity.
10. Death	<ul style="list-style-type: none"> ▪ A family member may moisten the lips of an individual immediately after death. Please ask a family member if they need time to proceed with tradition before taking care of the body. Family may wish to keep a lock of the deceased's hair. ▪ Traditionally, organ donation isn't favoured because of the importance of dying intact, and because the concept of brain death, as opposed to death occurring naturally when the heart stops beating, is not always appreciated. Some also think the relationship between the deceased and their relatives would be harmed by organ donation. ▪ There are no objections to post-mortems. ▪ There may be a preference for cremation. Funerals may be performed by Buddhist priests. Spring and autumn are seasons for honouring ancestors and visiting graves.
11. Contacts	<ul style="list-style-type: none"> ▪ The chaplaincy department has a local contact number for obtaining further advice and support.

