

Chinese

1. Origin	<ul style="list-style-type: none"> There is a great variety of Chinese belief systems (including Christianity and Islam); the most prevalent influences are Buddhism, Confucianism, Taoism and the veneration of ancestors. Confucianism and Taoism date back to the 6th C BCE. This diversity is reflected in the U.K.
2. Languages	<ul style="list-style-type: none"> English, Mandarin, Cantonese and many other Chinese languages.
3. Beliefs	<ul style="list-style-type: none"> Confucianism deals mainly with individual morality, ethics and the proper exercise of political power. It emphasizes respect for rules and authority. Taoism is broadly based on the concepts of ying and yang, ch'i and the 5 elements of matter (water, fire, earth, metal and wood). The idea of being balanced is very important. The concepts of good and bad luck are very important. Traditionally sons and daughters are dutiful towards other family members, particularly their parents. Children may perform rituals out of respect for the living and the dead.
4. Birth	<ul style="list-style-type: none"> A Chinese woman may not want to wash her hair for a month after the birth of a baby. She will take great care of her body and not take any form of exercise. Often women eat root ginger, boiled with vinegar. Eggs may be added to cleanse one's inside. This mixture may be eaten every day for a long period. When the baby is born relatives may visit and bring presents such as chicken soup, shoes and eggs dyed red.



5. Prayer & Customs	<ul style="list-style-type: none"> ▪ Practices vary according to background and tradition. Some may bring a picture or statue of their deity to hospital or wear a pendant that they won't want to be removed. ▪ Often the family name comes before a two-part personal name always used together. ▪ On marriage, a woman usually adds her husband's family name before her own. People are often addressed by Mr Mrs etc. followed by their family name.
6. Diet & Fasting	<ul style="list-style-type: none"> ▪ Chinese people tend to have definite customs concerning food, its preparation, service and the manner in which it is eaten. Patients may ask relatives to bring in rice and other food. In particular, they may bring soup which has been boiled for a long time as it is believed that this can clear one's system and promote recovery. ▪ There is no specific guidance on fasting though those from Buddhist, Christian and Islamic Chinese backgrounds may have customs.
7. Clothing & Washing	<ul style="list-style-type: none"> ▪ Dress is normally modest; being dignified is likely to be very important. ▪ There can be a great emphasis on physical cleanliness. Many may wash by pouring water over themselves or sponging rather than by taking baths.
8. Medicine	<ul style="list-style-type: none"> ▪ Women may be more relaxed being seen by female professionals. ▪ Chinese accept western medicine as the most advanced form of treatment. However traditional herbal remedies are still used and it might be advisable to check sometimes whether the patient is taking a combination of the two. ▪ Most Chinese will agree to blood transfusion. ▪ Many Chinese are shy and too courteous to ask the doctor questions about their condition. It may be helpful to consider using an interpreter during consultations. ▪ Bowing can be a traditional form of greeting. Saying "no" to someone can be considered impolite.



9. Care of the Dying	<ul style="list-style-type: none"> ▪ Practices vary considerably so ask the patient or family for guidance. ▪ Conversations about death may be avoided. Death may be seen as unlucky, so it is preferred that it happens in hospital rather than at home. The dying person may want to put their affairs in order but avoid discussing feelings.
10. Death	<ul style="list-style-type: none"> ▪ Mourning customs vary widely so ask the relatives. ▪ Chinese families may not like to mention a child who has died at all so counselling may be difficult; they may not wish to visit its body in the mortuary. ▪ The body of an adult is bathed and covered in a white sheet or possibly clothed in an old-fashioned Chinese dress or best clothes, shoes and jewellery. ▪ Organ and tissue donation can cause difficulty as traditionally the body should be buried whole. The body will often be embalmed. Muslim Chinese are likely to object to post-mortems.
11. Contacts	<ul style="list-style-type: none"> ▪ The chaplaincy department has a local contact for obtaining further advice and support.

