



National Perinatal Association  
2000 North Beauregard Street, 6<sup>th</sup> Floor, Alexandria, VA 22311  
Toll Free: 888-971-3295 Email: [npa@nationalperinatal.org](mailto:npa@nationalperinatal.org)

## TRANSCULTURAL ASPECTS OF PERINATAL HEALTH CARE: A RESOURCE GUIDE

### AUTHOR GUIDELINES

**OVERVIEW:** This project has been spearheaded by The National Perinatal Association (NPA) and produced with the support of the American Academy of Pediatrics (2004 – 2009). Its purpose is to raise the consciousness of health care providers regarding the potential impact of culture and religion on the health and well-being of mothers, babies, and families. NPA is working to produce a 3<sup>rd</sup> edition of this manual.

**SUBMISSION REQUIREMENTS:** Individual chapters should include:

- Two hard copies (double-spaced) plus an identical version on disk in Word Perfect or Rich Text Format; limit of 20 pages (8 ½" X 11")
- A cover sheet with full name(s) and credentials of all contributors and contact information, including address, telephone/fax number, e-mail address
- Citation of all referenced material using arabic numbers in parentheses consecutively throughout text that correspond to a separate reference list at end
- A transfer of copyright to NPA signed by all contributors attesting to the accuracy and originality of material presented

**CONTACT INFORMATION:** For assistance or queries contact Cristina Glick: [crisglick@comcast.net](mailto:crisglick@comcast.net) or Sharon Chesna: [schesna@mothersandbabies.org](mailto:schesna@mothersandbabies.org).

**SUGGESTED FORMAT:** Please organize your presentation according to the following template (if you are unable to provide information for each and every category, you may delete those that are not appropriate; please be sure to footnote your material, using the style showed in the model chapter).

Begin with a general introduction that provides an overview of the culture, including some demographic and geographic information about the particular cultural / religious group. Please address:

#### HEALTH AND ILLNESS

Address traditional medical practices: with / without conventional medicine

#### PREGNANCY / PRENATAL CARE

#### LABOR AND BIRTH

#### POSTPARTUM AND NEWBORN CARE

#### DEATH / BURIAL RITES

#### EVERY \_\_\_\_\_ WOMAN IS DIFFERENT

#### PERINATAL HEALTH CARE OF \_\_\_\_\_ WOMEN: KEY HIGHLIGHTS

(Provide bulleted information using the categories provided below to summarize the preceding narrative; do not be limited by the suggested content):

##### Psychosocial / Spiritual Characteristics

###### Communications

- language keys
- body language
- tone of voice / loudness
- eye contact / touching

###### Relationships with male health professionals

- does another female need to be in the room?
- does the client expect a female attendant only?

###### Spiritualism

- talismans
- availability of spiritual leader

**Prenatal Care**

**Prenatal Testing**

**Pregnancy Diet**

hot and cold as related to health  
sources of protein, vitamins and minerals

**Pregnancy-Related Beliefs / Taboos**

**Labor & Delivery**

analgesia / anesthesia  
positioning  
site choices  
ambulation  
eating / drinking  
use of doulas /support persons

**Postpartum Care**

**Postpartum Diet (see Pregnancy Diet)**

**Neonatal Care**

circumcision / naming  
religious practices / traditions  
breastfeeding / bottle feeding  
swaddling / sleeping with mother

**Breastfeeding / Breast Care**

**Family Involvement**

Relationship of husband/father in health setting  
decision-making  
availability/presence  
Relationships with family members  
presence of other children at birth  
presence/participation of family in early infant care

**Pregnancy Termination / Miscarriage**

miscarriage/fetal demise/infant death

**Death / Burial Rites**

mourning customs

**FREQUENTLY EATEN FOOD CHOICES (OPTIONAL)**

(Use a table format to illustrate)

**REFERENCES**

(Arrange in numeric order as they appear in text)

**SUGGESTIONS FOR FURTHER READING (OPTIONAL)**