Healthcare

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**People of Baltic and Brazilian Heritage**

Baltic people descent from Lithuania, Estonia, and Latvia. The three ethnic groups are occupants of the modern Baltic countries because they are located in the Baltic Sea on the European continent. Before 1991, Latvia, Estonia, and Lithuania were part of the Soviet Union, but they are now independent and form members of the European Union. Lithuanian and Latvia are languages of the respective countries. The languages are Indo-European in nature. Estonians, however, speak a slightly different language Finnish. The three groups do not have a common culture because of differences in their historical, religious, language and cultural backgrounds. The Baltic people love art and music and have high literacy rates because they value education (Jacobs, 2016).

With regards to health, the Baltic people place much value on the healthy living of its members. As such they, they have the enthusiasm of adhering to a healthy lifestyle, body exercise, and healthy nutrition. Members of the Baltic region make use of the modern medicine by utilizing the readily available healthcare system to cure diseases. The healthcare system of this cultural region comprises of Soviet Union founded state hospitals, clinics, with many private medical practitioners. The Baltics often visit doctors for various illnesses and are given prescription drugs (Jacobs, 2016). However, economic conditions are found to affect the health of the Baltics because low-income families cannot afford healthy foods and medications prescribed by the doctor.

It is customary for the Baltics to take a ‘gift’ to a doctor as appreciation for good treatment services and an assurance that the doctor will continue in his/her efforts to meet the patients’ needs. Traditional remedies for illnesses are also common in the Baltic region as many other people prefer to seek this kind of assistance. This health assistance is offered from homes and has been passed down for a generation where it proved as a beneficial cure for some illnesses. The traditional medicine comprises of hot tea containing honey or lemon, mustard plasters, vodka, and chamomile are regarded as effective cures for common cold and flu. These forms of treatment are viewed as cheaper as compared to hospital medicine (Cole et al., 2017). Doctors' attention and care for the sick is evident through the making of house calls to the sick especially the older ones who reside in the countryside.

Brazil is the largest country in South America and comprises of many other ethnic groups such as the French, Portuguese, German, Italian, German, Africans and Native Brazilians. The Brazilians' primary language is Portuguese. The Brazilians regard issues of health and wellness as the absence of diseases, pain, and suffering. Sometimes good health is linked to a divine blessing from the sole creator. Brazilian go for medical care to treat illness rather than preventative purposes. Brazilians attribute some illnesses to supernatural causes or fate. They culturally believe that infants and children can become infected if they are exposed to fresh air and wind (Da Cunha, Dos Santos & Rabassa, 2017). Surprisingly, the sick are not allowed to make decisions regarding their health issues as the family is the one entitled to handle the issues. Traditional medicine includes herbal medicine and teas.

Family members combine prescription medication which comprises of antibiotics together with self- medication. The Brazilian heritage accepts surgery, organ transplant and blood transfusion as forms of treatment for certain diseases. Causes of illness in the Brazilian culture is a conglomeration of divine intervention, temperature change, nutrition, activities and strong emotional change. Herbal remedies for the sick are sometimes combined with special prayers and blessings. Herbal medicinal treatment for gastric symptoms such as stomachache, diarrhea, and heartburn is drunk though tea (Da Cunha, Dos Santos & Rabassa, 2017). Some of the medicinal teas for home treatments comprise of guava flower, orange, and lemongrass. Garlic and ginger are used to treat common colds for the patients.

In instances of acute illness, the Brazilian people prefer visiting the hospital for specialized treatment. Surprisingly, many of the Brazilians suffering from chronic illnesses prefer staying at home because they do not want to be given hope concerning their medical condition. Concerning surrogate or interpreters, the Brazilians allow family or friends to play the role in a context that requires this form of assistance (Tworek, 2015). Unexpected death is considered as God's plan. It should be noted that the majority of Brazilians are Christians where the country comprises of the largest number of Catholics in the world. The clinicians have a responsibility of informing the patient and their family about the status of the status of health (Tworek, 2015). As evidence from the two cultures, both of them value traditional cure and modern conventional forms of treatment in addressing their health issues. They view both aspects of cure as important depending on the underlying health situation. The perspectives of cure in both cases are, therefore, a combination of distinct aspects that will result into the positive patient outcome.

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