

The Sikh Patient: A Review of the Nursing Literature

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The topic at hand

- Why Sikhi?
 - Minority
 - Growing population
 - Disparity
- Why nursing?
 - Holistic
 - Frontlines of care



Who are the Sikhs?

- Sikh means “student” or “disciple”
- Sikhism is world’s 5th largest religion, after Christianity, Islam, Hinduism, and Buddhism
- 26 million Sikhs worldwide
 - 20 million in Punjab
 - 1 million in North America
- 99 % of the people wearing turbans in America are Sikhs



Methods

- Searched CINAHL and MEDLINE databases
- Search term “Sikh*”



The Research... or lack there of

| When you search: | Articles retrieved: | Rank by Population: |
|--------------------|---------------------|---------------------|
| "Christ*" | 279,906 | 1 |
| "Hind*" | 87,361 | 3 |
| "Jew*" + "Juda*" | 28,399 | 6 |
| "Islam*" + "Musl*" | 12,194 | 2 |
| "Buddhi*" | 2,486 | 4 |
| "Confuci*" | 428 | 8 |
| "Sikh*" | 415 | 5 |

Source of Population Rank: Encyclopaedia Britannica, www.adherents.com
and <http://www.infoplease.com/ipa/A0904108.html>

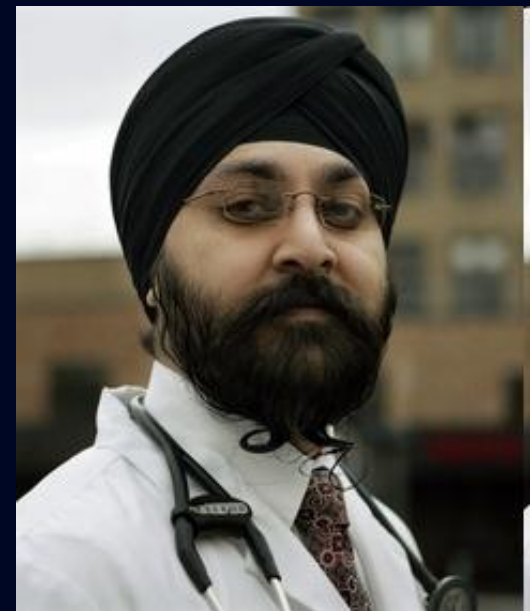
Inclusion Criteria

- Within the past 10 years
- Written/ translated to English
- Primarily discusses Sikhs or has a section devoted to only discussing Sikhs
- Conducted in the US, Canada or UK
- Related to some aspect of healthcare



Findings

- Search resulted in 415 articles.
- Based on inclusion criteria 28 were included in the final review.



The literature

- In this review, we will be discussing landmark articles within 7 major subcategories:
 - Spirituality/ Religion
 - BP/ Cholesterol
 - Diabetes
 - Hair
 - Substance Abuse
 - Genetics
 - Providing Care
- We will also be discussing a few articles that did not fit into any of these subcategories



Spirituality/ Religion

- 5 articles
- Landmark study in this set was Labun and Emblen (2007)
 - Interrelation of spirituality and health outcomes
 - Spiritual facets of Sikhs and importance of holistic care
 - Eschiti (2010) wrote a commentary on Labun and Emblen's (2007) work supporting their findings.
- "Lived Religion: Implications for nursing ethics"
 - Religion woven into life

Spirituality/ Religion, Cont'd

- Kala Singh (2007) studied the importance of using spirituality in mental health
- Campbell (2006) discusses the spirituality of five major world religions in relation to caring for children



Blood Pressure/ Cholesterol

- 3 articles
- Two are biological (Lovegrove et al., 2003; Tillin et al., 2008)
- Third discusses coronary artery disease in Sikh women (King et al., 2006)



Diabetes

- 4 articles
- Leading expert in the area of Diabetes in Sikhs is Dr. Dharambir Kaur Sanghera, PhD from the University of Oklahoma.
- The Khatri Sikh Diabetes Study.
- Highly biological with a strong focus on discussing the genetics of diabetes in Khatri Sikhs (Sangera et al., 2006, 2008, 2009).

Hair

- 3 “articles”
- Shaving for pre-op (Ebrahim, Bance & Fallah, 2009)
- Inserting a laryngeal mask when the patient is wearing a dhari ribbon to tie up his beard (Kadry & Chawdhury, 2007)
- Treating traction alopecia, or in other words, balding as a result of stress of hair (James, Saladi & Fox, 2007)

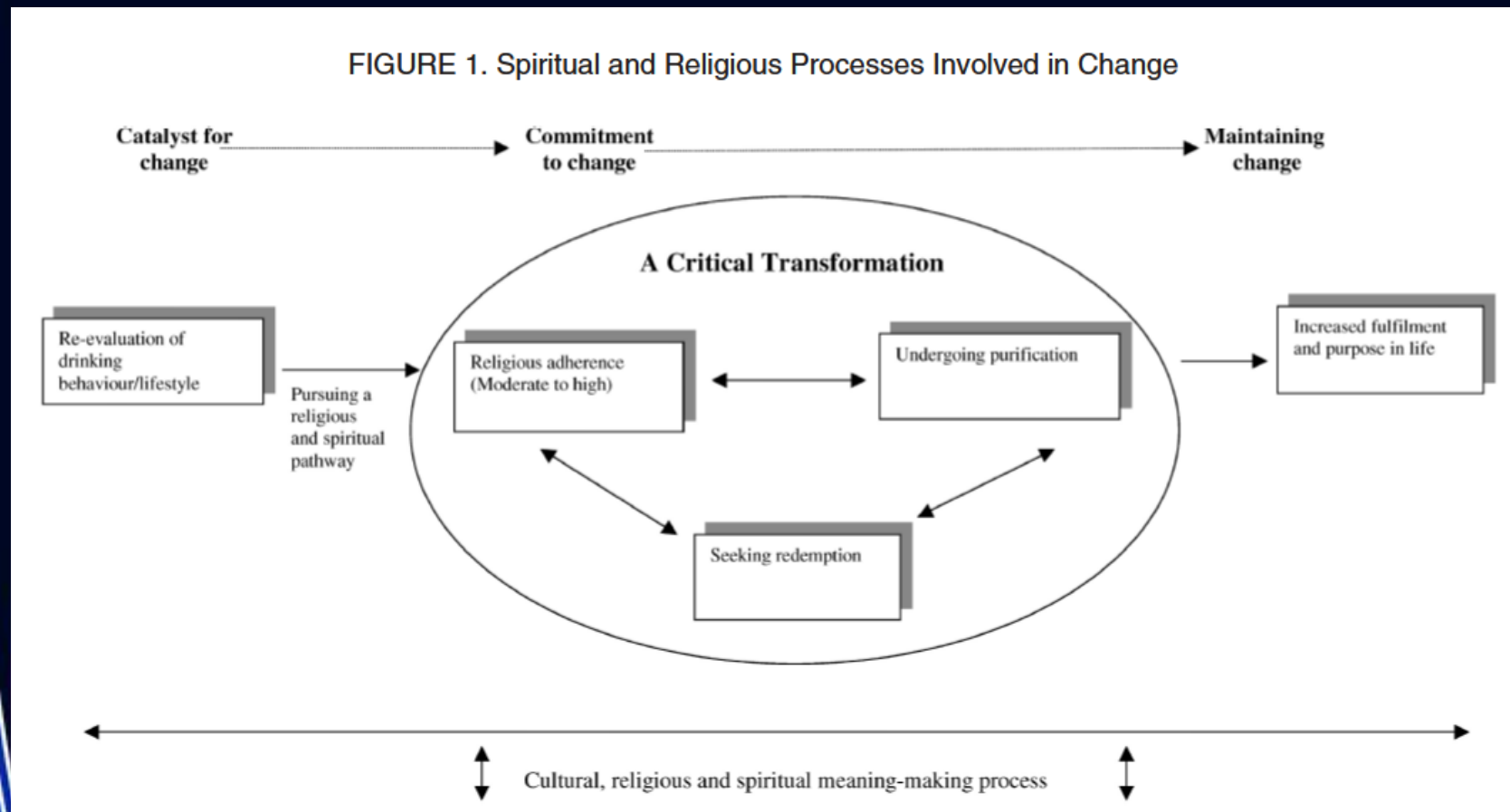


Substance Use

- 3 articles discussed this issue, all from the UK
- Though many Sikhs tend to abstain from smoking, some do consume alcohol (Bradby & Williams, 2006; Bradby, 2007)
- Morjaria-Keval (2006) conducted a very interesting qualitative study of 15 Sikh men.

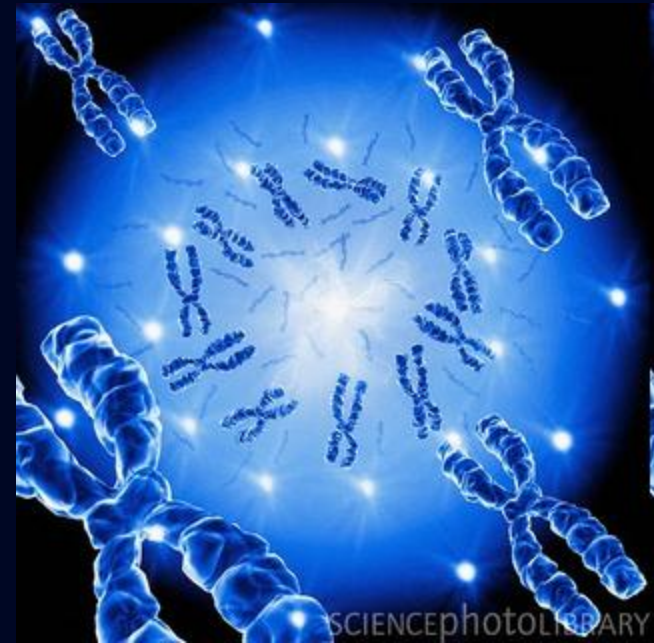
Morjaria-Keval (2006) Model

FIGURE 1. Spiritual and Religious Processes Involved in Change



Genetics

- 2 Articles
- Highly biological (Mastana & Singh, 2002; Sanghera et al., 2008).
- None of the research found explores the behavioral aspects of genetics in Sikh patients.



SCIENCEPHOTOLIBRARY

Providing Care

- 4 articles
- “Nursing with Dignity – Part 6: Sikhism” collection.
 - Ranges from the basic tenets of Sikhi to birth/ death customs, organ donation, homosexuality and much more.
 - This article is a very powerful resource for all healthcare professionals.

Providing Care, Cont'd.

- Palliative care (Gatrad et al., 2003)
- Issues of access (Worth et al., 2009)
- Bioethics (Coward & Sidhu, 2000)



Miscellaneous

- “The use of health foods, spices and other botanicals in the Sikh Community in London” (Sandhu & Heinrich, 2005)
- “The effects of torture-related injuries on long-term psychological distress in a Punjabi Sikh sample” (Rasmussen et al., 2007)
- “ ‘Inside and outside’: Sikh women’s perspectives on cervical cancer screening” (Oelke & Vollman, 2007)
- “Sikh Birth Customs” (Gatrad et al., 2005)

Conclusions

- The limited research out there is inconclusive in make overarching themes.
- Most of the research is recent, within the past 10 years.
- A majority of the research is qualitative.
- Most research done in the UK and Canada.

Future Implications

- Quantitative research
- Add to the literature



Questions?



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