Apache American Indians Heritage and Tradition in Healthcare

The emphasis of tribal influence in communities can certainly impact the cultural and lifestyle of its citizens. The importance of tradition and heritage can indeed set the stage and define how a tribe reacts to external interventions, especially when it involves noncultural norms. In this video, I will be discussing how traditions and heritage of the Apache American Indians can improve their healthcare system. Some of the health care disparities to be mentioned include high rate of hypertension, diabetes, obesity and mental health care illnesses among this group of people. Finally, steps will be proposed as a mechanism in an effort to alleviate future health care burdens.

History depicts that Apache American Indians are people of certain heritage and traditional norms which have been preserved over the centuries. However, due to social, economic and political disenchantment, today, the penetration of disease processes have posed a tremendous health concern widening the gap for future health care crisis for both the Apache people and medical professionals.

Where a heritage is deeply rooted in seeking interventions from designated male or female known as shaman or herbalist to bestowed health, the possibility to incorporate change can be challenging. Research shows that a Chief plays an integral role in tribe’s operations. The chief instigates advice and ensures the maintenance of law and order in the community is adhere. Since the chief is responsible for selecting and appointing shamans, it is paramount that all projected undertaken is consulted with the Chief before implementation process is attempted. In the Apache community, the practice of herbal intervention does play an intricate role in their belief system thereby increasing the closure for innovative ideas from outsiders.

It is important to note that the principles and interventions method practiced by shamans’ are commendable and in some cases appropriate. This may not be applicable in other areas. Today, the concerns of modality and mortality reflective among this group bear witnessed that it is important for reconstitution, education, assessment of their methods of interventions and perhaps the potential for re-assessing the herbal and ritual intervention processes.

It is undeniable that some herbal contents can alleviate the consistency of hypertension, diabetes, mental health and obesity. However, to achieve a more comprehensive approach, it is important for the Apaches to recognize that shamans’ intervention can be enhanced and far more effective with the emergence of western medical interventions. In a culture where heritage is maintained, the ability to introduce methods to retailer belief systems can be very challenging. Some of the ways to circumvent and reduce the high occurrences in the illnesses listed above, the following must be encouraged:

1. Seek to establish a collaborative effort

2. Yield to the traditions and heritage norms

3. Strive to incorporate practices that is aligned with the culture

4. Seek to demonstrate transparency in an attempt to gain the trust

5. Ensure that education proposed entails a holistic approach

6. Seek to interpret the significance of such project using the voice of the Chief

7. Identify the functional aspect of shamans’ intervention process and expand on ways to justify innovative means to reduce the prevalence

8. Acknowledge the ability to learn, listen to the concerns and reasons behind these conditions

9. Encourage the need to transmit accountability and responsibility to diminish the impression for not overstepping boundaries

11. Establish a doable feedback system

12. Ensure that respect for cultural, tradition, heritage and norms are demonstrated

Therefore, ensuring that each suggested interface is aligned with the values and mission of the Apache is essential. Moreover, because shamans are coined heritage, intertwined with traditional qualities, it is important that any projected attempts made by an outsider to influence such established system is well informed.

Finally, according to research by the Center for Disease Control and Prevention (CDC) and the National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP), some of the barriers appear to be resonating in the inability to achieve consistency in administering a comprehensive approach and feedback mechanism in an effort to increase awareness and diminish poor healthcare. According to CDC this group has a much higher prevalence of the diseases mentioned above than any other racial groups (CDC, 2014).

Reference:

Center for Disease Control and Prevention. (2014). Chronic Disease Prevention and Health Promotion. *Good Health and Wellness in Indian Country.*

Retrieved from: [www.cdc.gov/chronicdisease/resource/publications/aag/indian-country.htm](http://www.cdc.gov/chronicdisease/resource/publications/aag/indian-country.htm)