**Ethnographic Analysis of African Americas**

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Due Date

**Ethnographic Analysis of African Americas**

The analysis dives into the intricate interplay between health and healthcare for African Americans. The researchers acquire an understanding of the complexity of the problems this population experiences by looking at how ethnicity affects identity, how much is at stake for patients and their families, how sickness is seen culturally, how people cope with stress, and how the clinical environment plays a role. Accordingly, the analysis sheds insight into how historical legacies, structural inequality, and cultural beliefs all interact to shape the way African Americans view and deal with health-related issues.

**Ethnicity**

African Americans' concept of self is deeply entwined with their ethnicity, which in turn is shaped by their history, society, and culture. Understanding the complexity of African American identity and how it connects with factors like race and socioeconomic class is crucial to this "mini" ethnographic analysis. Indeed, African Americans have developed a special feeling of unity and resilience due to historical consequences of slavery, the civil rights movement, and ongoing institutional injustices (Jones, 2021). The sense of community and tradition that are central to African Americans' cultural identity are strongly influenced by their ethnic background. Because of common ground in past experiences and social mores, there is an innate bond that cannot be severed by the passage of time or physical separation. African and African diaspora traditions often provide the basis for the cultural pride felt by many African Americans.

Primarily, African American identity is not a static idea, but rather encompasses a wide range of individual experiences and perspectives. Jones (2021) depicts that the integration of ethnicity into one's identity is also influenced by factors such as one's location, socioeconomic standing, and personal experiences. When you're an African-American living in a country where racism is still prevalent, you may experience what's known as "double consciousness," a term popularized by W.E.B. Du Bois (Sistrunk et al., 2022). Thus, African Americans' shared history, cultural pride, and resiliency are all shaped in large part by their ethnicity. But it's crucial to see that this ethnic group is diverse and that many things influence how they see themselves.

**Stakes**

Disparities in healthcare access and results, both historically and currently, put African American patients and their loved ones in a more precarious position. More African Americans than whites die from cardiovascular disease, diabetes, and several forms of cancer. According to Sistrunk et al. (2022), limited access to adequate healthcare, prejudice, and socioeconomic inequalities are all structural issues that contribute to these health disparities. As a result, there are psychological, monetary, and social consequences at risk in addition to the obvious physical ones. Caregiving and navigating a healthcare system that doesn't always put patients' needs first can be a heavy load for families to carry. There is a lot at stake when it comes to health in African American communities, what with the loss of loved ones and the fight for equal access to healthcare.

**Meaning of Illness**

African Americans tend to view illness from a more holistic perspective, one that takes into account both the body and the spirit. The patient's mental health, familial relationships, and social support system are all considered alongside the patient's bodily condition while diagnosing and treating their illness. Sistrunk et al. (2022) depict that many African Americans find courage in their religious or spiritual beliefs and practices while they face health problems. Therefore, a more sophisticated understanding of sickness is emerging, one that considers the role of systemic variables such as historical injustices and structural inequalities. Illness is typically considered alongside cultural, spiritual, and societal factors.

**Social Stressors**

Existing societal pressures, typically entrenched in historical and continuing structural injustices, can be exacerbated by a patient's illness if they are of African American descent. Bailey et al. (2019) argue that lack of insurance coverage, high medical costs, and an uncertain job market are just a few of the obstacles patients may face. It might be taxing to deal with a healthcare system that doesn't meet their cultural needs. Isolation and reluctance to seek treatment are further exacerbated by the stigma associated with some disorders, particularly those affecting mental health. The emotional toll that sickness already takes on patients, their loved ones, and their communities can be amplified by these social pressures.

**Impacts**

The dynamic between doctors and their African American patients can be profoundly altered by the clinical setting. African American patients may be more reluctant to seek medical care because of previous medical mistreatment and present health inequities. As supposed by Bailey et al. (2019), healthcare personnel must approach these patients with cultural awareness, empathy, and an openness to hearing about and respecting their individual stories. Building trust is crucial for successful conversation and collaborative decision-making. To lessen the effects of these historical and systemic issues, healthcare personnel needs to be sensitive to the cultural context, honor patient autonomy, and be willing to talk about social determinants of health. Supportive and patient-centered care in the clinical context has been shown to increase patient engagement and satisfaction with their treatment, which in turn improves health outcomes.

**Conclusion**

The complexity of the issues affecting African Americans' health is shown by this analysis. The lens through which healthcare is perceived is molded by a history of systemic inequities, which manifest in a variety of ways, from the confluence of ethnicity and identity to the far-reaching implications of the clinical environment. Providers can better connect with their patients and improve care by learning about and respecting their cultural, social, and historical contexts. To overcome these obstacles, we need to take a comprehensive approach that takes into consideration not just the patient's medical requirements but also their particular cultural values and beliefs. Reducing health inequalities and fostering a more equitable and inclusive healthcare system requires actively engaging African American patients in their care.

References

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