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

<table>
<thead>
<tr>
<th>When you search:</th>
<th>Articles retrieved:</th>
<th>Rank by Population:</th>
</tr>
</thead>
<tbody>
<tr>
<td>“Christ*”</td>
<td>279,906</td>
<td>1</td>
</tr>
<tr>
<td>“Hind*”</td>
<td>87,361</td>
<td>3</td>
</tr>
<tr>
<td>“Jew*” + “Juda*”</td>
<td>28,399</td>
<td>6</td>
</tr>
<tr>
<td>“Islam*” + ”Musl*”</td>
<td>12,194</td>
<td>2</td>
</tr>
<tr>
<td>“Buddhi*”</td>
<td>2,486</td>
<td>4</td>
</tr>
<tr>
<td>“Confuci*”</td>
<td>428</td>
<td>8</td>
</tr>
<tr>
<td>“Sikh*”</td>
<td>415</td>
<td>5</td>
</tr>
</tbody>
</table>

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

• “Lived Religion: Implications for nursing ethics”
  – Religion woven into life
• 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)

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.
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 making 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?
References


