According to the United States Census Bureau 2009-2013, in the United States, the Russian population is estimated at approximately 3 million people. While the largest concentration of Russian American population can be found in New York, California, Illinois, Pennsylvania and Massachusetts, in South Carolina, the Russian population is reported to be approximately 4,307 people.

DIET
A traditional Russian diet consists of bread, processed and cured meats, fish, potatoes, dumplings, porridge, cabbage, beet soup, and vegetables. The diet often is high in fat, carbohydrates, and sodium or fructose which often results in high incidences of the following medical conditions: Type 2 diabetes, hypertension, coronary and gastrointestinal diseases.

RELIGION
Religion in Russia is very diverse. Russians may practice Judaism, Catholicism, Buddhism, Islam or Eastern Orthodox Christianity however, the Eastern Orthodox church is widely respected by both believers and nonbelievers as a symbol of Russian heritage and culture.

MEDICAL CARE
In the Russian community, the absence of pain denotes good health. Illnesses that have no outward symptoms or that does not cause pain, such as diabetes, hypertension, and high cholesterol, frequently go undiagnosed and undertreated. Russians usually do not seek medical attention immediately. When they do, many may expect more compassion and emotional closeness with their physician. In Russia, patients can confess to a doctor as if they were with a priest. Misunderstandings may occur as result of this cultural practice.

LANGUAGE
The Russian language uses the Cyrillic alphabet. Many Russians may also speak the language of the republic where they once lived, such as...
Ukraine, Belarus, or Latvia.

DEATH

When a person dies, family members may wash and dress the body, then lay it out to rest in the home for three days. Traditionally, family members get together to celebrate the deceased family member on the 9th day, 40th day, and 1 year anniversary of the person’s death.

Source: http://www.culturecareconnection.org/matters/diversity/russian.html (Note that cultural patterns may represent immigrants from Russia and Eastern Europe, but do not represent all people in a community).

PATIENT SAFETY AWARENESS WEEK

Effective patient-provider communication is the first step in patient safety. For patients whose primary language is not English, Interpretation Services is an important resource. For more information about Interpretation Services at MUSC, visit the Diversity & Inclusion Booth at the upcoming Patient Safety Fair, in the Horseshoe, on Wednesday, March 14th from 10:30 am—2:00 pm. There will be fun activities, prizes and giveaways!

HOW MUCH DO YOU RECALL?

In Russia, patients can confess to a doctor as if they were a priest. (a) True (b) False

The first team member to respond with the correct answer will be recognized in a future edition of the Cultural Spotlight newsletter.

Email answers to interpreterservices@musc.edu

January/February - Winner -

Yalena Talley
Clinical Staff Leader, RNII

Next Issue: May/June 2018

Please submit newsletter topics or ideas to interpreterservices@musc.edu

Editor: Stephen “Lee” Morris

PATIENTS WHO SPEAK SPANISH

❖ In-person medical interpretation, 24/7/365
❖ MUHA Intranet: Service-Hub to request an interpreter.
❖ Video Remote Interpretation – 24/7/365
  Available on selected patient floors, 24/7/365
  Contact Interpretation Services (via Service Hub)

SPOKEN LANGUAGES - Telephonic Interpretation

❖ Available 24/7/365, over 200 languages
❖ Call 2-4595
❖ Request language, including any dialects. Can schedule a time for a phone interpreter for uncommon dialects.

PATIENTS WHO ARE DEAF OR HARD OF HEARING

❖ In-house Medical Interpretation is available Mondays through Fridays, 8:00 am – 5:00 pm
❖ In-Person Interpretation (After-Hours/Weekends)
  Charleston Interpreting Services - 678-446-7780
  ASL Interpreting Services - 843-696-6517
❖ Video Remote Interpretation – 24/7/365
  Available on selected patient floors, 24/7/365
  Contact Interpretation Services (via Service Hub)

ALWAYS DOCUMENT ON THE INTERPRETER FLOW SHEET THAT INTERPRETATION SERVICES WERE USED. IF IT ISN’T DOCUMENTED, IT WASN’T DONE!!!