



QUICK REFERENCE FOR HEALTH CARE PROVIDERS INTERACTING WITH JAIN PATIENTS AND THEIR FAMILIES

For more complete information on interacting with Jain patients, please see the complete version of the *Guidelines For Health Care Providers Interacting With Patients Of The Jain Religion And Their Families*. This Quick Reference is meant to assist Health Care Workers in Emergency Situations.

<p>GENERAL</p>	<p>Jainism is one of the oldest living religions. The term Jain means the follower of the Jinas (Spiritual Victors), human teachers who attained omniscience (infinite awareness, understanding and insight).</p> <p>The moral fabric of Jainism is based on nonviolence. Jainism considers nonviolence to be the most important virtue for an individual as well as society. Jains believe that, on a global scale, no good of an individual or society can be achieved through violence.</p> <p>Jainism believes in the peaceful co-existence of all living beings and teaches reverence to and respect for all life and that all life has a unique place in the universe and has the right to exist. Since Jainism is not only a religion but also a way of life the basic tenants of Jainism, include nonviolence, truthfulness, not stealing, chastity and non-materialism. .</p> <p>Jainism does not believe in a creator - God, that controls the destinies of humans. According to Jainism, God is the soul that has acquired All-Truth. All-Knowledge and All-Bliss, and is Free of all Attachment or Aversion, and is Omniscient and Omnipotent.</p> <p>Jains are vegetarians and may have concerns and resistance about treatments involving animal derived food and medications, however individuals may make personal choices.</p>
<p>GENDER ISSUES/ BODY EXPOSURE</p>	<p>In general, Jains do not have a preference that the health care personnel rendering care be of the same sex. However, there may be orthodox practitioners who may request same-sex caregivers.</p>
<p>BLOOD TRANSFUSIONS</p>	<p>Blood transfusions and organ transplantation are by personal choice.</p>
<p>FAMILY ISSUES</p>	<p>It is Jain culture to visit the sick. Hospital staff should be open and understanding of the visits by family members and well wishers when practical.</p>
<p>DIETARY ISSUES</p>	<ul style="list-style-type: none"> ▪ Jains are generally strict vegetarians; no meat, beef, fish, chicken, poultry, and eggs or their by-products. Many devout or orthodox Jains may not eat underground vegetables such as potatoes, carrots, turnips, onions, garlic and the like. Jains observe further restriction on foods said to support large amounts of microscopic life such as figs, honey, and alcohol and root vegetables. Some will not eat multi-seeded fruits and vegetables such as eggplant, guava, cauliflower and broccoli, which are often found to contain worms. Some Jains may be vegans and not even consume milk and milk products. ▪ Consultation with the patient and family is important regarding dietary restrictions, including tube feedings.

END OF LIFE CARE	<ul style="list-style-type: none"> ▪ Decisions on the withdrawal of life support will be made by personal choice with the advice of a spiritual leader. ▪ When someone is dying, Jain leaders, relatives, family members visit the dying to give the family solace and support. Monks and nuns if present in the vicinity may come to see the dying person. They will sing hymns for surrendering to the liberated souls. They also explain the temporary nature for the physical body and all worldly attachments. They will encourage the dying person to have noble thoughts, ask them to think about forgiveness for anything they have done that was not life enriching during their life and to forgive all beings who have done wrong to them, and have a peaceful death.
ORGAN DONATION/RECEIPT OF TISSUE OR ORGANS	Consult with the family regarding their preferences.
AUTOPSY	Autopsy is allowed.
CARE OF THE DECEASED	<ul style="list-style-type: none"> ▪ After death, the family members participate in the process of preparing the body by washing and dressing the body in new clothes. Prayers are continuously chanted. A lit lamp burning with clarified butter may be kept in the room with a dead body. Different Jains may or may not use flowers during this time. After death the body is cremated, and the whole community may come to the cremation. ▪ If the death is subject to investigation by the local Medical Examiner or Coroner, follow established procedures. Be sure to notify the Medical Examiner or Coroner of any special religious beliefs or family requests.
RELIGIOUS CEREMONIES	During the eight days of <i>Paryushan</i> , Jains practice penances, recommit to the vows of nonviolence, refrain from food intake by fasting for extended periods of time and study the scriptures.
CONTACT INFORMATION & RESOURCES ON THE WEB	<ul style="list-style-type: none"> ▪ The Jain Society of Metropolitan Chicago, 630/837-1088 ▪ Jain Study Group, www.jainstudy.org