

Amish The Simple Life...



No Pictures !

It all stems from Exodus 20:4: "Thou shalt not make unto thee any graven image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth."

Humble

Forgiveness, Remorse, & Reconciliation:
Lessons Learned from the Amish



But What are they saying???

Amish people speak a language other than English. The Amish all speak a language called Pennsylvania Dutch which is a dialect of German similar to that used in northern Germany. The children are all raised in a household speaking Pennsylvania Dutch and are later taught English when they start school. All Amish church services are also given in Pennsylvania Dutch.

The Amish also do not have insurance and therefore must rely on the community to band together to help with emergencies

Enter the Deacon



Why the Amish Don't Get Sick



Medical Issues

- Cardiac problems rarely reported
- COPD at about the same rate as English
- Cancer rates slightly lower
- End of life and terminal illness often go untreated to allow patient to “Die with Dignity”
- Chiropractors and Podiatrists are VERY popular with the Amish culture as the Amish value the importance of a “strong back and good balance”

Health at Home

- Powwowing rituals involve the use of verbal incantations, bodily posturing and/or gestures, and the plying of specific materials. The actual ritual can vary in complexity and length, but a 15-20 min session is common.
- Erdspeigel Mirror's Heilig, heilig, heilig (Holy, holy, holy).
- Teas and Tonics
- Soaking wounds in Kerosene
- Copper Rings for Arthritis

Pediatrics



Amish Peds.

- Very susceptible to Trauma from an early age
- Immunizations supported in more progressive orders. Others abstain for various reasons (distrust over safety of vaccinations)
- Severe respiratory issues frequent and must be dealt with aggressively after establishing permission from elder.
- Home Birth is frequent and is usually overseen by a certified Midwife (first birth is more likely to take place in a Hospital and subsequent births likely to take place at home)
- Be ready to have a translator available as most children do not speak English until school age taught to speak Pennsylvania Dutch from birth.

Founder Effect

The Amish

There are approximately **12,000** Amish in Lancaster county. They are descended from about **400 founders** originating from the Swiss German border with very little recruitment from other populations. The few converts are well documented.



“Genetic Drift”

- Amish in America can trace their roots back to a few hundred German-Swiss settlers who brought the Amish and Mennonite faiths to the United States in the 18th century.
- There are now more than 150,000 known Amish nation wide, and thought to be many more undocumented.
- High instance of Down’s Syndrome and various other genetic disorders.

Ellis-Van Creveld Syndrome

A result of genetic drift



The Founder Effect in Action: Among the Amish, babies with Ellis-Van Creveld Syndrome are born with six fingers

The Genetics of Amish Populations

Ellis-van Creveld syndrome (known colloquially as “Six fingered dwarfism”) is a recessive trait: genealogical studies show that it is only expressed when an individual carries two copies of the allele.

Extremely rare in the population at large, however...

...estimates are that 1/7 of the present day Amish population carry the gene



Perhaps only 1 of the 400 founders carried the allele in the ancestral population (in a single copy, hence the allele frequency would have been 1/800). The allele may have subsequently **drifted** to high frequency.

MSUD

Maple Syrup Urine Disorder

- Elevated amino acid levels in blood
- Sweet Smelling Urine and Ear Wax
- Seizure Prone
- Treatments Low Protein Diet
- General Pop. 1 in 180,000
- Amish and Mennonites 1 in 176

Pretzel Syndrome

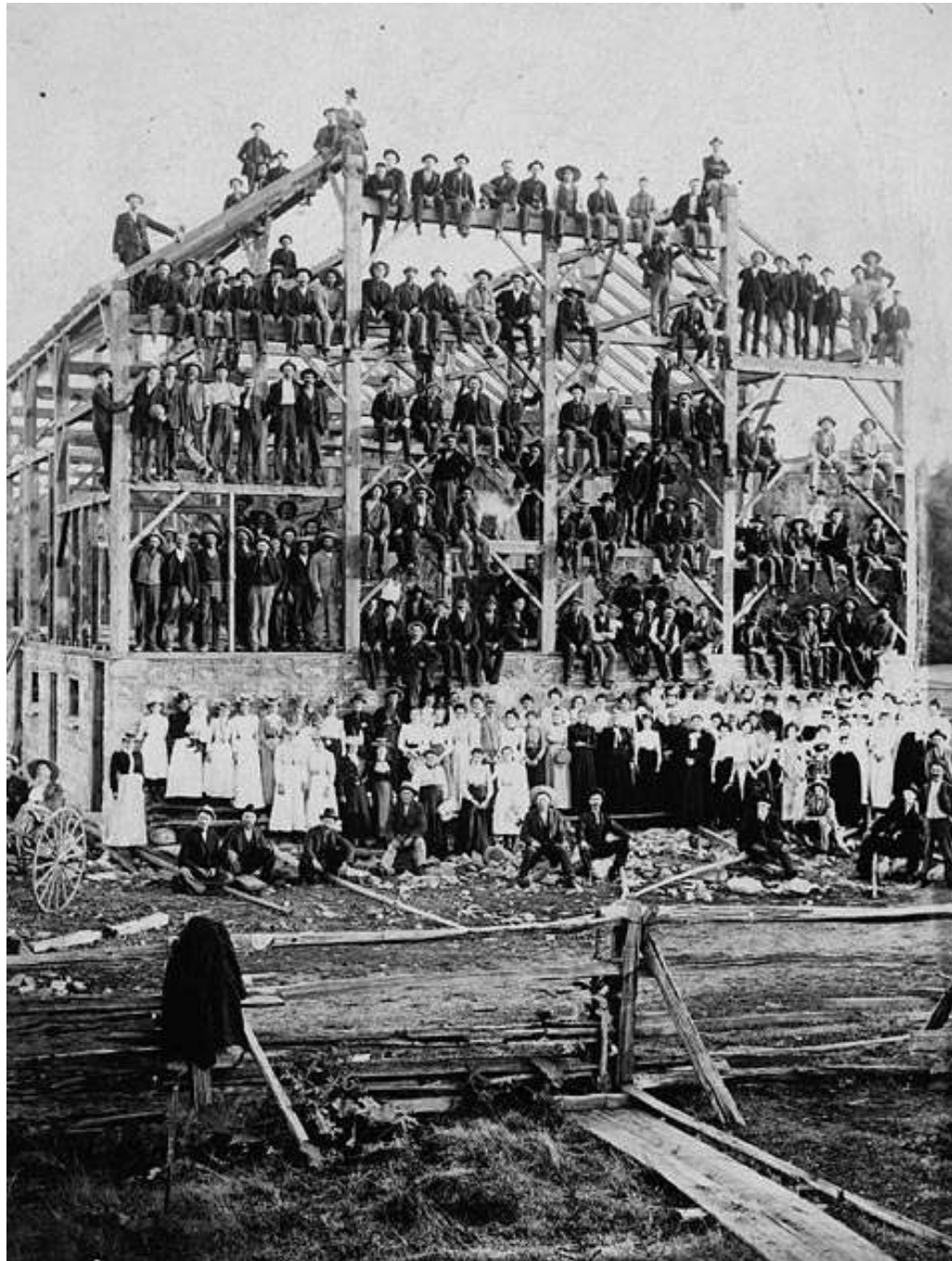
- Muscles are thin and weak, giving the infant or child the ability to twist into “pretzel like postures
- Prone to seizures
- Fatal to Children death usually occurs by six
- Mothers prone to early preterm labor

Criegler - Najjar Syndrome

- Buildup of Bilirubin in blood stream
- Jaundice “Yellow Eye Sickness”
- Treated with high intensity Blue Lights and medications (if allowed)
- Liver Transplant only real “cure”, anti-rejection meds once again (if allowed).

Trauma !!!





Yup Still Happening Today...



Working The Fields



Amish Trauma

- Hand and Foot injuries very common (most machinery doesn't have "guards")
- Most trauma dealt with "in the field" seeking medical *after* the work is done.
- Infection prevalent due to sometimes unsanitary conditions in the barn or field.
- Head injuries go unreported as they cannot be seen.
- Abdominal trauma viewed similarly.

A Working Amish Citizen is a Productive Amish Citizen

- “That’s not going to heal with out some help”
- “If it heals wrong it you may not be able to work with it as well”
- “If your (He/She) is healthy they can return to the fields/barn sooner”.
- “You could make the rest of the community sick too”.

Amish men are 10X more likely to be injured on the job than any other culture in America !
Not an unusual statistic when you work All the time...



Well... Most of the Time...



Rumspinga Go find your way...



English and Amish World Collide



Buggies don't bend... They break...

- All accidents have a high index of suspicion for c-spine injuries, regardless of who is walking around.
- Ask about ALL occupants of the Buggy (ejection of children common).
- Are all occupants still on scene?
- What type of buggy is it transport vs. Agriculture
- Women Pregnancy ??? Be Clear on this !!!
- Who do we need (if anyone) at the scene?
- Speed of other vehicle involved?
- Seem concerned about the Horse, relate injuries of the Horse to the occupants.



Key Points

- Act or be as Humble as they are
- Ask for permission to treat or request information
- Be Clear on ANY procedure and explain it before performing anything.
- Respect Modesty
- Relate all illness or injury to lifestyle and quality of life
- Don't expect Women to make decisions for themselves.
- Be aware of rare childhood diseases you may not encounter in the field.
- Don't expect Tetanus shots or any shot to be current
- Expect to be asked “what's this cost” or “is this necessary” and have an answer ready.

Key points continued

- Expect lower “pain scale” numbers as it is expected that all are to tolerate pain well.
- 1-10 Scale 1 Barbwire prick? 10 horse stepped on your foot?

Emotion

- Expect little emotion from Any family member
- Flat affect
- They do care although they may not appear to
- Mourning is done in “private” or not at all

Take Home Points

- You may not always be able to transport
- You will have to be patient
- Sharpen those negotiation skills

Be Respectful !!!



Thank You 😊