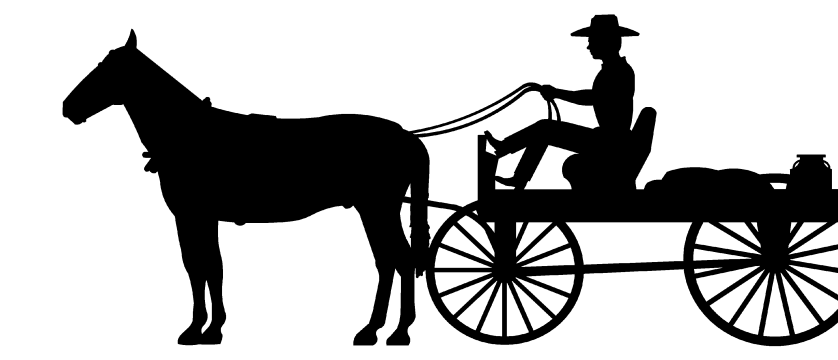


Covid-19 Impact on the Amish Population in the Community of Lancaster County, Pennsylvania

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INTRODUCTION

- The community of Lancaster County in Pennsylvania is home to the Amish, which are a group of people who do not utilize modern technology and choose to live a more traditional life.
- The Amish attend large church gatherings and follow the church's concepts rather than believe in modern medicine (1). The Amish believe that they do not need protection through vaccines if God is on their side with them.
- Community members do not have their own doctors since education is limited to the eighth grade and they avoid regular visits to their physicians (3).
- The Amish rejected social distancing, PPE, testing, and Covid-19 vaccines throughout the pandemic, which led to many positive cases and deaths in Lancaster County (2).
- Educational services in the church could allow the nurse to gain the Amish's trust, ensuring their wellbeing.

PROBLEM

- In Lancaster County, there were about 20% of positive cases, meaning 90% of Amish households were hit by Covid-19, however, less than 10% agreed to be tested (4).
- Although they complied with state guidelines, was the Amish community taking the proper steps to effectively prevent the spread of Covid-19 or was more action necessary?

COMMUNITY ASSESSMENT

- The population of the Amish community in Lancaster County is approximately 32,900 in a town of roughly 533,320(3).
- Amish economy is primarily agrarian based on their agriculture and trading. After farming, they often go to local markets and sell their goods to businesses.
- Amish generally have lower rates of diseases in comparison to Non-Amish. For example, Amish have about 66% lower rate of diabetes, 54% lower rate of hypertension and 13% lower rate of hyperlipidemia than Non-Amish populations in Lancaster due to their lifestyle (5).
- During the pandemic, posters and flyers were administered to the Amish to demonstrate proper hand hygiene methods to reduce Covid-19 cases (6).
- Amish culture consists of Dutch dialect, Christianity, with roots dating back to the Seventeenth Century (7). Their life is centered around the family, church, and work.
- In the town of Lancaster County, there was a vaccine clinic for six weeks where 400 people were vaccinated. Out of those vaccinated, 12 were exclusively Amish (2).

PROPOSED SOLUTION

- A nurse can establish educational services for the Amish, including having a visiting provider, which would encourage personal health and would ensure the community's overall wellbeing. For example, a visiting provider for this community would allow Amish members to be able to have regular checkups, and routine bloodwork.
- Currently, during church meetings, the Amish are accepting the idea of embracing new technology throughout their daily lives which can improve the way they live overall.
- A nurse's role in this community would be to encourage the Amish population to adhere to state regulations and guidelines in hopes to decrease the spread of Covid-19.
- Nurses would have to gain the trust of the Amish community in Lancaster County, in hopes for them to understand the importance of Covid-19 vaccines, and community testing. A nurse should educate throughout their church services since their life revolves around the church, ensuring the nurse can earn their trust.



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