



Islam

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Intro to Islam

- ❖ Islam means “submission to the will of god” followers of Islam (Muslims) believe in a oneness of god and oneness of humanity.
- ❖ Muslims are considered to be the fastest growing religious group in the world.
- ❖ Cultural awareness is necessary when providing care for Muslim patients in the healthcare setting
- ❖ The consideration of cultural differences is key to appropriate care. Including contrasts in diet, values, privacy, modesty, and practices of spirituality.

Religious Practices: Daily Prayer

- ❖ Islamic daily practice incorporates time periods set aside for prayer 5 times a day, during specific time periods

- Daybreak, just before sunrise

- Midday until afternoon

- Late afternoon, until just before sunset

- Sunset until darkness

- From darkness until midnight

- ❖ Each prayer may take 5-10 minutes during these time periods

- Hospitalized patients may be asked to be alerted to these periods in order to fulfill their religious duty on time

- The prayer itself includes specific recitations from the Quran, Islam's scripture, and physical aspects of standing, bowing, kneeling and touching one's forehead to the ground, usually on a prayer rug or mat. Patients with mobility barriers may use a chair or remain in their beds utilizing head or eye motions.

- The patient may bring a Quran or prayer rug from home for their practice. Health care staff should avoid stepping on the prayer rug and no items should ever be placed on top of the Quran, as an expression of respect.



<https://www.wikihow.com/Pray-in-Islam>

Religious Practices: Prayer Rituals

- ❖ Muslim prayer practice includes the rinsing/washing of nose, mouth, face, hands, and feet with water before prayer (Wudu/Abultion). Used to physically cleanse the person before prayer.
- ❖ If patients do not have the mobility to wash independently they may ask for assistance from the nurse or may use Tayammum, a symbolic cleansing when assistance or water is not available. Tayammum may also be used to cleanse areas that can not become wet because of medical reasons, such as a cast or dressing.
- ❖ Prayer and worship may be performed in any quiet, dry, and clean place. Without images of living creatures. During the prayer, the worshiper should face toward Mecca (the birthplace of Muhammad, founder of Islam), generally northeast in America (except Hawaii and Western Alaska-northwest). The patient may be assisted with a compass or smartphone app.
- ❖ Total privacy is not required, however others should not interrupt or walk in front of the patient during prayer. Healthcare staff should wait to address the patient until after the prayer is complete, unless there is an emergency.

Religious Practice: Spiritual Guidance

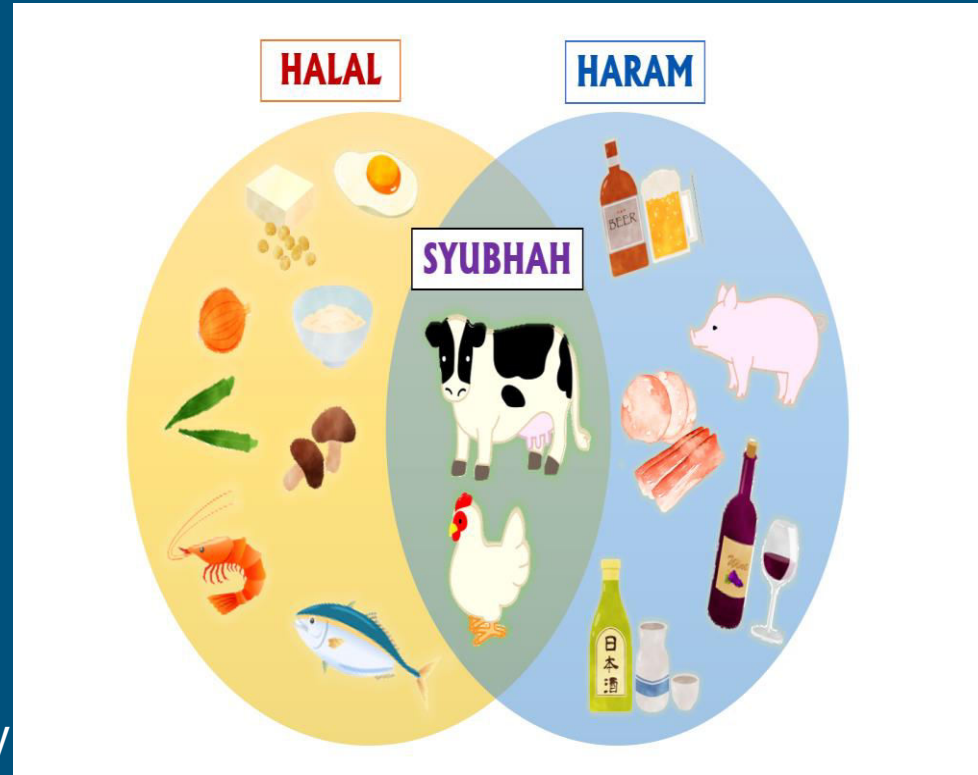
- ❖ Friday is a day for congregational prayer (Jum'ah). Generally mandatory for men and highly encouraged for women. This prayer usually takes place at a mosque during midday prayer lead by the Imam (spiritual leader), similar to Sunday church service. The ill are generally not required to attend, however in healthcare settings such as assisted care facilities, accommodation/transportation arrangements may be made with a local mosque for attendance.
- ❖ The muslim perspective on life is that every person has an appointed term. In the event that a patient is expected to pass, it is essential to notify family immediately to hold prayer service. If the family is not available the local Imam may be contacted to counsel the patient. Following death, the family or Imam may wish to have the patient's body turned towards Mecca.



https://en.wikipedia.org/wiki/Islamic_Center_of_America

Diet

- Islamic diet prohibits non-halal (forbidden) animal fats.
- No pork and pork by products.
- Slaughtered meats must be blessed by a muslim in the name of Allah.
- No alcohol.
- It is important to not offer medications containing pork or alcohol as well as being aware of what foods are being served during their stay in the hospital.
- Muslims should be educated to consume meals (pre-dawn and post-evening) that contain carbohydrates and release energy slowly.



Ramadan

- Is the most blessed and spiritual month of the Islamic year that commemorates the Quran.
- Muslims are to fast (no food or water) from sunrise to sunset.
- It is considered a sin for a Muslim not to fast, but can be made up by fasting for 60 days or by feeding 60 less fortunate people.
- Patients who fast are at an increased risk of hypo- and hyperglycemic complications and should be advised to monitor their blood sugar levels.



<https://www.morocccoworldnews.com/2017/05/218128/ramadan-muslim-world-not-peace>

Exceptions

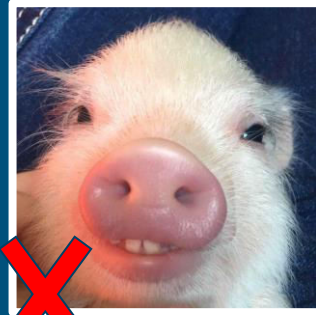
- Women who are pregnant, breast feeding, menstruating do not fast and can make up the days later in the year.
- Those who are ill and elderly are exempt from fasting, but must feed the less fortunate.
- Patients with diabetes must be reminded about the need to break the fast if their blood glucose levels fall dangerously low.
- It is important to educate patients about the signs and symptoms of hypo- and hyperglycemic and strategies to avoid complications.



Medications

Unacceptable Medications:

- Medications with gelatin or other pork based ingredients.
 - ◆ Ex. insulin, estrogen, pepsin
- Magnesium stearate if derived from an animal.
- Recreational narcotics
 - ◆ Ex. opioid analgesics



<https://www.inspiremore.com/15-of-the-most-precious-pet-pigs-to-make-you-sneak/>

Alternatives:

- Gelatin-free alternatives
- halal gelatin tablets.

Power of healing comes from Allah

In Islam seeking for treatment or using medications may become haram if the patient begins to believe being cured is because of the medicine or treatment and not Allah.



<https://www.amazon.com/Capsules-Hydroxyurea-Non-GMO-Kosher-Halal-100-Bovine-Manufactured/dp/B07B4J8DJV>

Acceptable Medications During Ramadan

YES

- Eye drops, ear drops, dental care
- Inhalers, Nebulizer Treatments, Nasal Sprays
- Immunizations/Vaccines, Insulin injections
 - ◆ Depends, usually injections are not considered breaking the fast unless the injection is a supplement food or drink for nutrition.
 - ◆ Ask the patient for their preference.

NO

- ❑ IV fluids
- ❑ Donating blood
- ❑ Oral medications

If a sick patient needs any type of medication to improve their health (oral, intramuscular, subcutaneous, or intravascular) the fast can be broken.

Special Medication Considerations

- ❖ Consider presence of **alcohol in medications**, but it is usually accepted.
- ❖ A Muslim patient may **refuse recreational narcotics** and request for alternatives.
- ❖ Fasting muslims may refuse medications, so it is important to educate the patient about the importance of taking the medication in an **informative and respectful approach**.



<https://muslimheritage.com/al-razi-the-medical-scholar/>



- ❖ **EXCEPTION:** Islam allows for the use of any medication during a life-or-death situation.

<https://www.safetysign.com/products/262/emergency-use-only-sign>

Gender Considerations

- Gender related beliefs and practices
 - Physical touch
 - Usually not permitted with Muslim women aside from male family members
 - Can be initiated if medically necessary
 - Eye contact
 - Some Muslim women don't make eye contact with non-family males
 - Questions and communication may go through male family member



Gender Considerations

- Patient assignment and staffing considerations
 - Same-sex physicians and nursing staff preferred
 - When not possible, same-sex staff of family member should be present
 - Male staff members should knock and request permission to enter the room of a female patient
 - Communication and consent especially important in opposite-sex assignments



Gender Considerations

- Modesty
 - Required to maintain moral and social order
 - Body should only be uncovered when medically necessary
 - Women often cover arms, legs, and hair
 - May be uncomfortable in hospital gowns
- Hijab
 - Traditional head covering worn by some Muslim women



Special Considerations

- Muslims does not participate in health promotions because they do not believe that they can prevent something from happening
- Illness causation misconceptions:
 - Supernatural causes
 - Social causes
 - Natural causes
 - Hereditary causes



Special Considerations

Muslim religion does not allowed:

- discuss such topics like safe sex, family planning, and physical changes during puberty with Arab Muslim teens
- Abortions
- Adoption
- Organ transportation ONLY in the case of saving a patient's life
- Tubal ligation and hysterectomy without husband's consent



Special Considerations

Muslim family:

- The health care provider should to inform one of the family first about patient's diagnose, especially if the patient has cancer
- Perceive disability as a test of their faith in Allah
- Male circumcision accepted
- Unclean left hand
- Do not believe in depression



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