

A healthcare worker in blue scrubs is sitting on the edge of a hospital bed, holding the hand of an elderly patient. The patient is lying in the bed, covered with a white blanket. The healthcare worker has a stethoscope around their neck. The background is a blurred hospital room.

Culturally Appropriate Care for Muslim Patients

A Guide for Health Care Providers

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Islamic Resource Group (IRG)

As-salamu alaykum
"Peace be upon you."



Wa alaykum as-
salam

Islamic Resource Group



www.irgMN.org

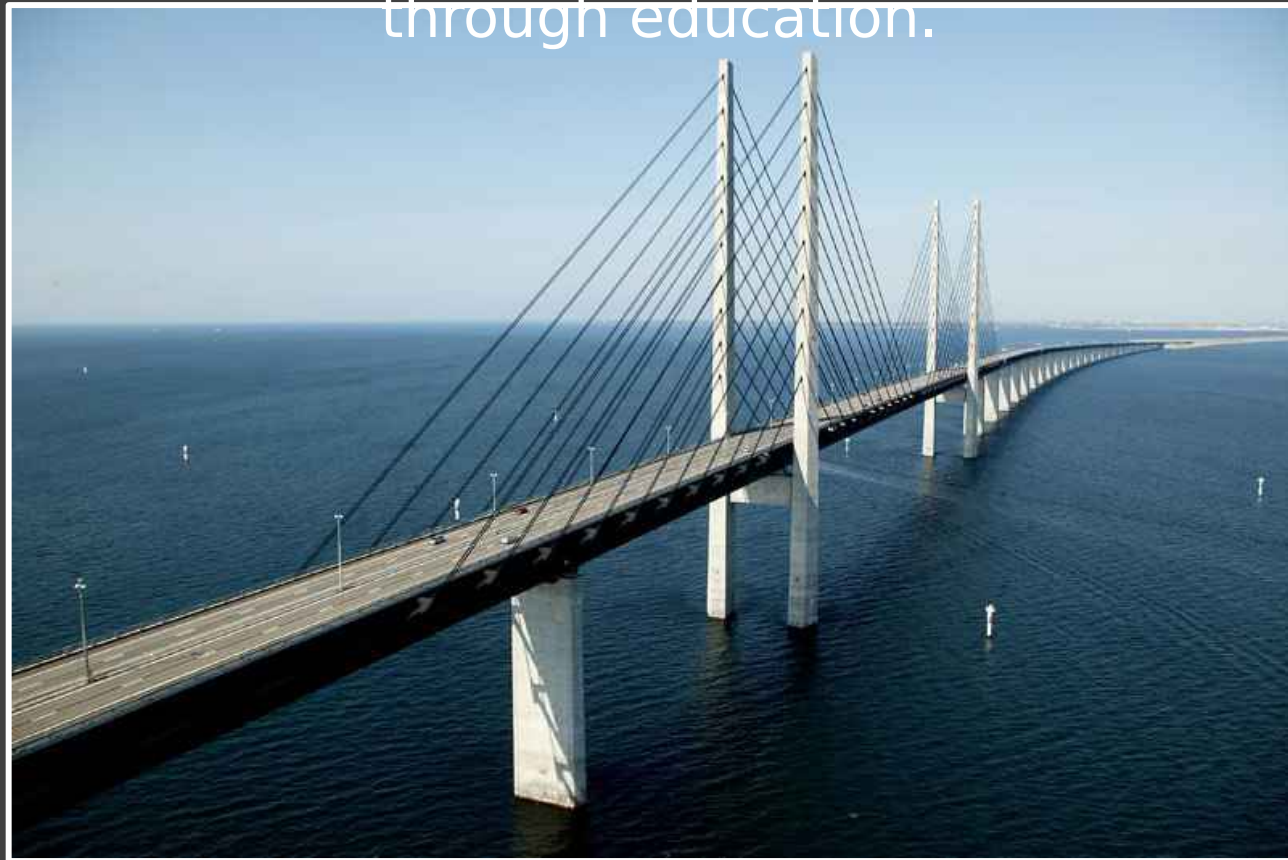


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Islamic Resource Group

Wants to build bridges of understanding between Minnesota Muslims and the broader Minnesota community through education.



We believe that a deeper understanding of different religions and cultures contributes to peace and harmony in the world.

Objectives

- Gaining a basic knowledge of demographics on Muslims in MN, US and Worldwide.
- Gaining basic understanding of Muslims' culture, religion, and its impact on their care.
- Gaining awareness of Islam's position on end of life, hospice, euthanasia and other healthcare related issues.
- Understanding certain cultural practices that may influence interaction with Muslim patients.



Outline

- Cases
- Definitions
- Terminology & Demographics
- Overview of basic beliefs and practices
- Tips for interacting with Muslims patients



Benefits of Cultural Education

- Improved compliance
- Enhanced decision making
- Improved patient outcome
- Increased rate of successful preventative and supportive care
- Positive relationship with patient and patient's family



Case #1

- A TC neonatologist has been told it is not appropriate to use a Porcine Lung Surfactant in Muslim neonates.
- He is wondering if there is any exception to this rule, as this products has shown a lower mortality rate.



Case #2

- A resident tries to enter the room of a Somali pediatric patient.
- As the resident tries to open the door she feels resistance and is unable to open the door.
- She immediately runs to the nursing station and gets help.
- As they return they find the door open.



Case #3

- MA is a 71 y.o. Female Immigrant from East Asia.
- She returns to urgent care after 3 days for a URI, fever of 103 degrees, and increased symptoms.
- Her 12 y.o. grandson accompanies her and acts as an interpreter for her.
- Upon questioning she mentions that she stopped taking the ABX given to her after 2 doses.
- She has missed 2 appts in her primary clinic and has been late a number of times.



Case #4

- 41 y.o. African American with DM is admitted to ER for severe hypoglycemia.
- She was diagnosed w/ DM 6 months ago, and started on an insulin regimen of Lispro and Lantus.
- She does not want to change into hospital gown.
- She refuses to be examined by a male nurse and asked for a female nurse and doctor. ER is extremely busy and female nurses are not available.



Islam

- Peace through submission to God's will
- Arabic root "s-l-m" meaning "peace"
 - Islam is a way of life.

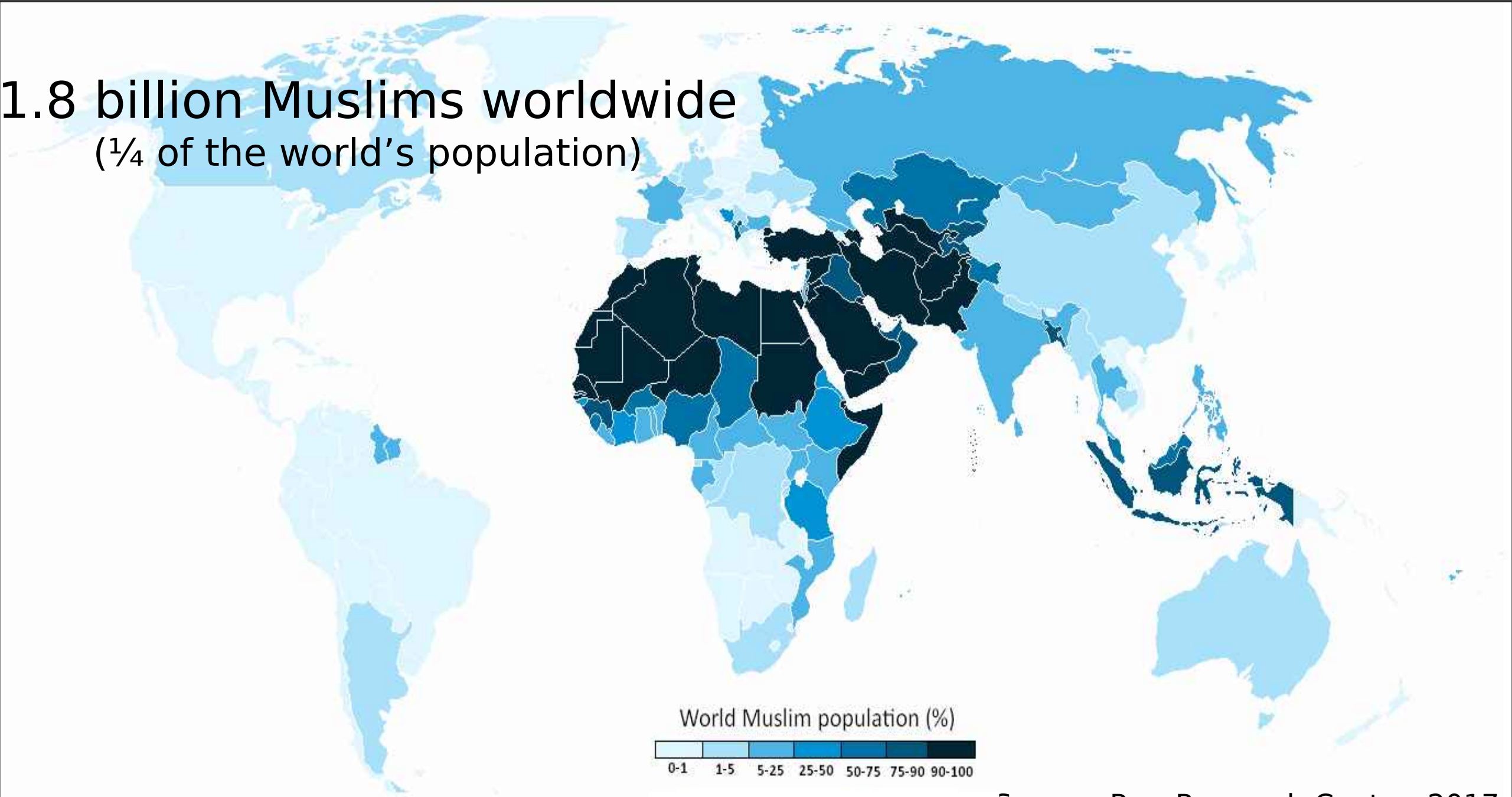


Muslim

“One who submits to God’s will”

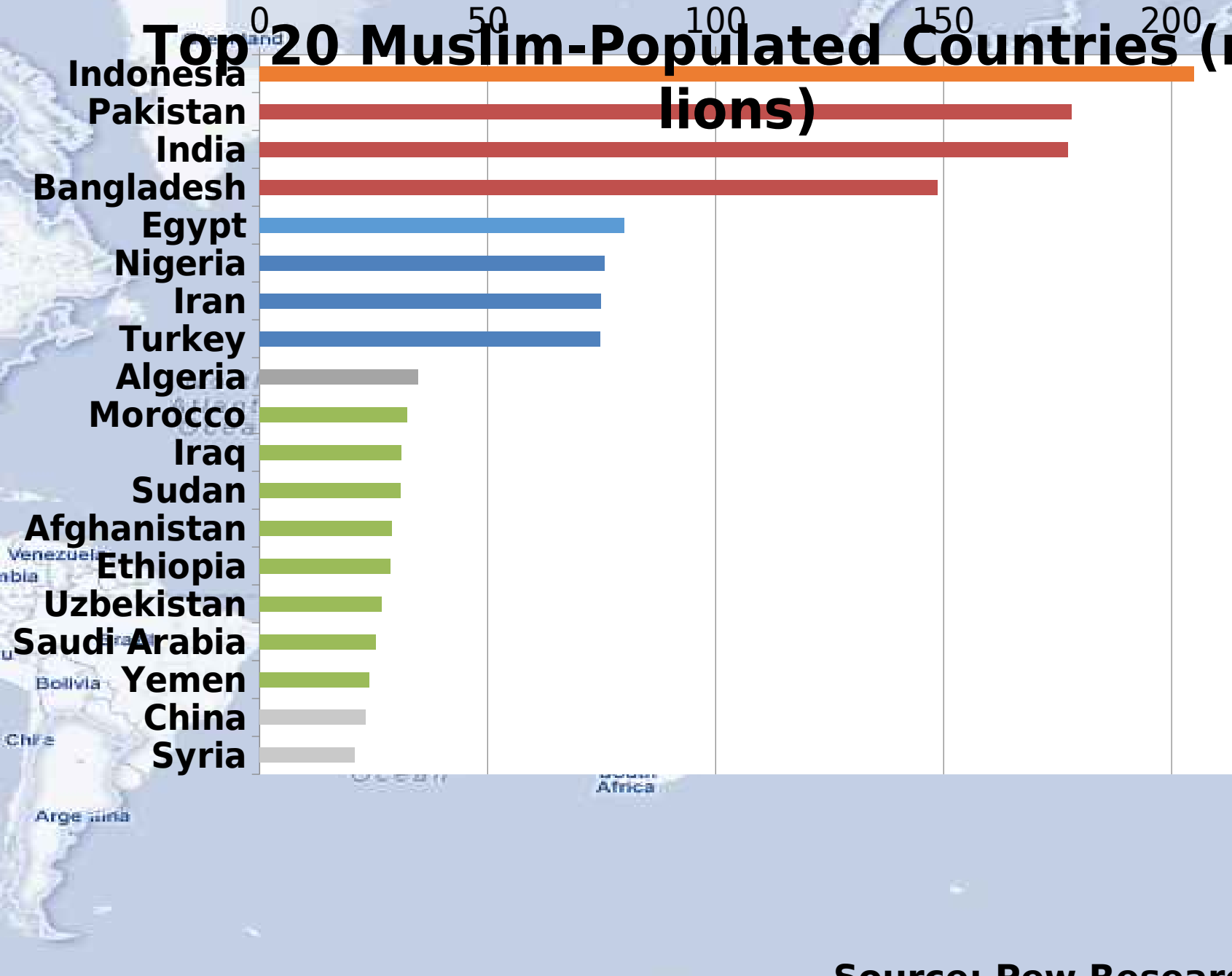


1.8 billion Muslims worldwide
($\frac{1}{4}$ of the world's population)



Source: Pew Research Center, 2017

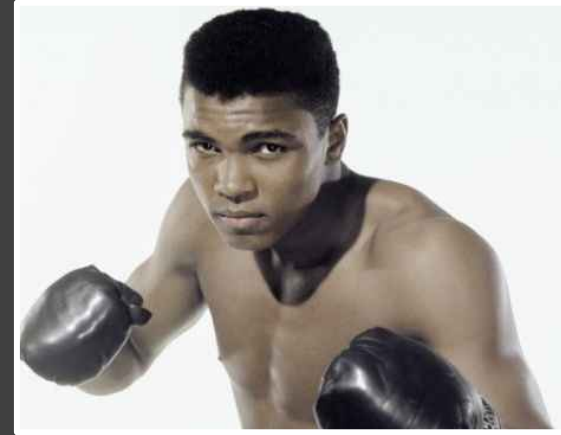
Top 20 Muslim-Populated Countries (millions)



Source: Pew Research Center, 2011

Islam in America

- ❖ It is estimated that 1/3 of the slaves* brought to America in the 18th and 19th centuries were Muslim.
- ❖ There is a growing number of American born Muslims.
- ❖ 3.3 million Muslims** in the U.S. (1% of the population)
- ❖ More than 5000 Muslims serve in the U.S. military***
- ❖ 160,000 Muslims in Minnesota****



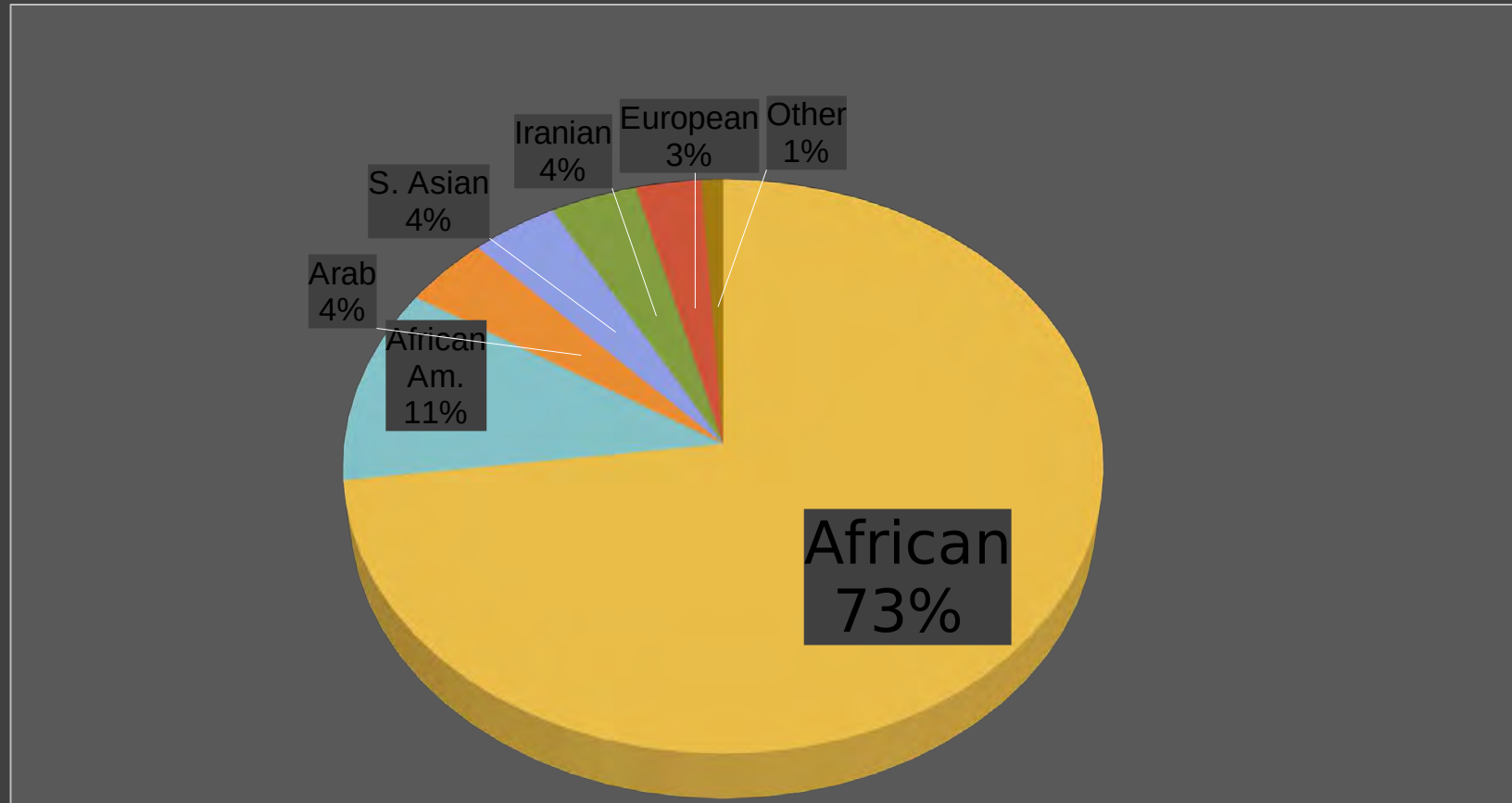
Source:

* Sylviane A. Diouf: Servants of Allah- African Muslims Enslaved in the Americas, NYU Press, 2013

** Pew Research Center, 2016

***Khan, Martinez: More than 5,000 Muslims Serving in US Military, Pentagon

Islam in Minnesota



120,000-150,000 Muslims in Minnesota

Well Known Muslims in Minnesota



Amaiya Zafar
Boxer



Halima Aden
Miss MN
Beauty
Pageant



Rep. Ilhan Omar
Congresswoman



Khabazz Muhammad
MN Timberwolves



AG, Frmr Rep.
Keith Ellison
U.S.
Congressman
from
MN's 5th District

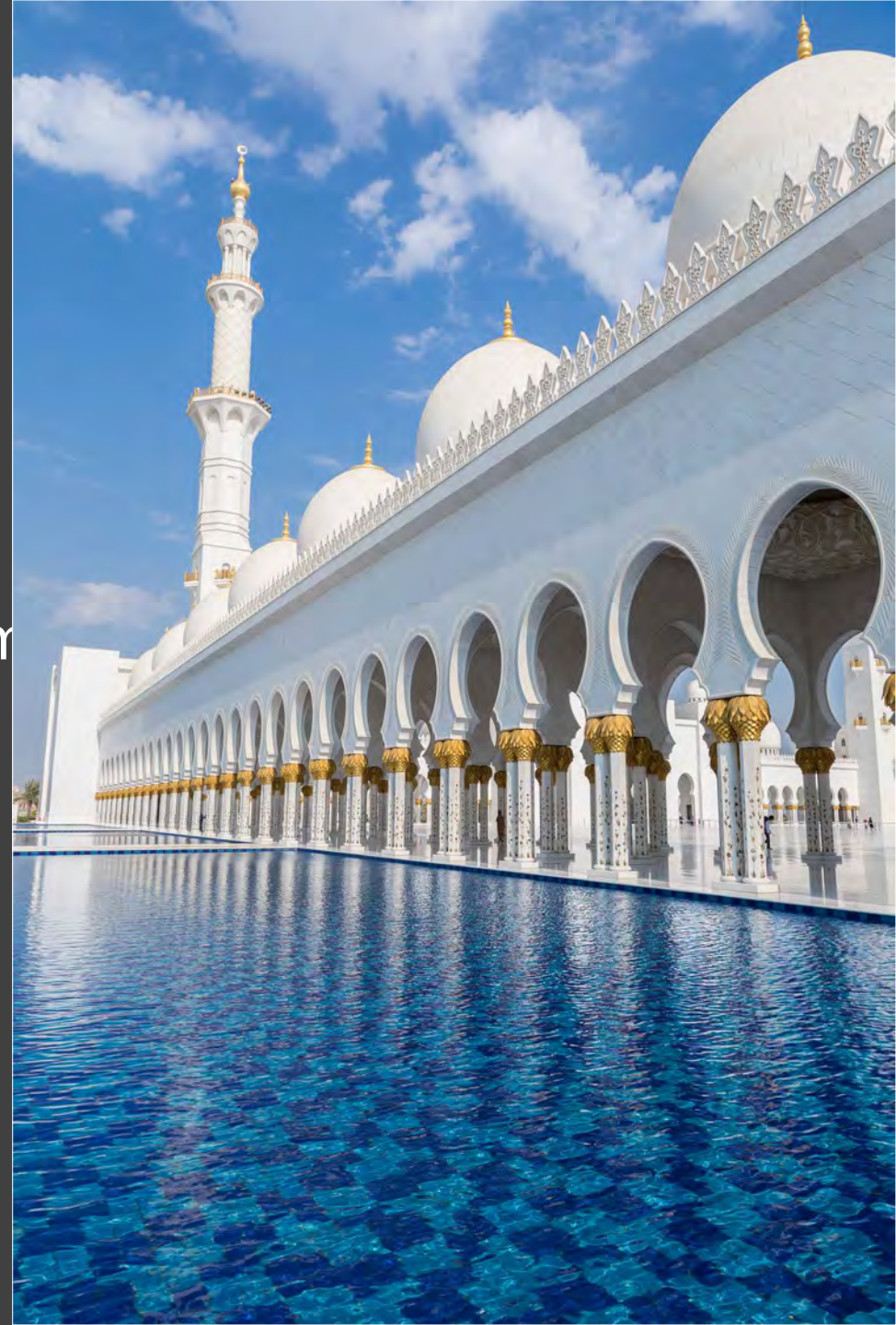
Islam and Culture



Two Different factors in the lives of Muslims.

Muslims believe in:

1. God
2. Angels
3. Prophets - Abraham, Moses, Jesus, Muhammad
4. Holy Books - Torah, Psalms, Gospel, Quran
5. Day of Judgement
6. Divine Decree



Allah Arabic for 'God'

A close-up photograph of a hand holding a pencil, writing the Arabic word 'Allah' in black ink on a light-colored, textured paper. The pencil is positioned at the top right, with its tip touching the paper. The word 'Allah' is written in a bold, stylized script, with the 'Alif' (ا) at the top, followed by 'Lam' (ل), 'Lam' (ل), 'Ha' (هـ), and 'Ya' (ي). The background is a soft, out-of-focus light brown.

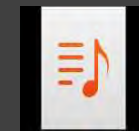
الله

The One Who Cures,
The One Who Gives Life,
The One Who Gives Death,
The One Who Protects

Quran

Holy Book of Islam

- Significance
- Respect for the Quran
- Verses for cure
- Some patients like to listen to Quran recitation.



Five Pillars in Islam

1. Declaration of
Faith

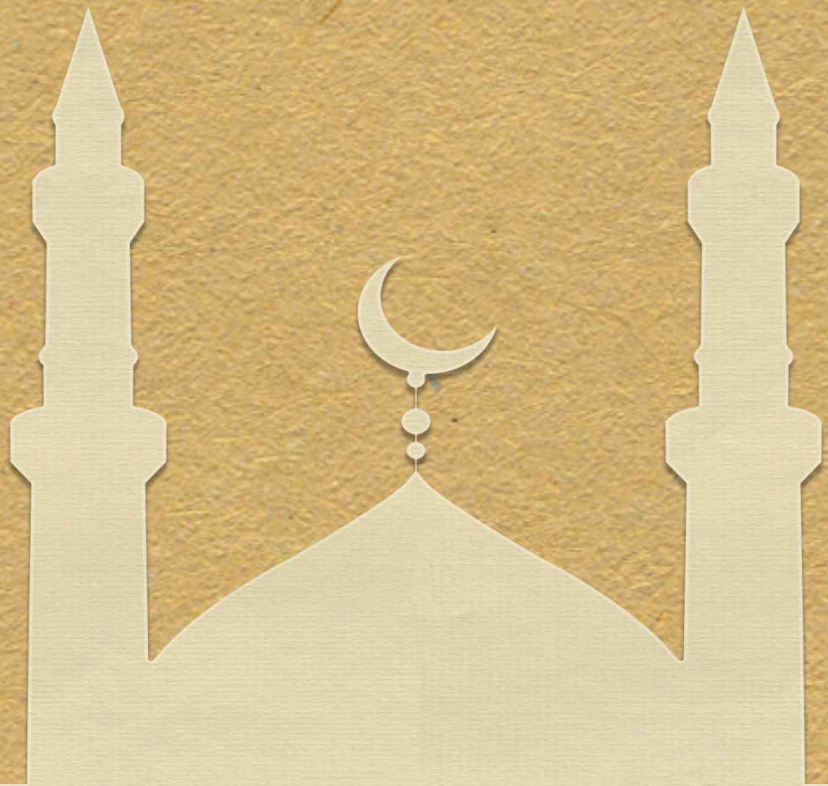
2. Prayer

3. Mandatory Alms

4. Fasting

5. Pilgrimage





لا إله إلا الله محمد رسول الله

“There is no deity but God, and Muhammad is the Messenger of God.”

Prayer

- Times
 - Before Sunrise
 - Noon
 - Mid Afternoon
 - After Sunset
 - Night
- Ablution
- Prayer Area
- Friday Prayers
- Direction of prayers
- Complete concentration





Mosque

“Place of Prostration”



Five Daily Prayers

- Direction of Prayer - (Northeast)
- Complete concentration/ meditation
- Vertigo, sinusitis, nasal polyps
 - If one cannot stand in prayer, they may sit, lie down, or motion with their eyes.
- Urine, feces, blood - impurities



Fasting in Ramadan

- Lunar calendar
 - 11 days earlier each year
- Ramadan lasts 29-30 days.
- No food or drink from pre-dawn to sunset
- Purpose of Fasting
 - Increase God consciousness
 - Self-discipline
 - Patience
 - Thankfulness



Taking Heart Ramadan Dinner- MN

Fasting in Ramadan

- Emergency medications: necessity overrides prohibition
- Eye drops/ointment, inhalers, blood draws
- Caffeine, tobacco withdrawals
- Q24H and Q12H versus 4x/day or 3x/ day
 - Antibiotics, Analgesics ...
- Insulin
- Feasts at “breakfast”
- Those exempt from fasting:
 - Sick
 - Pregnant women or nursing mothers



Islamic Holidays

Eid-ul-Fitr

“Festival of the Fast Breaking”

Celebrated after
Ramadan

- Greeting: “Happy Eid”
- May pass on elective surgeries

- Henna

Eid-ul-Adha

“Festival of the Sacrifice”

Celebrated during the time
of the pilgrimage



Illness in Islam

- A “test” of faith
- Purification of sins
- Patience and prayer
- Calm and composed in the face of adversity or terminal illness



Islamic Values Relevant to Health

Five aims of Islamic injunctions

1. Soul
2. Life
3. Mind/Honor
4. Family/Lineage
5. Property

Saving a Life

- Necessity overrides prohibition.
- A mother's life takes precedence over a baby's life during pregnancy or childbirth
 - In case of extreme binary choice
- “Saving a single soul is like saving all of humanity.” (Quran 5:32)



Modesty in Islam

- Men and women
- Men may have beards or wear religious caps.
- Women may wear hijab as an act of faith.
 - Sign: "Please knock before entering room"
- Physical exams or labor
 - Some women prefer only women caregivers.
- Touching/shaking hands



Children in Islam

- Born sinless
- Whispering call to prayer in baby's ear
- Circumcision for boys
 - Abrahamic tradition
- Age of responsibility starts at puberty.



Interacting with Muslims

Diet

- No pork or pork by-products
 - No foods with gelatin such as Jello or marshmallows (unless made with kosher gelatin)
 - Gel caps
 - Insulin and Heparin
- Some prefer *Halal* (Zabiha) only diets.
- Alcohol and illegal drugs are prohibited.
 - Cough syrup

Death and Dying

- Life is sacred and a gift from God.
 - No murder
 - Except for Death Penalty - extreme cases (due measure by state) or self defense
- Death should not to be rushed or prayed for
 - Euthanasia, suicide, and assisted suicide are forbidden.
 - Terminally ill patient; life support is NOT mandatory.
 - It's permissible through a collective decision, to stop the meds/ treatments.
 - As long as a person is alive, it is his/her right to be fed.
- Abortion
 - Allowed if mother's life is in danger

Death and Dying

- Death is a natural part of the human journey.
 - Life phases consist of soul fetus, earth, grave, and Hereafter.
 - “Every soul will taste death.” (Quran)

- Appointed time - no change

- Angel of Death

- Soul leaves the body
 - Painful

- Return to Creator

- Family members and imam (spiritual leader) may be



Definition of Death

One of the following two situations:

1. Complete irreversible cessation of respiratory and cardiovascular systems.
2. Complete irreversible cessation of the functions of the brain including the brain stem.
3. Confirmed by medical standards.

Funeral

- Burial of the body
 - No cremation
 - No embalming
- Ceremonial washing of the body
 - Simple
 - Private
 - Respect and modesty for the dead
 - Wrapped in a few white sheets
- Funeral Prayer
- Procession to the graveyard
- Traditionally not buried with a coffin



Muhammad Ali's funeral 2016

After Death

- Accountability for actions
- Book of deeds closes
 - Except: Children, Charity, Knowledge
- Muslims are encouraged to be ready for death.
 - Prepare for it by doing good deeds
 - Paying off loans
 - Make up for mistakes



Back to the Previous Medical Cases

Case #1

- A TC neonatologist has been told it is not appropriate to use a Porcine Lung Surfactant in Muslim neonates.
- He is wondering if there is any exception to this rule, as this products has shown a lower mortality rate.



Generally pork products should be avoided, unless:

- It can save someone's life - and
- There is no alternative available.
- There is an emergency and staff are not familiar with the use of a non-pork alternative.

Case #2

- A resident tries to enter the room of a Somali pediatric patient.
- As the resident tries to open the door she feels resistance and is unable to open the door.
- She immediately runs to the nursing station and gets help.
- As they return they find the door open.



The patient's mother was praying in her room.

- Sign for her door
- Chapel

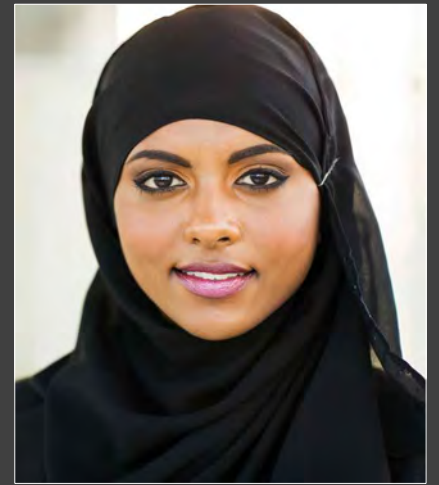
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- She returns to urgent care after 3 days for a URI, fever of 103 degrees, and increased symptoms.
- Her 12 y.o. grandson accompanies her and acts as an interpreter for her.
- Upon questioning she mentions that she stopped taking the ABX given to her after 2 doses.
- She has missed 2 appts in her primary clinic and has been late a number of times.
- She refuses to take cough syrups.



- Antibiotic capsules (Keflex) gelatin caps
 - Alternatives: tablets, liquids, or mixing the content of capsule w/ applesauce ...c
- Cough Syrup contains alcohol
 - Alternative: Robitussin AC (codeine) ...
- Late & missed appts:
 - Does not drive, no car
 - Daughter 2 jobs, not able to drive to clinic
- Avoid using minors as interpreters, if possible

Case #4



- 41 y.o. African American with DM is admitted to ER for severe hypoglycemia.
- She was diagnosed w/ DM 6 months ago, and started on an insulin regimen of Lispro and Lantus.
- She does not want to change into hospital gown.
- She refuses to be examined by a male nurse and asked for a female nurse and doctor. ER is extremely busy and female nurses are not available.

- Adjust insulin regimen while fasting.
- Male nurse, if necessity & no female nurses
- Have family present, or a female staff, to help patient feel more comfortable.
- Can use a larger gown, or two gowns & towels to cover for modesty.

Challenges

- Cultural conflicts
- Post-traumatic issues
- Language barriers
 - Deficiencies in translations
- Financial issues
 - Unemployment
- Transportation

Muslims: Not a monolithic

- Suggestion: **community**
- *“It is our mission to make your visit as welcoming as possible. Please let us know if there are any religious or cultural practices that we should be aware of. We would be honored to accommodate your cultural and religious needs to the best of our ability.”*



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