Agenda

- Muslims & Cultural Competence
- Muslim Demographics
- Religious Beliefs
- Views on Illness & Care
- Religious Accommodations
- Resources
Think-Pair-Share

In working with Muslim patients, what questions arise for you?
What would you want to take into account?
Muslims & Cultural Competence

Participants hoped that cultural competency programs would lead to:

- A greater understanding of Islam and Muslim culture, thus strengthening the patient–provider relationship as providers are more attuned to patient values and practices, and

- Improved Muslim experiences within the healthcare system as culturally sensitive adaptations would reduce barriers to, and challenges within, healthcare.

Muslim experiences

- “doctors and nurses . . . everybody . . . looks at you like (a) stranger or like you will be a problem for them.”

- “I think we all know of stories where due to someone having an accent or . . . appearing Muslim . . . that sometimes the doctors may be more blunt with you, or . . . belittle you, or not . . . give you the time of day.”

- “think(ing) it’s a big joke . . . or a bunch of old-fashioned foolishness they don’t want to be bothered with.”

Impact of cultural competence

When the nurse . . . tells you . . . I respect your religion . . . immediately, I will have trusted her. . . That’s half of the work of being a healthcare giver . . . to get the trust of the patient. When the patient trusts you...he will be compliant with care.

Poll Question

Which country has the most Muslims?

A. Saudi Arabia
B. Indonesia
C. Turkey
D. Egypt
Mapping the Islamic World

- 1.6 billion Muslims around the World (Pew Research Center)
- ~18% of Muslims are from the Middle East
- Countries with over 100m Muslims – Indonesia, Pakistan, India & Bangladesh
Major Sects in Islam

- Sunni
- Shia
- Sufism
- Nation of Islam
Muslims in the US

Population Penetration, Estimated Muslim Adherents in the United States, 2010

2,106 congregations and 2,600,082 adherents were reported in 592 counties.
% of Muslim Americans who are ...  % U.S. citizens

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<th>U.S. Born</th>
<th>Foreign Born</th>
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<td>15% Second Gen.</td>
<td>63% First Generation</td>
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<td>22% Third Gen.</td>
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Muslim immigrants  All U.S. immigrants

70%  47%

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Muslims Locally

- 63,000 Muslims in TN
- Over 35,000 Muslims in Nashville, TN
- Over 40 Nationalities – including large Kurdish & Somali refugee populations
Islam & Muslims

**ISLAM**
Peaceful, willing submission to the will of God

**SALAM**
**PEACE**
A person who willingly submits to God and finds peace

**MUSLIM**
Six Articles of Faith

Belief in….

1. **Allah (Almighty God)**
2. **The Angels**
3. **The Revelations (Torah, Psalms, Gospel and Qur’an)**
4. **The Prophets (Adam, Noah, Abraham, Jacob, Moses, Jesus…Muhammad)**
5. **The Day of Judgment (Life Hereafter: Heaven & Hell)**
6. **The Divine Decree**
Five Pillars

• Faith in only one God and Muhammad as God’s Prophet – Shahadah
• Praying five times a day – Salat
• Giving alms – Zakaat
• Fasting during Ramadan
• Pilgrimage to Mecca once in your lifetime – Hajj
First Pillar – Testimony of Faith

- **Shahada-**
  “There is no god except Almighty God and Muhammad is the messenger of God.”

- **Only worship one Supreme God**
  - The Creator, Almighty, One, All-Knowing, Compassionate, Merciful, Loving, Just
    - Dios, Elohim, Allah = God

- **Prophet Muhammad**
  - Born ~571 C.E.
  - Descendent of Prophet Abraham...Moses & Jesus
Second Pillar - Prayer

- Muslims pray **5 times** a day
- Communication with God
- Ablution
- Face **Ka’ba** in Makkah
- Stand, bow, prostrate & supplicate
- Pray at Mosque, home, school, work, park, airport, etc. – 5 min.
- Friday prayers (**Jumu’ah**)
Third Pillar - Charity

Muslims are required to give 2.5% of their savings to the poor

- **Zakaat** means purification & growth

Sadaqa – Charity

*Prophet Muhammad said:* "Each person's every joint must do a charity every day the Sun comes up: to act justly between two people is a charity; to help a man with his mount, lifting him onto it or hoisting up his belongings onto it is a charity; a good word is a charity; every step you take to perform prayers is a charity and removing a harmful thing from the road is a charity."
Fourth pillar - Fasting

- Lunar Calendar, Lunar Months - **Ramadan**

- **Dawn to Sunset**
  - Abstain from food, drink and intimate marital relations

- **EXEMPTIONS** – sick, nursing, kids (until puberty), women’s monthly cycles/pregnancy, elderly, traveler

- **PURPOSE:** Taqwa (God-Consciousness, Love of God)
  - Develops social conscious, patience, unselfishness

- Extra prayers, charity & Qur’ an recitation *(Iqra = read)*
Dietary restrictions

- **Halal** – lawful, permissible – like kosher
- **Haram** – forbidden
  - Any pork products
  - Animal shortening—in breads, cookies, etc.
  - Gelatin—in Jello, desserts, marshmallows, etc.
  - Lard—in any product.
  - Food ingredients containing alcohol, such as vanilla extract and Dijon mustard.
  - Meat which is slaughtered in a name other than God
The Pilgrimage to Mecca
Rituals based on Abraham & his family

Once in a lifetime

~4 million people

12th month of the lunar year

2 Weeks Off from Work
Think-Pair-Share

How are Muslim beliefs similar to your own beliefs? How are they different?
Sources of Authority

- Qur’an
- Hadith
- Qisas- deductive reasoning
- Ijma- consensus of scholars
- Past precedence

• Interpretation of text by scholars, including importance of translation
Religion vs. Culture

- Islam spans the globe and many cultures
Islamic views on illness & care

- Islam is compatible with science and medicine
- Prophet Muhammad said, “O servants of God, treat your sick. For indeed God, the Glorious One, did not make any disease without making healing for it.”
- "Whoever visits a sick person is walking along the high road to heaven.”
Religious Accommodations

- Shows respect and enhances trust
- But the priority is always on providing the best possible care
- Saving lives and preserving health is the priority – Islam provides exemptions
Accommodations based on Gender

Many Muslims prefer gender-concordant care to preserve modesty:

- Ask about provider preferences at the onset
- Avoid unnecessary touching of opposite gender patients
- Provide examination gowns that provide more coverage
- Bed baths should be given by members of the same sex if possible
Accommodations for Prayer

- Provide **neutral spaces** for prayer
- Prayer also includes **ablution**
  - Tayyamum, or mimicking motions, is permissible
- While praying, Muslims **should not respond** to outside stimuli
- Muslims believe **prayer is a source of healing**

  - “I said, ok, before...they have to hook up the wires on (me)...I must do my last prayer. They gave me (only) three seconds...and start(ed) interfering.”
Accommodations for Fasting

- Issues with medicine administration
  - Can take medication before sunrise and after sunset
  - Blood transfusions and IV medication/nutrition also breaks the fast
  - Non-urgent blood draws for labs should be deferred

- Sick and elderly people are exempt from fasting!!
Accommodations for Dietary Restrictions

- For inpatient stays, provide meals that meet Islamic dietary rules – can include kosher or vegetarian meals

- Avoid if possible medications that may contain pork byproducts or alcohol – some heparin and insulin, gel caps, cough medicines

- Alternatives to pain medication
Islamic Perspectives on Sex

- Sex is a normal part of everyday life.
- Religiously (and normatively), sexual intercourse is only permitted (halal) between a heterosexual married couple.
- Sexual intercourse outside of marriage is considered a sin (haram).
- Distinction between the action and the person.
Risk Behaviors among Muslim College Students

135 Muslim American college students:

- 46.2% of Muslim college students reported alcohol use in the past year,
- 24.6% reported illicit drug use,
- 37.3% reported tobacco use, and
- Of the never married students, 53.8% reported ever having had sexual intercourse.
- Over half the Muslim students (58.5%) reported engaging in at least one risk behavior during the past year, a majority of who (77.6%) engaged in two or more behaviors.

Ahmed, Abu-Ras and Arfken (2014)
Muslim views on homosexuality

% of Muslim Americans who say that homosexuality should be...

- 39% Accepted by society
- 45% Discouraged by society
- 11% Don’t know
- 5% Neither

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Views on those with HIV/AIDS

- Recognize there may be sources of religious stigma related to sexual practices and drug use, but also teachings of compassion and mercy.

"If you enter the house of a sick person, then only speak good words, for truly the angels will confirm what you say, and they will open up the way of heaven to him."

"You will not enter into paradise until you believe, and you will not believe until you love one another."
Death and Dying

- A dying Muslim may desire to face Makkah.
- Some may request amputated limbs for burial.
- Relatives/Muslims may recite portions of the Qur'an around the bed.
- Withholding life-saving care is discouraged, so end of life decisions are often difficult.
- Visitation by Imam.
- The body must be handled as little as possible—post mortem of the body is not allowed in Islam.
- Muslims' burials are performed as soon as possible after death, sometimes on the same day.
- Temporary storage in morgues is OK.
Think-Pair-Share

What accommodations are already part of your best practices? What accommodations do you feel would work best in your setting?
Enduring Understandings

- Muslims can differ greatly in their religious beliefs and practices, so treat as individuals.
- However, there are some accommodations based on religious practices that show respect and enhance trust.
- Additional resources are available to answer questions or concerns regarding Muslim patients.
Take-aways

For you, what was the most important take-away from this presentation?
References


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