



Working with Muslim Patients

HIV and Cultural Health
December 9, 2016

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Agenda

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



**KEEP
CALM
HERE'S
THE
AGENDA**

Think-Pair-Share



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**.

Padela, A. I., Gunter, K., Killawi, A., & Heisler, M. (2012)

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.**

Padela, A. I., Gunter, K., Killawi, A., & Heisler, M. (2012)

Poll Question

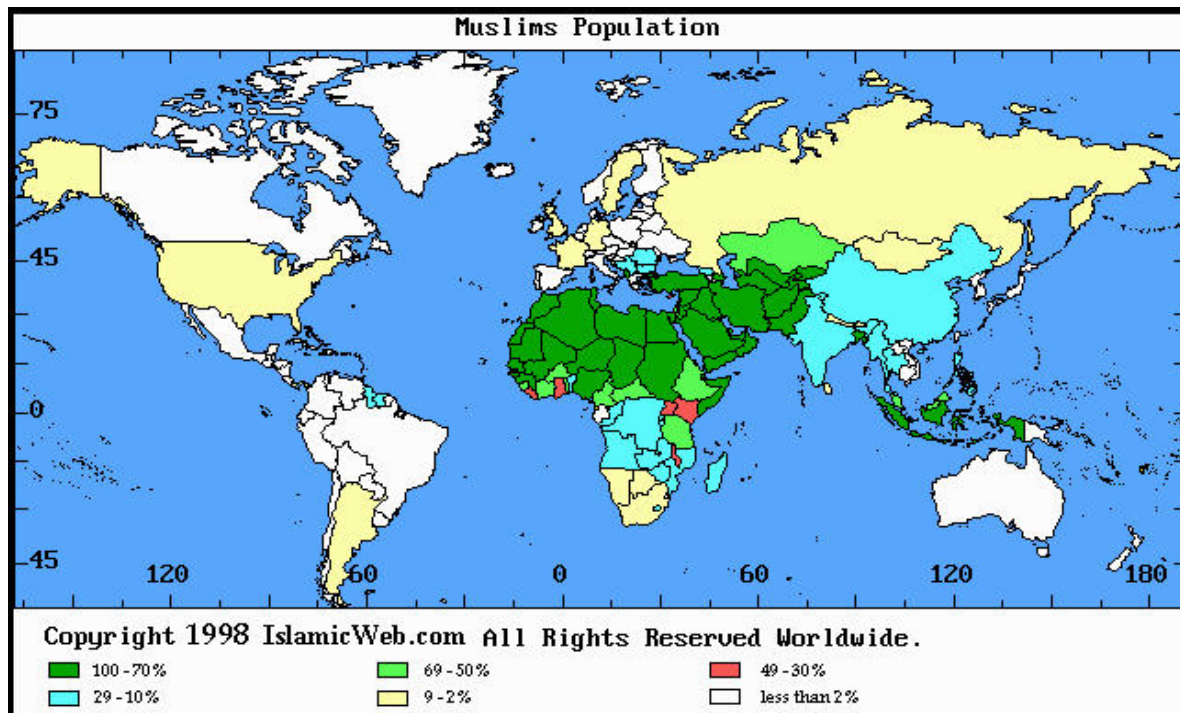
Which country has the most Muslims?

- A. Saudi Arabia
- B. Indonesia
- C. Turkey
- D. Egypt



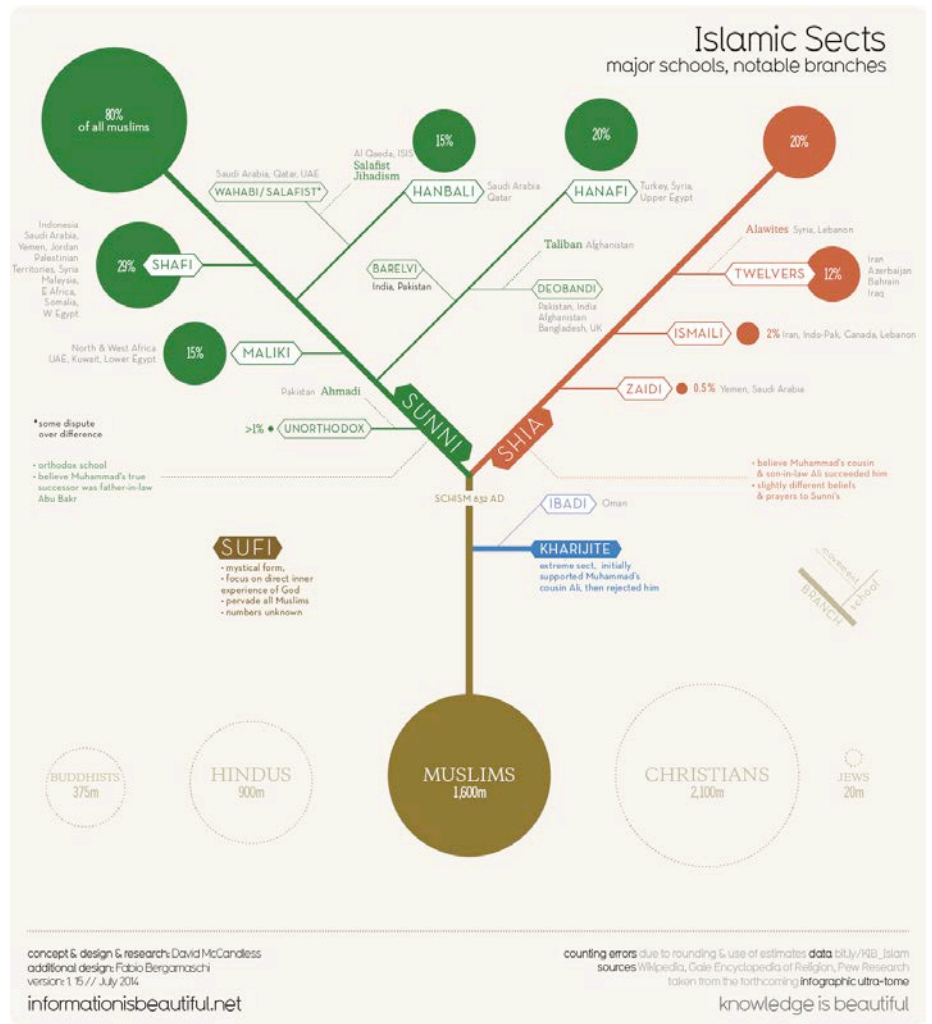
Mapping the Islamic World

- 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



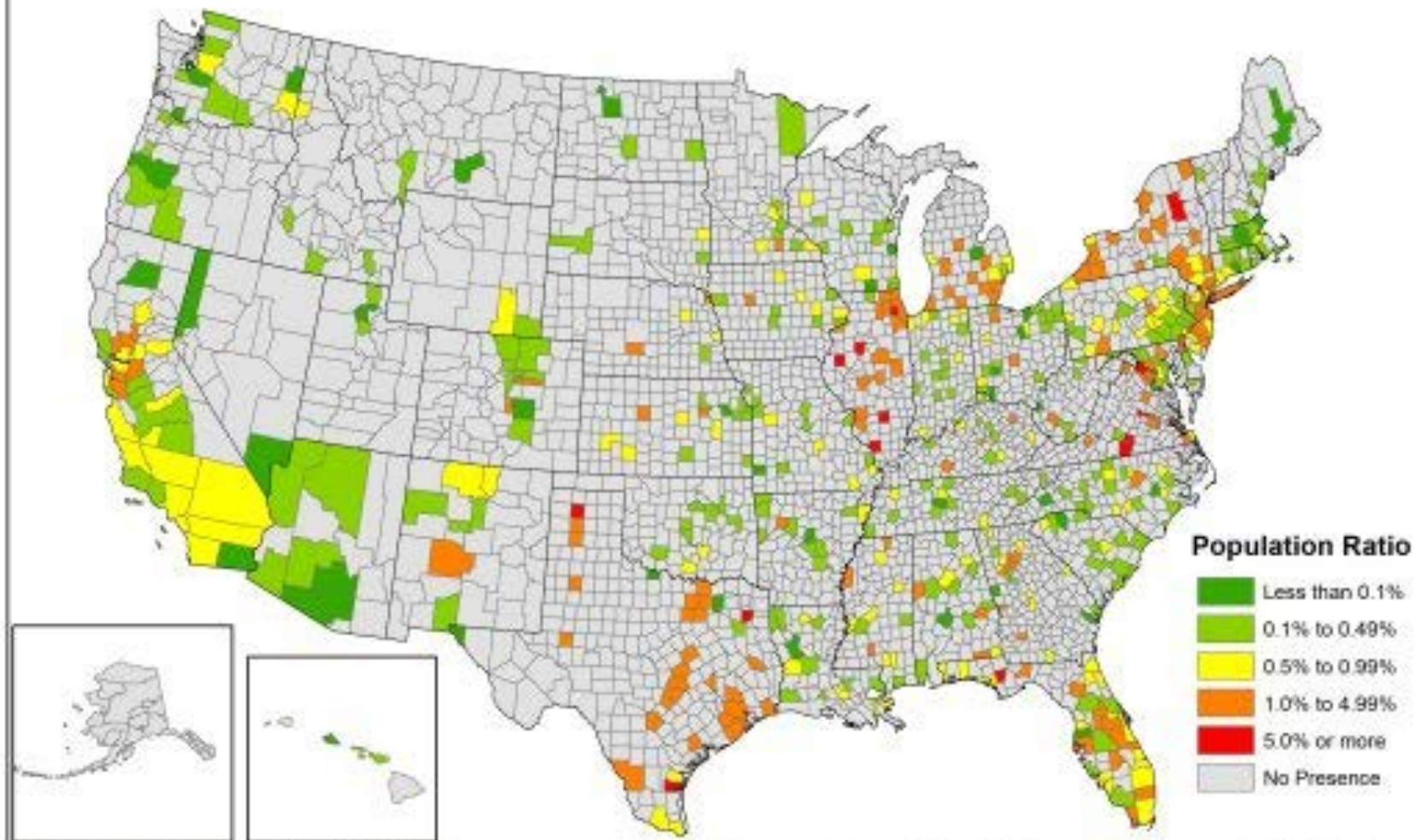
Major Sects in Islam

- Sunni
- Shia
- Sufism
- Nation of Islam



Muslims in the US

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

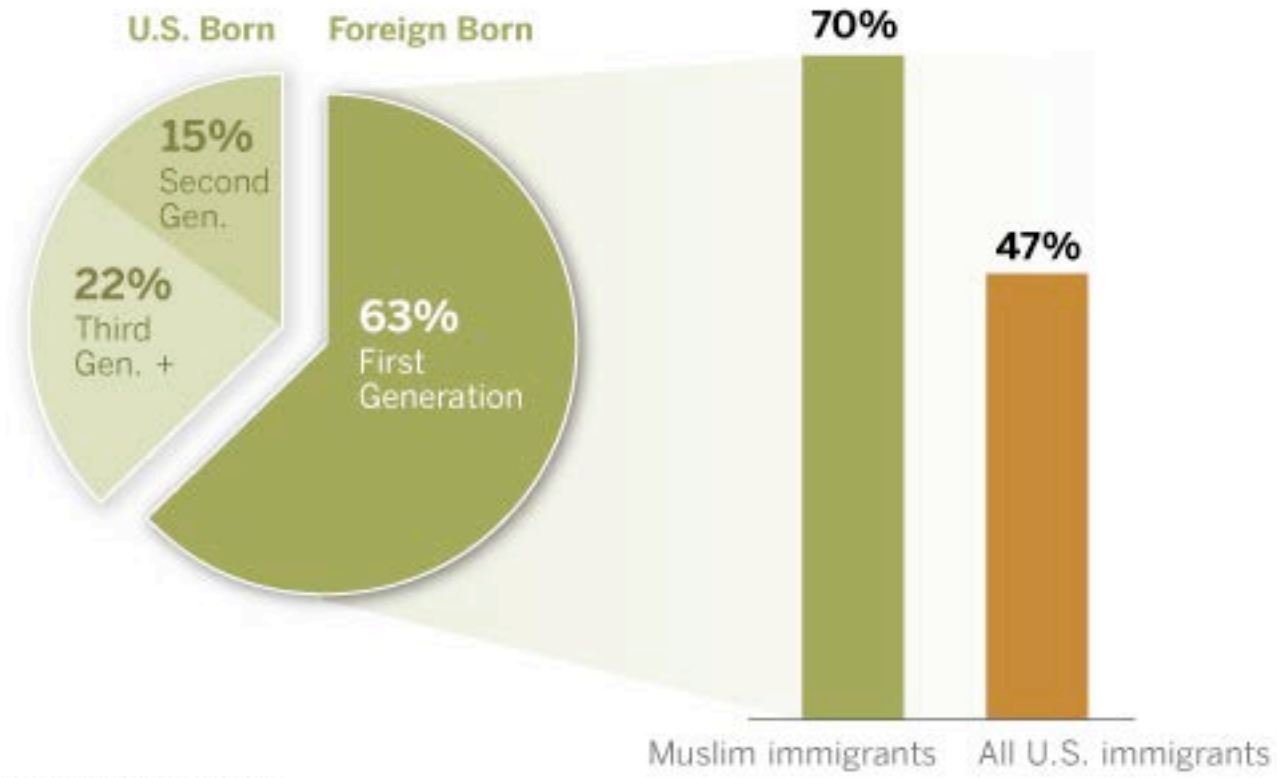


© Association of Statisticians of American Religious Bodies, 2012
2010 U.S. Religion Census: Religious Congregations & Membership
Created by Research Services using ESRI ArcMap 10.0

2,106 congregations and 2,600,082 adherents were reported in 592 counties.

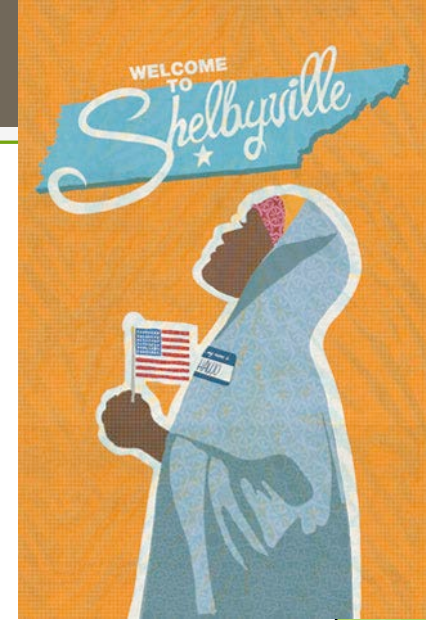
% of Muslim Americans who are ...

% U.S. citizens



Muslims Locally

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



Muslim Society of Memphis



Islamic Center of Greater Chattanooga



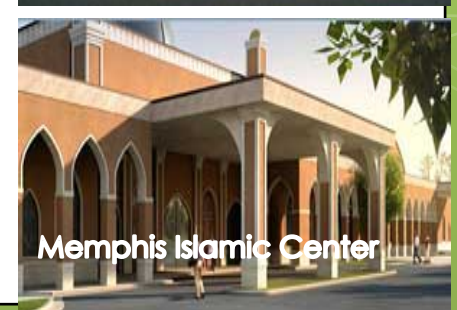
Muslim Community of Knoxville



Islamic Center of Nashville



Islamic Center of Murfreesboro



Memphis Islamic Center

Islam & Muslims

ISLAM

Peaceful, willing submission to the will of God

SALAM

PEACE

MUSLIM

A person who willingly submits to God and finds peace

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**

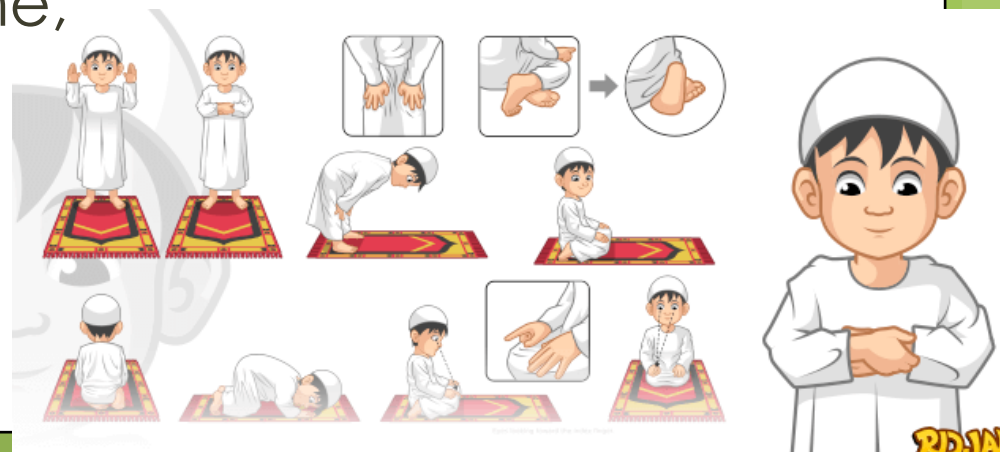
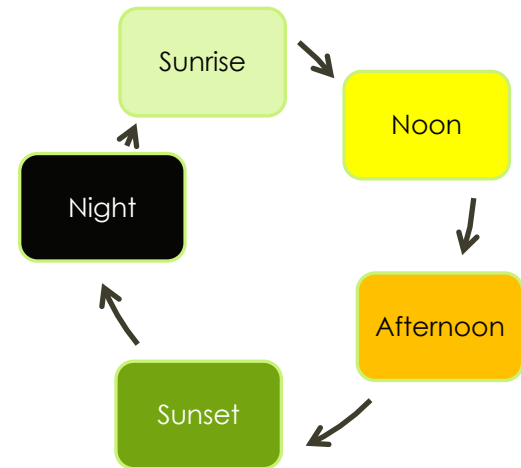
- The Creator, Almighty, One, All-Knowing, Compassionate, Merciful, Loving, Just
- **Dios, Elohim, Allah = God**

➤ **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 (*lqra = read*)

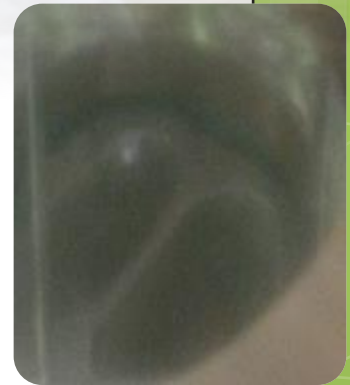
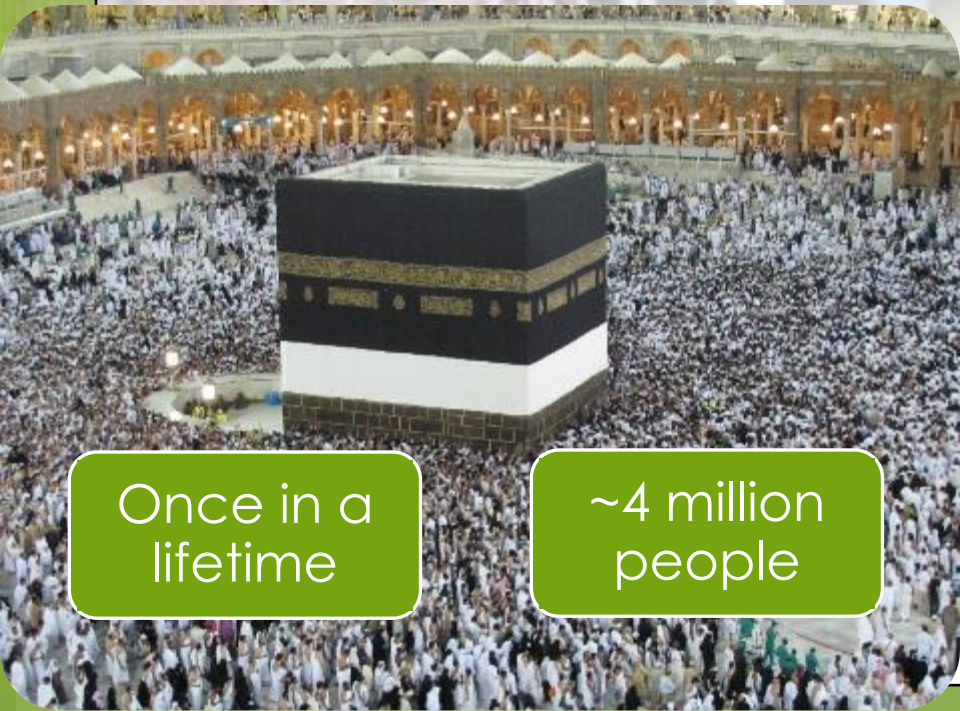
Dietary restrictions



- **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

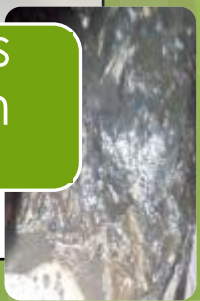


Once in a lifetime

~4 million people

12th month of the lunar year

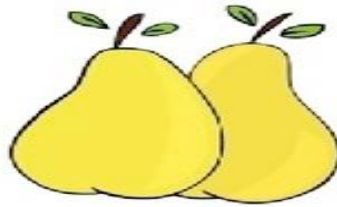
2 Weeks Off from Work



Think-Pair-Share



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.”



Абуали Сино - Авиценна

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!!**

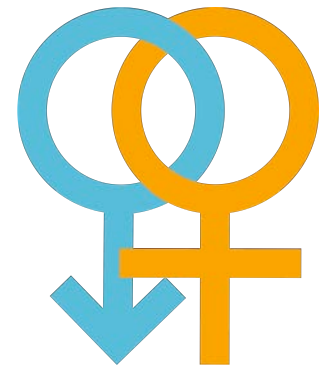
Accommodations for Dietary Restrictions

- 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**.



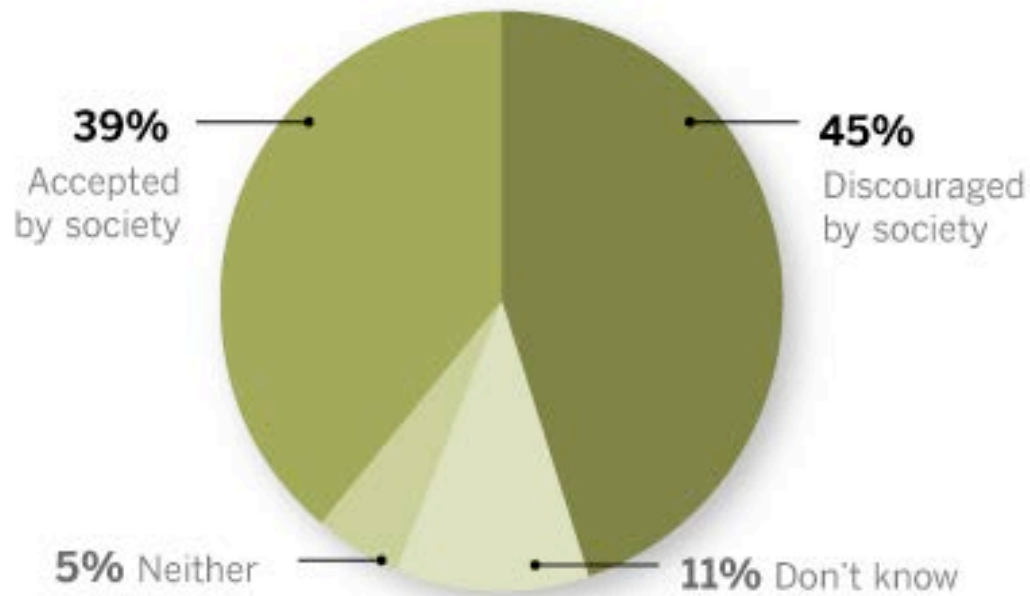
Risk Behaviors among Muslim College Students

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.

Muslim views on homosexuality

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



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



Think...



Pair...



Share!!!

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

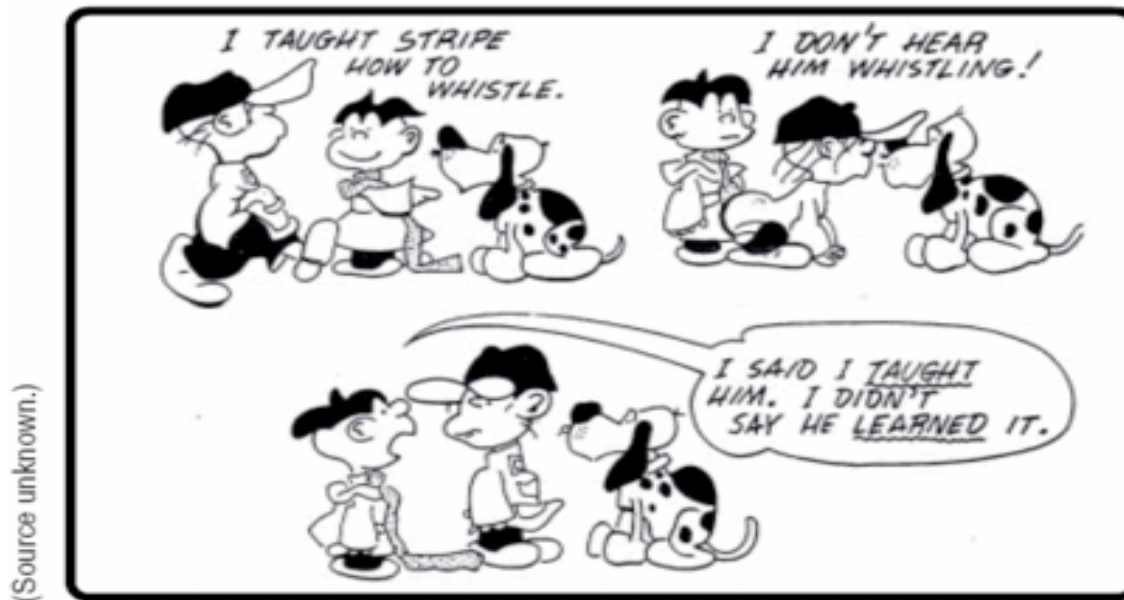


Enduring Understandings

- 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?



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