As-salamu alaykum
“Peace be upon you.”

Wa alaykum as-salam
“And peace be upon you, too.”
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 product 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
(¼ of the world’s population)

Source: Pew Research Center, 2017
Top 20 Muslim-Populated Countries (millions)

- Indonesia
- Pakistan
- India
- Bangladesh
- Egypt
- Nigeria
- Iran
- Turkey
- Algeria
- Morocco
- Iraq
- Sudan
- Afghanistan
- Ethiopia
- Uzbekistan
- Saudi Arabia
- Yemen
- China
- Syria

Source: Pew Research Center, 2017
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:
** Pew Research Center, 2016
***Khan, Martinez: More than 5,000 Muslims Serving in US Military, Pentagon
****John Mayer CityView Report, 2015
Islam in Minnesota

120,000-150,000 Muslims in Minnesota

Source: John Mayer CityView Report, 2006
Well Known Muslims in Minnesota

Amaiya Zafar
Boxer

Halima Aden
Miss MN
Beauty
Pageant

Rep. Ilhan Omar
Congresswoman

Shabazz 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’

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
“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”
• 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
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
  - Travelers
  - Youngsters or elderly
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

• Prolonged eye contact
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 present to pray.
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 product 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
Case #3

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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 ...

- 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 community

• Suggestion: “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.”