

Professional Nursing: Islamic Culture

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“I have neither given nor receive, nor will I tolerate others’ use of unauthorized aid.”

Professional Nursing: Islamic Culture

Nurses must be culturally observant and inclusive. Being well-versed in a variety of cultures will better prepare a nurse to provide care that is sensitive and comprehensive, which aids the nurse in building a more appropriate, effective relationship with his or her client (Hood, 2018). Within the United States, people of Islamic faith may have the largest prejudices held against them due to the infamous terrorist attacks of September 11, 2001. Nurses may hold positive, or negative, biases that could potentially be unsubstantiated. Muslim clients have a set of religious beliefs that involve specific diets, alternative medicine, and specific viewpoints on pain and suffering that must be addressed while nurses are providing care within that realm of beliefs.

Muslim Belief

Sin and Suffering

The Muslim belief system is centered upon becoming cleansed from sinful ways. There are several ways to become redeemed within the Islamic faith. An experience of suffering is of vital importance in the forgiveness process; Muslims believe suffering acts as a gateway to a purified state-of-being where the sins of the past are forgiven and forgotten. This is important information for a nurse, who is dealing with a Muslim client, to be fully aware of because the analgesic medication may be declined. Suffering may occur throughout the lifespan; however, if it occurs during the client's last days, the pain and discomfort can be viewed as a necessary step in the process of Muslim life to achieve eternal paradise (Gustafson, 2018).

Food Consumption

Most religions have diets developed specifically for their belief system, and the Muslim faith is no exception. There are governing rules that call for the exclusion of any item containing a trace of pork or alcohol. The fat of animals is not allowed, nor are animals who have been sacrificed to any supreme being other than Allah. Muslims are required to partake in prayer five times throughout the day, and this may collide with scheduled mealtimes. During Ramadan, a sacred month of fasting, clients will not ingest *any* food or liquid from dusk until dawn. To avoid any interference with prayer time or fasting during Ramadan, the nurse should adjust mealtimes and provide education on food consumption before and after the designated fasting time. The nurse should also inform clients about the potential danger of hypoglycemia and should note that if blood glucose levels are to drop, then the benefits of eating should be explained. Not every Muslim must partake in fasting. Clients who are pregnant, nursing, or severely sick can undergo fasting at another point in time after their status changes (Attum et al., 2019).

Complementary Alternative Medicine

Original, medicinal practice within the isolated Nation of Islam is not in line with western medicine. Remedies used by the Islamic people include substances like mustard, dill, aloe, and many others. When used alone, most alternative forms of medicine remain free of harm; however, nurses must gather information regarding the substances used because of potential adverse effects with modern medicine. The symptoms of illness can also be treated through remedies such as honey, olive oil, and cupping. The use of honey can increase the healing of skin ailments, and it can be used to treat diseases like diabetes mellitus. Olive oil is used to aid the body's most important functions through the cardiac, arterial, and venous system. Finally,

cupping is beneficial for vague symptoms of illness like nausea and vomiting, headaches, and other mental disorientations (Contributor, 2019).

Western Medication

Western medicine is not prohibited from Muslims; however, the medicinal makeup cannot contain any trace of pork, alcohol, or gelatin. This rule may be exempted if the client is in grave danger and there are no other options outside of what was formerly mentioned. The client must be fully informed of the situation if it arises. Medicinal roadblocks may occur during Ramadan. If clients are participating in the month of fasting, medications via the oral or intravenous route are viewed as fast-breaking elements, so they could potentially be refused. As always, the nurse has a job to fully inform the client on the benefits of the refused medications, while retaining a reverential and compassionate connection with the client for the optimal, personalized outcome (Attum et al., 2020).

Muslim Bias

Overcoming Prejudice

The Muslim belief system has been reprimanded throughout the dominant, "patriotic" culture of the United States since the terror attacks of 2001. At one point in time, I could have been grouped with those who became worrisome and hesitant whenever someone of Middle Eastern descent came near to me. For a long time, the mainstream and social media grouped all Islamic people with those who committed the attacks, and they warned us that Muslims would terrorize others as their fellow religious affiliates did. Fortunately, I have had the opportunity to take a world religion class, and I thoroughly enjoyed unmasking every stereotype I ignorantly believed at face value. The true, genuine Muslim belief system is benevolent, which takes up

most of their religious population. They preach peace and prosperity, and their focus is not on the mischievous, wicked beliefs of the small minority group of radicalized Muslims that terrorize.

The Nurse's Obligation

Nurses must be fully informed of a variety of cultural beliefs and practices, so they may provide care that is of the highest quality to the specified client. When establishing a bond with a client who may have unfamiliar beliefs, it is important to make him or her as comfortable as possible by eliminating the chance to cause disrespect. The Muslim community views pain as a necessary tool for redemption. They also do not consume medications or food during Ramadan, and more specifically, they do not ingest anything with traces of pork or alcohol during, or outside of, Ramadan. Special steps must be taken to ensure a positive nurse-client relationship. Now that I am more aware of their cultural caveats and have eliminated the ill-founded biases within, I will be able to provide a great level of satisfaction and care to Muslim clients.

References

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