

N432 Clinical Cultural Report: Muslim

Nikki Brown

Lakeview College of Nursing

N432 OB

Professor Bohlen

June 17, 2021

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Muslims represent a decent amount of the people in society. Muslims practice their beliefs by performing certain acts of worship. Complying with the religious obligations and practices is their choice. Some followers are very strict with performing these duties, and some are not. This religion teaches that God is merciful and caring and promises worldly peace and equality, and entrance to a beautiful eternity (Schimmel, 2019). In Illinois, there are 2,800 Muslims per every 100 thousand people (Pirani, 2017).

Muslim religion believes in God and the Prophet Muhammad, and they practice certain rituals such as fasting for Ramadan. There are five pillars to the belief of Muslims, a profession of faith (shahada), prayer (salat), Alms (zakat), fasting (sawm), and Pilgrimage (haji). Profession of faith believes that there is no other God than God, and Muhammad is the messenger of God. Prayer is when they pray, facing Mecca five times a day: at dawn, noon, mid-afternoon, sunset, and after dark (Macaulay, 2018). Alms is donating a fixed portion of their income to community members in need. Fasting happens during the daylight hours of Ramadan, and healthy adult Muslims go without food and drinks. Lastly, pilgrimage is making at least one visit to the holy city of Mecca (Macaulay, 2018).

Muslim patients believe that illness, pain, dying, and suffering are tests from God and view the illness as a trial of their sins being removed (Attum, 2021). With labor, delivery, and postpartum, nurses need to protect their modesty. They may prefer a same-sex health care provider; male-female touch is prohibited except in an emergency. A Muslim woman often stays in the house for 40 days after birth and is cared for by other female members (Ricci et al., 2020). Most women will breastfeed, but some religious holidays will call for fasting. This can increase

the risk of dehydration. Women are exempt from obligatory prayers if lochia is present. Extended family is likely to be present throughout much of the woman's hospital stay. They may need an empty room to perform prayers without leaving the hospital (Ricci et al., 2020).

Respecting the elders is very important, and they do not see them as a burden to society. Instead, they try and give them the special status they deserve (Kadiri, 2020). They are expected to greet the elderly first instead of waiting on the elder to start. Younger people should address them as uncle or aunt. Lastly, they should allow the elderly to speak first (Kadiri, 2020). The way the family behaves and acts is influenced by their spouse, children, and relatives (Attum, 2021). The extended family is consulted for all critical decisions and is well respected. The cultural values of the family and relatives impact the patients' needs and the delivery of medical care (Attum, 2021).

When communicating with a Muslim patient, health care workers should minimize eye contact and physical contact with the opposite gender. Male providers must communicate through a spouse if the patient is female (Attum, 2021). Understand that they dress modestly, so when they need clothing removed, reassure that body will be covered back up. Muslims may need to permit before people come into the room because they receive multiple visitors, which can be overwhelming (Attum, 2021).

The dietary rule for Muslims is to prohibit alcohol consumption and non-Halal animal fats. Some Muslims will refuse all hospital food, and food may need to be brought in for them from home. If they cannot have food from home, they can be provided with eggs, fruits, seafood, and vegetables (Attum, 2021). If it is Ramadan, they will be fasting, so nurses need to assist in preventing complications and monitoring their health status. During their hospital stay, we need

to make sure that their dietary rules are met and they are not given food with pork or medications that contain pork or alcohol (Attum, 2021).

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