

Culture Report: Maternal-Newborn Care of Muslim Culture

Lakeview College of Nursing

Abbie Morman

Muslim culture is a very diverse and growing population, remaining one of the fastest-growing religious groups in the world (Pew Research Center, 2017). There are approximately 1.8 billion Muslims worldwide (TMV Team, 2020). About 3.45 million people reside in the United States (TMV Team, 2020).

Worship is part of daily living in Muslim culture (Mufti, 2019). The "five pillars" of worship are formal acts of Islam, consisting of faith, prayer, fasting, charity, and pilgrimage (Mufti, 2019). Modesty and cleanliness are essential parts of this culture. Therefore, it must be considered in nursing care. Muslim women believe that modesty requires covering their heads, arms, and legs with clothing (Hinkle et al., 2022).

Muslim culture believes God cures all but will accept treatment (Ricci et al., 2021). They perform prayers at dawn, noon, afternoon, sunset, and nightfall (Ricci et al., 2021). Muslim women may be more comfortable receiving care from the same gender (Ricci et al., 2021). Thus, limiting contact with men is preferred unless in an emergency (Ricci et al., 2021). After giving birth, Muslim women will often stay home to be cared for by the women in their families (Ricci et al., 2021). Muslim culture relates eating properly, consuming nutritional food, and fasting to cure disease (Ricci et al., 2021).

Family loyalty is the primary goal within the family structure of Muslim culture (Ricci et al., 2021). Women come in second to the men within their families and young individuals to older people (Ricci et al., 2021). The family's elders are well respected and looked up to (Ricci et al., 2021). Men often speak for women, especially in healthcare settings (Ricci et al., 2021). This is something nurses should remain considerate of.

Muslim culture believes ingesting pork, pork products, and alcohol is forbidden (Ricci et al., 2021). Fasting by seven boys and nine girls is required during Ramadan (Ricci et al., 2021). Exceptions of fasting include pregnant women, severely ill members, or the elderly (Ricci et al., 2021). The nurse must ensure that all food they receive is appropriate during a hospital stay.

References

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