

Medicine-related conversations with our Muslim patients during Ramadan – a hospital & Islamic secondary school collaboration

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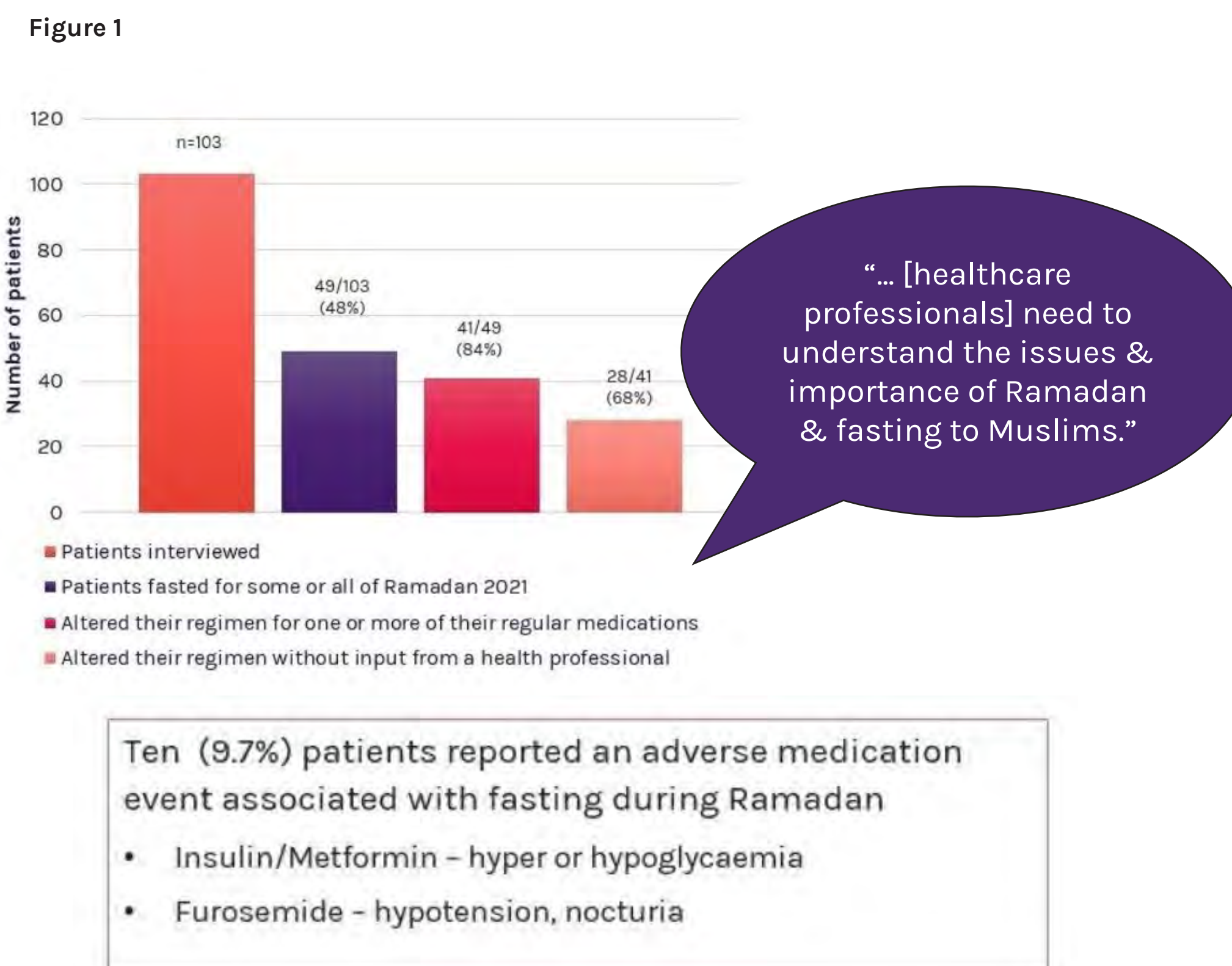
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1. Background

Ramadan is a month during which Muslims fast, including from medicines, from dawn until sunset.

In interviews conducted during Ramadan 2021, we found that many of our Muslim patients made changes to their medicines to allow them to fast, without input from a healthcare professional, and some experienced adverse effects (figure 1).

Our Muslim patients asked that healthcare professionals be more aware of the importance of Ramadan fasting and, if patients wish to fast that we partner with them to develop a medicine plan.



2. Aim

We aimed to collaborate with students from the local Islamic school to produce a video explaining the importance of Ramadan and develop resources to increase awareness amongst healthcare professionals. These resources could assist healthcare professionals to start a conversation with their patients about modifying medicine regimens during Ramadan.

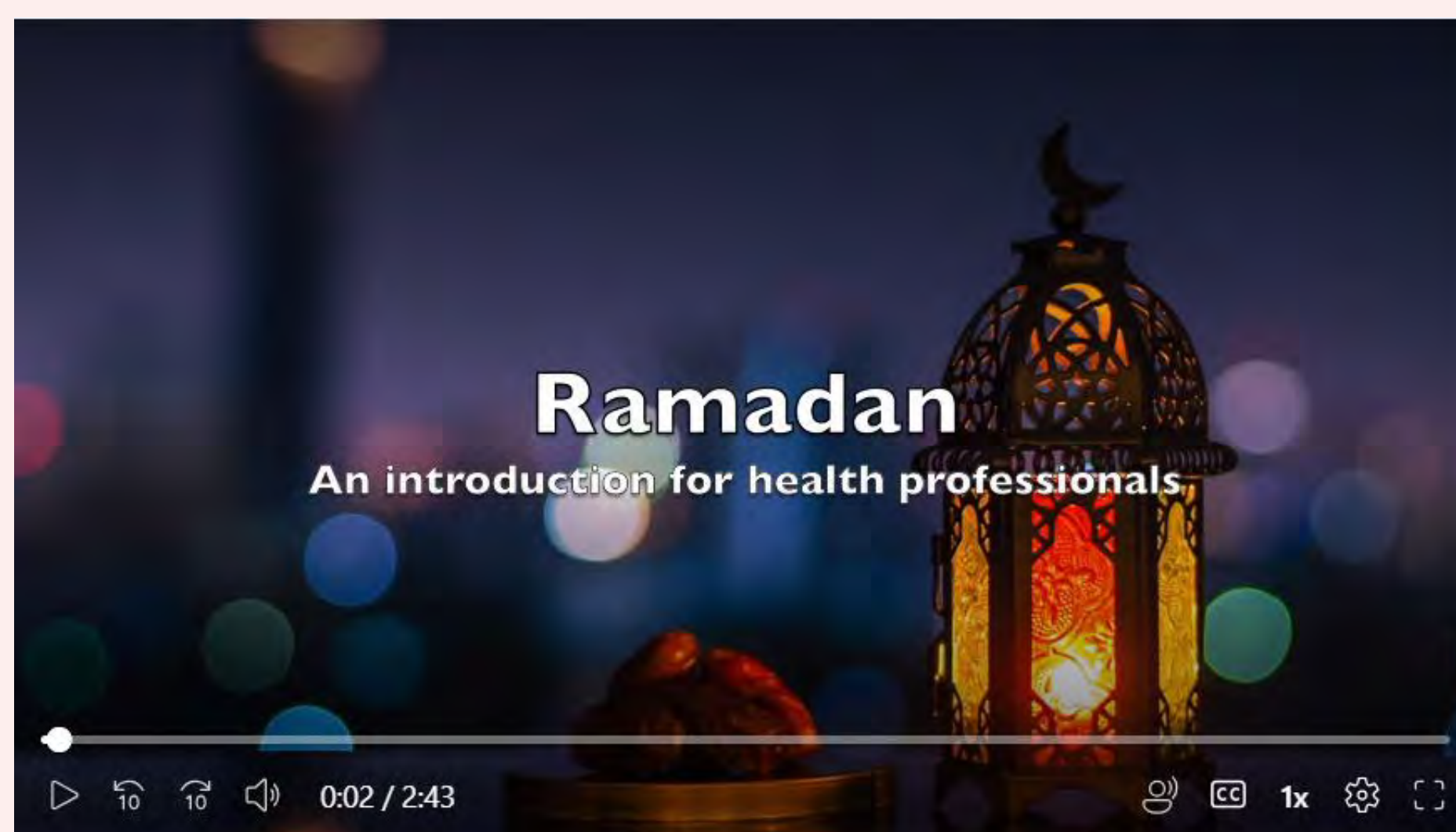
3. Partnership process

- The hospital’s Muslim chaplain provided support for the project & linkages with the Muslim community.
- A Muslim community pharmacist identified by the hospital’s Muslim chaplain joined the project team & provided cultural perspective.
- Muslim pharmacy students with language and cultural skills were involved in the assessment of the problem & analysis of its causes.
- Medicines and Ramadan perspectives were obtained from Muslim patients.
- The teachers, & year 8 students from the local Islamic college worked with hospital pharmacists to produce a 3-minute video about the importance of Ramadan & how it is celebrated (figure 2). The students’ lesson plans that were co-developed with the teachers and pharmacists included a careers and communication focus.

Figure 2



Figure 3

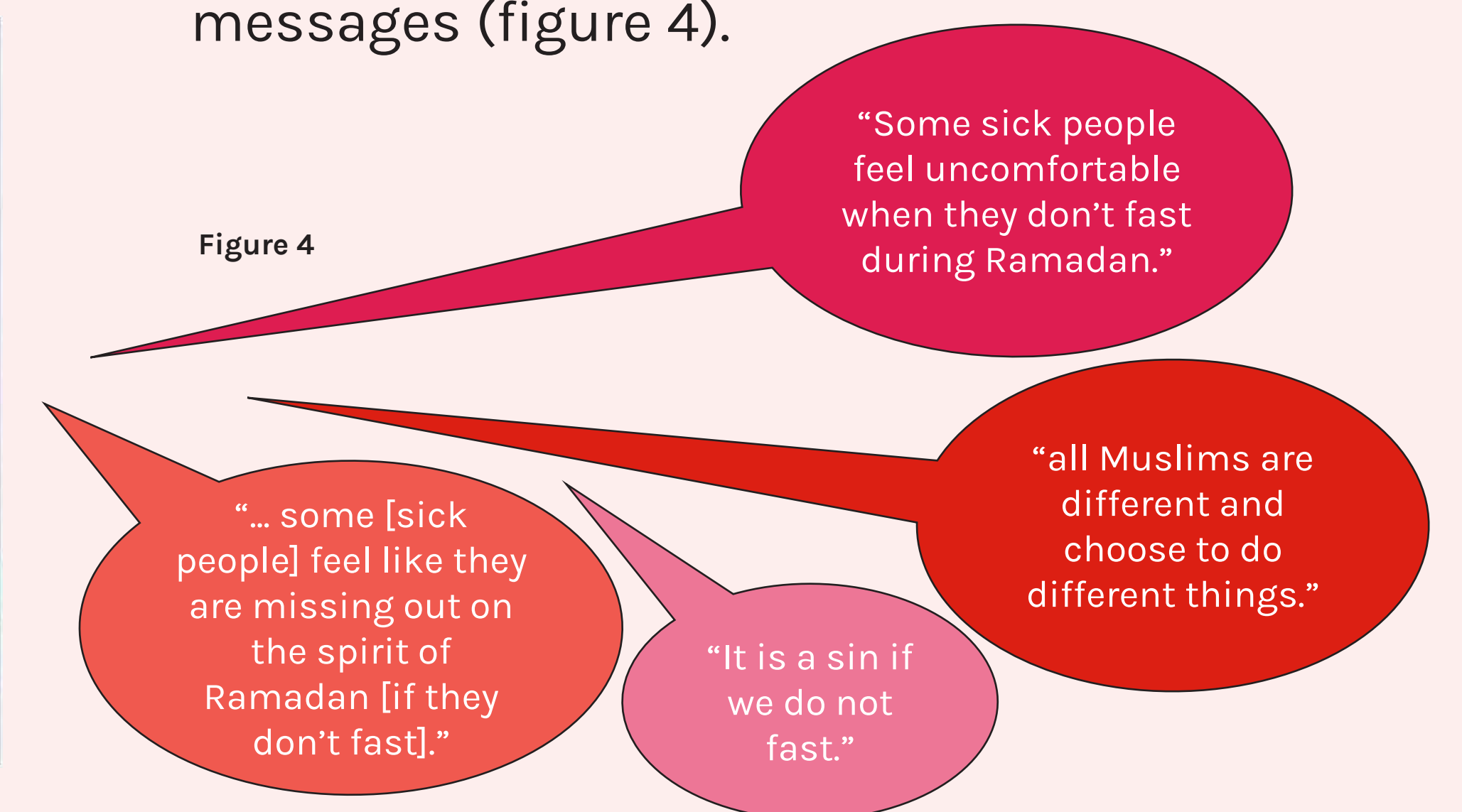


Intervention: Video

The video (figure 3) was available on the hospital intranet & played during key hospital meetings attended by a range of doctors and other healthcare professionals.

This project highlighted the intersection of religious faith and healthcare. The students demonstrated cultural pride and generosity to teach non-Muslim healthcare professionals about their faith.

The authenticity of the students’ perspectives and cultural pride lent significance to the messages (figure 4).



Intervention: Resources

A suite of resources (figures 5&6) was curated on the hospital’s intranet page. The “RAMCOM tool” was adapted for the Australian context (figure 7). These were all highlighted during meetings and in the hospital’s e-News, to raise awareness of patients’ experiences and wishes.

Figure 5

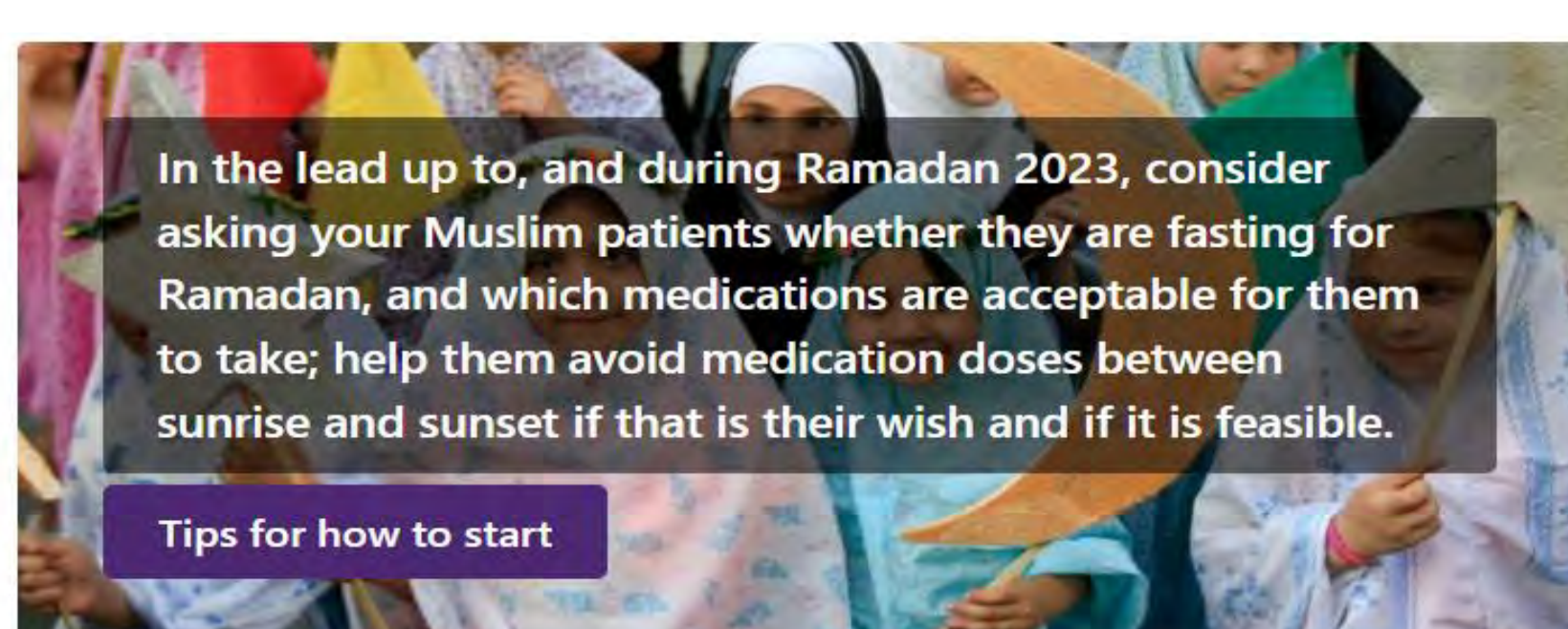


Figure 6

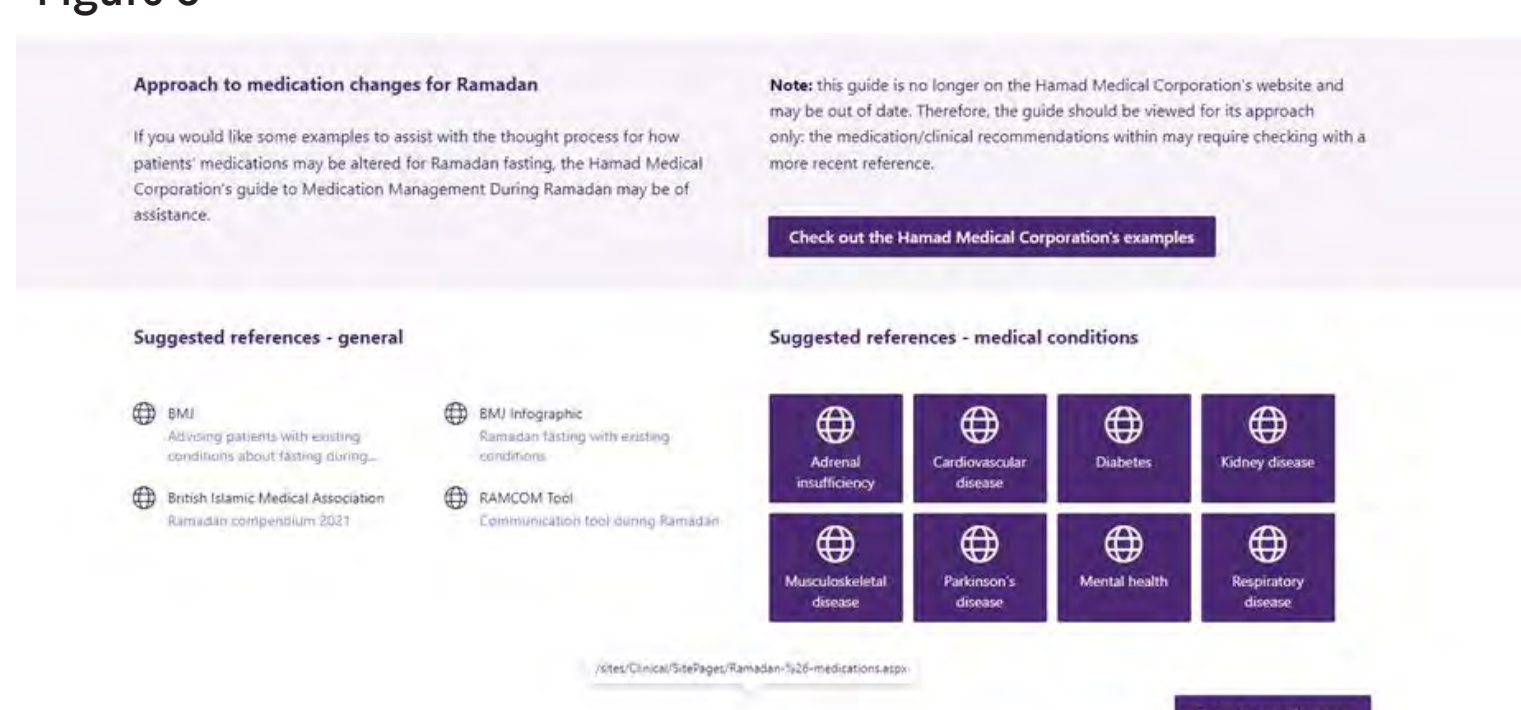
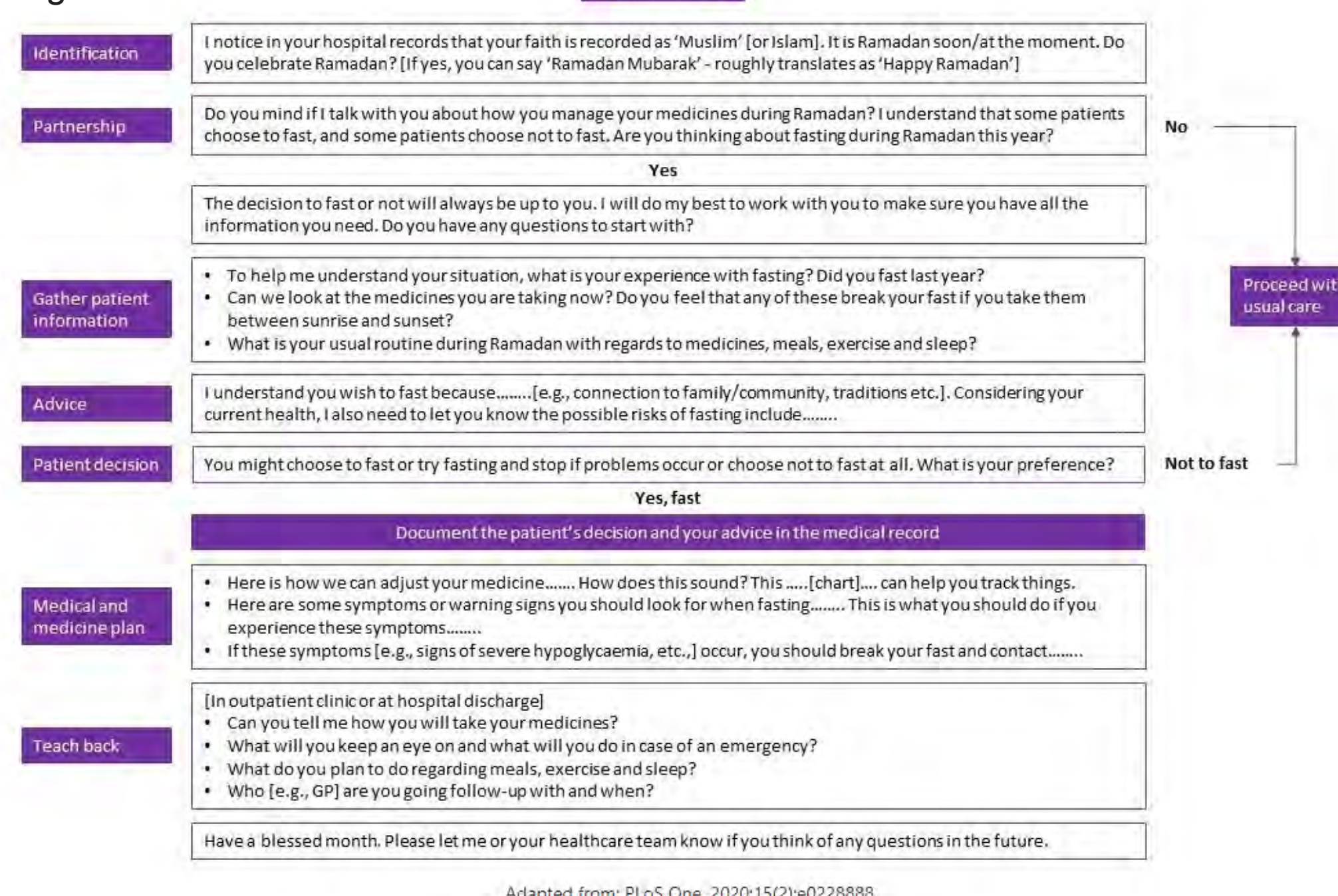


Figure 7



4. Outcomes & learnings

Feedback from meetings and case reports indicate staff used the resources to assist with starting a conversation with their Muslim patients and partnering with them to plan medicine management (figure 8).

The student’s video was played during a college Ramadan celebration, and students showed interest in health-related career opportunities.

5. Future directions

Further staff and patient surveys are planned for Ramadan 2024 to evaluate the extent to which staff are partnering with patients.

Figure 8

