

# Diabetes

nursing

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## Example of good practice - diabetes care during Ramadan

### Local background information

**In Birmingham figures from the 2001 Census showed that 34.4% of the population were from ethnic minority communities\*. People whose families were originally from Pakistan make up the largest single minority ethnic group in Birmingham of 10.7%. The majority of these people are Muslims (14.3%) and follow Islam.**

\* Key statistics for Local Authorities, 2001 Census.

All Muslims are expected to follow the 5 pillars of Islam. These are the Duties that form the basis of the Muslim way of life. Fasting during Ramadan and performing Hajj are just two of these pillars.

For Health Care Professionals working in highly Asian populated areas such as Birmingham, Ramadan and Hajj can be busy and challenging times.

Although the Holy Qur'an exempts people with diabetes from fasting or travelling to Mecca for Hajj, there are many people with chronic ailments and disorders that still choose to fulfil their religious beliefs. In the past, healthcare professionals have advised patients not to fast and because of this patients have been reluctant to approach healthcare professionals for advice. However, attitudes are changing slowly as more research and information is available to healthcare professionals to help educate patients around cultural aspects of diabetes care.

In the last 5 years the amount of enquiries from primary healthcare professionals and patients seeking advice about diabetes management during Ramadan has risen considerably. This has clearly identified a need for the education of healthcare professionals about cultural issues, which may influence diabetes care, such as Ramadan.

At Heartlands Hospital, the Indo-Asian Diabetes Specialist Nurse and Asian Diabetes Linkworker developed a programme of 2 half-day workshops for Practice Nurses and District Nurses.

They are informative and interactive and include information about Ramadan and the process of Hajj.

Nurses are given copies of leaflets translated into 3 main languages, which can be given to patients. Posters are also given, which have been translated into 3 main languages, to display in patient waiting areas. These have been designed to encourage patients to contact their Nurse or Doctor prior to

### Ethnic section

- Guidelines for the treatment of Type 1 Diabetes during the month of Ramadan
- Case study – Mrs Kaur
- Case study – Mr B
- Good practice - diabetes care during Ramadan
- Good practice - an introduction to type 2 diabetes in Sylhetti
- Good practice - Focus on Asians with Diabetes (FADS)
- Links

### General

- References
- Would you like to comment?
- Would you like to contribute?



Ramadan and Hajj so that an individual plan of care can be discussed.

Case studies are also presented to promote discussion of real life situations that Nurses have experienced.

The workshops have evaluated well. GPs have also expressed an interest, which has led to extending the courses to include them in the future.

### **Aims of the workshop**

- To improve knowledge, understanding and management of people with diabetes during Ramadan and the pilgrimage to Mecca
- For Healthcare Professionals to be able to identify patients with diabetes who wish to fast or travel to Mecca at least 1-2 months before the events.
- To provide educational material which is effective and culturally sensitive to help reinforce and support healthcare professionals deliver appropriate culturally sensitive care
- To be able to empower the patient to make the right decision in order to prevent problems such as hypos, foot problems and dehydration from happening
- To improve links between primary and secondary care.

### **Reasons for the initiative**

- Local evidence of need – ie. [Audit Commission report \(2000\)](#)
- Increasing amount of enquiries from healthcare professionals working in primary and secondary care about Ramadan and Hajj
- Increasing enquiries from Asian people wishing to fast.
- Increasing amount of research in the last 5-10 years
- Basic nurse education did not prepare nursing staff for caring for Muslim patient with diabetes wishing to fast during Ramadan or wishing to travel to Mecca to form Hajj
- Nurses and other healthcare professionals stated that they felt uncomfortable with their degree of knowledge when faced with an Asian person wishing to fast during Ramadan or wanting to perform Hajj.

### **Impact**

- Primary and secondary care healthcare professionals have a greater understanding of the processes of Ramadan and Hajj
- They also feel they have gained enough information and knowledge to help and advise Asian people with diabetes who wish to fast or perform Hajj
- Improved links between primary and secondary care.

### **Costs**

- The speakers were from the Diabetes Team and, therefore, did not charge for their time
- The 2 half-day workshops were held within the Education Centre at Heartlands Hospital
- External applicants were charged a small fee for administration costs of £10.00
- A pharmaceutical company helped with the costs of getting the resource packs together, which included posters, leaflets and handouts.

### **Involvement**

- Initially the workshops were open to Practice Nurses and District Nurses 3 years ago. This has now been opened up to people from all disciplines who come into contact with Asian people wishing to fast or travel to Mecca
- People who hear about the workshops externally usually phone up the Diabetes Centre and are added to the mailing lists so that flyers can be sent out to them regarding the workshops
- Staff teaching in the workshops include Diabetic Specialist Nurses and a Diabetes Linkworker.

### **Use of evidence and type of evidence**

- Audit Commission Report (2000) highlighted gaps in care for people from ethnic minorities
- Clinical experience
- Patient experience
- Increasing research evidence over the last 5-10 years allowing healthcare professionals to give safe advice to people with Type 2 diabetes wishing to fast during Ramadan
- Refer to Reference List.

### **Evaluation**

- Since commencement of the workshops numbers have increased
- The workshops have evaluated very well
- The Practice Nurses have also requested that we put on further workshops for other topics surrounding cultural aspects of diabetes care. They also found the educational packs together with the posters and translated leaflets very useful.