

# Cultural Diversity

## Islam



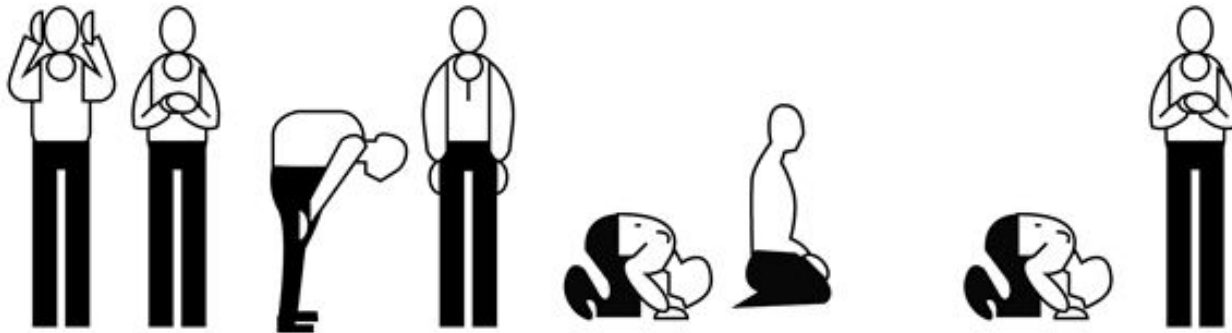
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# Objectives

In this presentation we will be sharing:

- An overview of the Islamic culture
- Common health issues Muslims face
- Cultural barriers that hinder Muslims from adopting healthy lifestyles
- Muslim views on healthcare
- Access/availability to healthcare in N.E.W.

# Overview of Islamic Culture



# Religion

- Complete submission to God
- Only one God, Allah
- God's messenger is Muhammad
- Required to pray five times a day
- Believe in life after death



# Privacy / Modesty



- Avoid physical and eye contact when patient is opposite gender
- Male doctors may have to communicate through spouse for a female patient
- Women and men both dress modest they are required to wear clothes neither transparent or shape-revealing
- Arms, legs and hair must be covered veils may be worn

# Diet



- No alcohol, shellfish, non-halal animal fats, pork or pork by-products, and any animals that have not been slaughtered according to Islamic custom
- Fast during Ramadan (one month long)
  - No food or drink from sun up to sun down
  - Women who are pregnant and children are exempt from fasting
- Eat only with right hand considered to be the clean hand



# **Epidemiology- Common Health Issues/Diagnosis**



# Arab Countries and Chronic Disease

- By 2010, a transformation in leading risk factors for disease burden also took place, with dietary risks, high blood pressure, and high body mass index moving up in the rankings to become the top three.
  - Poor diet and decreased physical activity reflect societal changes in the Arab world, where food is more abundant in wealthy Gulf States and people are spending more time indoors.
- Dietary risks were the leading risk factors for death in all of the region's high-income countries with the exception of Saudi Arabia, where elevated blood pressure ranked higher.
- Ischemic heart disease and stroke were the leading causes of death in middle-income countries, reflecting the region-wide transition toward chronic disease.
  - Among men in these countries, in 2010 ischemic heart disease was the leading cause of health loss combining both premature mortality and years lived with disability.
- Lower respiratory infections, diarrheal diseases, and malaria were the first, second, and third causes of death in low-income Arab countries.
- Major depressive disorder was the top cause of poor health for women in 2010.
- Among non-dietary risk factors, smoking stands out for its toll on health in the Arab world.
  - In many countries children can buy tobacco and smoke shisha, which is seen as a gateway to cigarette smoking.

"The Arab countries are in transition from places where infectious diseases are the main cause of concern to places where heart disease, cancer, and diabetes are the main worries," said IHME Director Dr. Christopher Murray. "Right now, in the low-income countries, they are suffering from a double burden of non-communicable and infectious diseases. And that causes an incredible strain on their health systems." (Mokdad, 2014)



## Adult Physical Inactivity Prevalence in the Muslim World

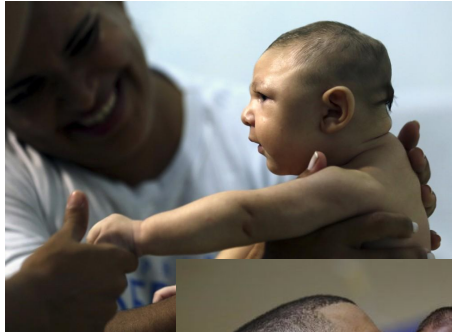
- Factors cited as barriers to physical inactivity among Arabs include:
  - inhospitable climate
  - changes in traditional lifestyles and occupations to more sedentary ones
  - increases in screen time
  - decreased physical labor associated with domestic chores
  - lack of active transport
  - limited governmental policy and intercession efforts
- According to the WHO's Global Health Observatory, generally, women are more physically inactive than men by approximately 6%
  - Correlates of physical inactivity among Arab women:
    - fatigue and tiredness
    - lack of social support, and culturally-restrictive sex role and behavioral expectations for women
    - lack of allocation of funding for women's sport
    - lack of suitable exercise facilities
- Globally, the prevalence of physical inactivity rises with country income level with prevalence in the high-income level more than twice that found in the low-income level

(Kahan, 2015)



# Congenital Defects/Genetic Disorders

- The major cause of birth defects in Muslim Americans can be directly related to their religious beliefs and cultural practices
- The result of closely related relatives procreating is deformities in babies
- There are many genetic disorders that are a direct result of incest. The most common of these disorders include:
- physical deformities
  - micro cephalous
  - lower IQ
  - mental retardation
  - kidney and liver malfunctioning
  - Sickle-cell disease (SCD)
  - diabetes
  - stillborn births



(4. Current Healthcare Problems)

# **Value System & Cultural Barriers to Adopting a Healthy Lifestyle**



## Value System of Islamic Faith

The Core of Islamic Law is:

1. Religion
2. Life
3. Family
4. Mind
5. Wealth



Those of Islamic Faith make connections to God, gather spiritual strength and peace of mind by praying 5x daily.

Those of Islamic Faith/desiring to be of Islamic Faith value the “Declaration of Faith”, or “la ilaha illa Allah-ullah”, which means, “There is no deity worthy of being worship except God (Allah) and Muhammad is the Messenger (Prophet) of God”.

This declaration is expressed through actions and this statement must be said to become of Islamic Faith

All wealth is considered a blessing of God in Islamic faith. Therefore, Muslims must annually donate a portion of their wealth to charity/the poor

The complexity of the healthcare system plays a role in cultural barriers to those of Islamic Faith adopting a healthy lifestyle

- Lack of culturally competent medical services and professionals
- Muslim women tend to prioritize the health of their family over themselves
  - In Middle Eastern Culture, women are the center of family. The strength of women is judged by how they handle their responsibilities. If they lack in their responsibilities, it will affect everyone's perception on her.
- Muslims have many restrictions in medical care which leaves Muslim populations at greater risk for disease
  - Fasting
    - prayer times could interfere with eating times in hospitals,
  - Food restrictions
    - Hospitals may need to accommodate or allow food to be brought in from home



# What is a cultural barrier?

- A cultural barrier is a rule or expectation in any culture that prevents or impedes people from different cultures to understand each other's customs
- Results in inconveniences and difficulties
- Islam is the fastest growing religion in the world, it is very likely that a healthcare professional will care for a Muslim patient in his/her career
- Islamic faith can influence
  - Decision making
  - Family dynamics
  - Health practices
  - Risks the use of healthcare



Understanding Islamic beliefs will assist healthcare professionals in delivering appropriate health care in a culturally sensitive manner

## How can we accomplish this?

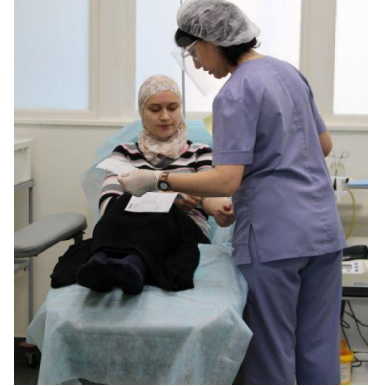
## Common Reasons Muslims avoid medical care:

- Fear of exposure
- Lack of male escort
- Lack of income/insurance
- Language barriers
- Lack of transportation
- Fear of being criticized
- Majority of Muslims view cause of illness as random, negligence or spiritual trial

## Muslims Remedies to Illness

- Home remedies
- Prayer
- Spiritual healers
- Conventional methods/doctor visits

**All of these cultural barriers put those of the Islamic culture at a greater risk for diseases and other health problems.**



# Availability/Accessibility of Competent Health Care Delivery in Northeast Wisconsin





# Muslim View on Healthcare

- Muslims view God as the one who determines health or illness
- Breast cancer= “disease of fate”. God decides if the woman will be cured or not. Some believed they were destined to suffer
- Researchers found that muslims believe health has parts
  - Spiritual
  - Physical
  - Mental

**Cultural competence-** “set of congruent behaviors, attitudes, and policies that comes together in a system, agency, or amongst professionals and enables them to work effectively in cross-cultural situations.”

- When correct services are provided, patient satisfaction increases and health outcomes improve.
- Cultural competency efforts causes...
  - A greater understanding of the islamic people
  - Improve our relationship with the patients
  - Improved muslim healthcare experience
  - Reduced challenges and increased accommodations

(Padella, 2011)



# Muslim Community and Healthcare in Wisconsin

- Muslim Community and Health Center of America Inc. has only one location, in Milwaukee Wisconsin.
- Doctor Stephen A Haughey who works at Allopathic & Osteopathic Physicians/Family Medicine

## Refugees

- Many undergo physical and psychological stress, depression, and PTSD in their own country or on their transition in their host country. This calls for medical assistance.
- Refugees have a higher need for healthcare than most but have barriers when it comes to accessing.
- Fear is another big barrier. The fear of visiting a healthcare center could lead to their immigration status being reported to law enforcements or that care will be denied (n.d., 2018).

- Studies showed the negatives about healthcare...
  - Psychological support
  - Bad attitudes of staff services
  - Staff impatience
  - Midwives not understanding their immigration status
- Several core issues
  - Insurance coverage confusion
  - Quality of care
  - Access to primary and secondary care
  - Perception of US healthcare system as bureaucratic (n.d., 2018)
- The major positive point about healthcare was the midwives and nurses during and after birth



(Attrum, 2018)

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