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Views and Experiences on Fasting during Ramadan among Muslim Patients with Type 2 Diabetes: A Phenomenological Inquiry

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Abstract

This study was done to address the conflict between the health practices and religious practices of Muslims by the health professions to improve healthcare for Muslim diabetic patients who were fasting during Ramadan. Ten (10) participants underwent in-depth interviews and five (5) participants participated in the focus group discussion, as recommended by Creswell (2009). Data was collected when clearance from the Davao Medical School Foundation, Inc.'s Research Ethics Committee was given. Most of the participants practiced self-reliance by taking medicines and observing their diet. All participants mentioned eating the same food for Suhoor and Iftar. They experienced hypoglycemia and were aware of it during the month of Ramadan; however, they had a strong belief that Allah (SWT) would let them survive through fasting. The creation of national educational materials and guidelines for the diabetes management of diabetic Muslims fasting during Ramadan is highly recommended. Overall, proper communication and openness between healthcare practitioners, diabetic Muslim patients, and religious authorities can bridge the gap in treating diabetes among diabetic Muslims while fasting during Ramadan.