



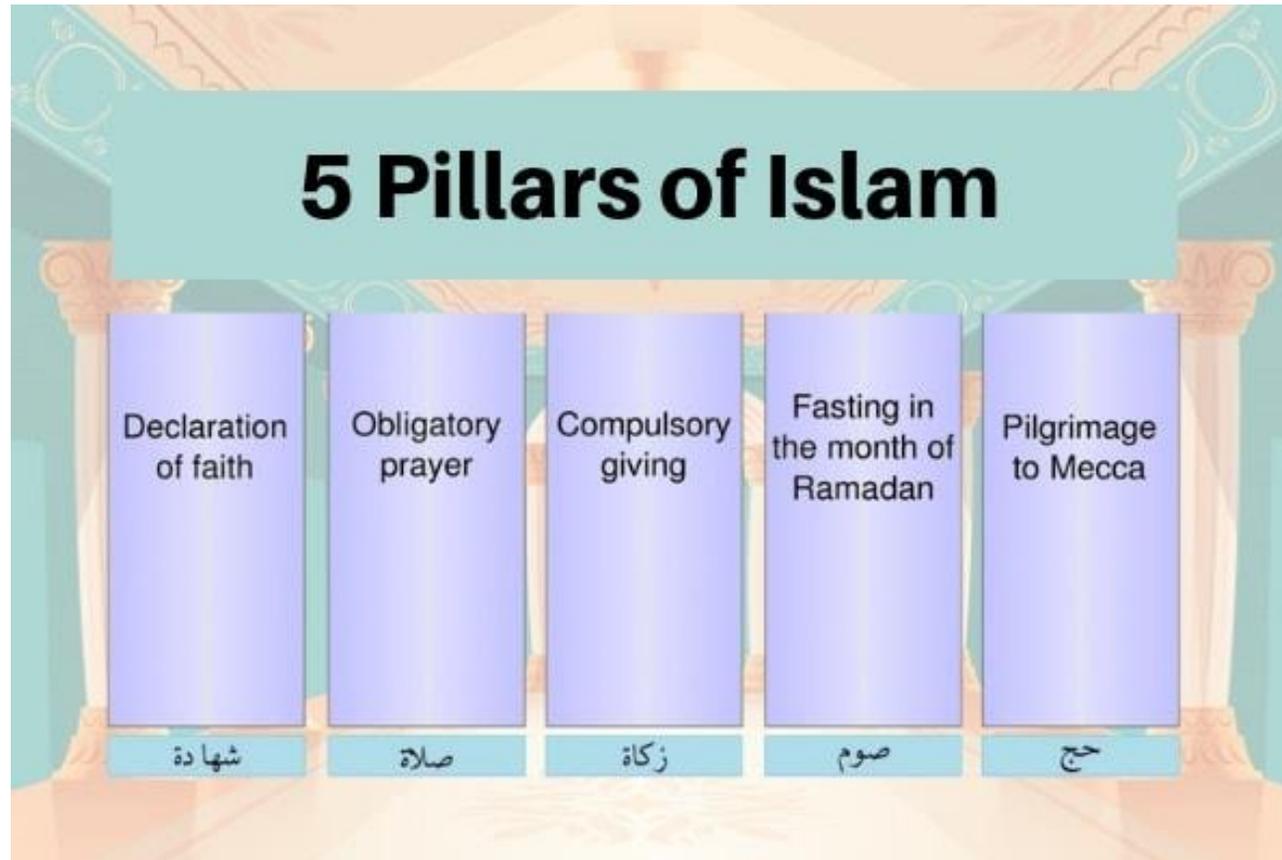
Nightingale Hospital
North West

Ramadan 2020 Briefing

Safina Nadeem

Equality, Diversity & Inclusion Lead

What is Ramadan?



What is Ramadan?

- Ramadan is one of the most important holy months in the Islamic faith.
- Month of fasting, charity and reflection for Muslims.
- One of the focal points of the Islamic year.
- Self-discipline, self-restraint and generosity.
- Reminder of hardships of those who are less advantaged.

This year it will start on 23rd/24th April (depending on the sighting of the moon) and last for 29/30 days

What happens in Ramadan?

- Most healthy Muslims will consider it an obligatory duty to fast from dawn to sunset
- Complete Fast- no food, water .
- Exemptions – pregnancy , illness , disability , young children , long term health condition and people travelling.

What happens in Ramadan?

What happens before dawn and after sunset?

- Pre dawn meal ('suhur')
- Muslims will break the fast with dates or water. This is followed by a meal called 'iftar' (the breaking of the fast).

How to fast safely?

- Have a healthy suhur (pre-dawn meal)
- Have adequate rest
- Have a replenishing iftar (sunset meal)

What happens in Ramadan?

What happens during the day?

- Recitation or listening of Scriptures (Qu'ran), Reflection, personal supplications
- Learning & study
- Resting

What happens in the evening after fast?

- Additional Prayers (Night Vigil Recitation of scripture over the entire lunar month)
- Further Vigil predawn prayers (Tahajjud)
- Some people may spend the last ten days in spiritual retreat/seclusion (I'tikaf)

What happens at the end of the fasting month?

- Charity, Gifts & Eid ul Fitr (23rd /24th May 2020)

Fasting and COVID19

Challenges for staff

- Fasting whilst in full PPE which includes the FFP3 mask or powered air respirators
- Dehydration and heat stress
- Longer shifts
- Risks to decision making
- Patient Safety
- Clinical errors

Fasting and COVID 19



Nightingale Hospital
North West

Some potential solutions

- Staff should evaluate their own position and make a judgement taking into consideration all the risks.
- Advice from some scholars does allow postponing fasts until a later date in the year, given the exceptional circumstances.
- Staff could consider changing shift pattern e.g. night shifts may be easier.
- Staff could lower their threshold of breaking the fast during the day if feel cannot complete.
- Fasting alternative days.
- Seek guidance & support from Chaplains (Imams).
- Whatever decision staff make, it is important to let their colleagues/managers know so they can support where they can.

Guidance for Managers

- Have conversations with staff before Ramadan starts.
- Allowing meal breaks at different times, e.g. lunch break at dusk coincide with breaking the fast.
- Consider flexible working or changing shift rotas, using annual leave.
- Considering regular breaks for colleagues, where possible.
- Allocating time for prayer, especially at sunset.
- Providing meals to opening of fast in the evening and starting fast early morning.

Fasting and Patients

- People who are ill are exempt from fasting. Therefore patients in the Nightingale should not be fasting or attempt to fast as this may impact on their treatment and recovery.
- If a patient insists on fasting , please be sensitive to this and contact the Chaplaincy service or EDI Lead to seek advice .
- Patients may want to get involved in other ways of participating in Ramadan such as listening to the Qur'an, reciting religious texts. It is important to meet these requests where possible.
- It is good practice to acknowledge Eid for patients in hospital who cannot be with their families or not allowed visitors.
- Patients may want to virtually connect with families and friends so staff should accommodate where possible.

Greetings

The greeting for acknowledging Ramadan is
‘Ramadan Mubarak’ or **‘Ramadan Kareem’**



The greeting for Eid is

‘Eid Mubarak’



Prayer and reflection room

- The NHS Nightingale NW has a designated space for staff to pray and to have a quiet space for reflection.
- The prayer space is allocated near the staff canteen area.
- Social distancing rules must be applied at all times whilst using the room.
- Hand gel and sanitisers must be utilised before and after entering the area.
- An ablution area in the basement and first floor.

Further Information:-



Nightingale Hospital
North West

[Fasting in Ramadan for Covid-19 doctors and nurses](#)

[Muslim Council of Britain](#)

[COVID 19 & Ramadan How to support staff who may be fasting](#)

Contact and queries :-

Safina Nadeem, Equality Diversity & Inclusion Lead, NHS Nightingale North West

Safina.nadeem@cqc.org.uk