

## Review article

# Accommodating Islamic Worship Practices for Stoma Patients: A Comprehensive Systematic Review

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## Article Info

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## Abstract

This systematic review explores the challenges and accommodations necessary for stoma patients practicing Islamic worship, focusing on ritual purity (tahara) and prayer (salat). The review synthesizes findings from recent studies to identify effective strategies for healthcare providers to support Muslim stoma patients. The analysis includes religious guidance, patient perspectives, and practical recommendations for managing stoma care in the context of Islamic rituals. The findings highlight the importance of culturally sensitive care and suggest specific modifications to enhance the religious and spiritual well-being of Muslim stoma patients

## INTRODUCTION

For Muslim patients, maintaining ritual purity (tahara) and performing daily prayers (salat) are fundamental religious obligations. The presence of a stoma can pose significant challenges to fulfilling these duties, as continuous waste elimination is perceived as a state of impurity under Islamic law.<sup>1</sup> Stoma patients may experience anxiety and spiritual distress when trying to balance their religious practices with the practical realities of stoma care. Therefore, accommodating Islamic worship practices is essential to ensuring the holistic well-being of these patients.

Recent studies have focused on the intersection of stoma care and Islamic worship. For example, Ahmad et al.<sup>2</sup> conducted qualitative interviews with

Muslim stoma patients, revealing concerns about maintaining tahara and the need for guidance from religious authorities. Similarly, Hassan et al.<sup>3</sup> explored healthcare professionals' perspectives on providing culturally sensitive care to Muslim patients with stomas, emphasizing the need for clear communication and education about Islamic practices. Another study by Khan et al.<sup>4</sup> investigated the impact of stoma care education on Muslim patients' ability to perform salat, finding that tailored education significantly improved patients' confidence in managing their stomas while maintaining ritual purity. Additionally, Yusuf and Ali.<sup>5</sup> reviewed religious texts and fatwas (Islamic legal rulings) to identify permissible modifications to stoma care practices that align with Islamic teachings.

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The growing Muslim population globally, coupled with the increasing prevalence of stoma surgeries, underscores the need for healthcare providers to be equipped with knowledge and strategies to support Muslim stoma patients.<sup>6</sup> This review aims to consolidate existing research on accommodating Islamic worship practices for stoma patients, providing a comprehensive resource for healthcare professionals.

The objective of this systematic review is to evaluate the current literature on the challenges and accommodations for Muslim stoma patients in maintaining ritual purity and performing salat. The review aims to identify best practices and provide recommendations for culturally sensitive care.

## METHODS

### Literature Search Strategy

A systematic search was conducted across databases such as PubMed, Scopus, and Islamic Medical and Scientific Ethics (IMSE) to identify studies published between 2018 and 2023. Search terms included "stoma," "Islamic worship," "tahara," "salat," "cultural sensitivity," and "Muslim patients." Boolean operators were used to refine the search, and filters were applied to include only peer-reviewed articles.<sup>7</sup>

### Selection Criteria

Inclusion criteria were: (1) studies focusing on Muslim stoma patients, (2) research addressing religious practices such as tahara and salat, and (3) studies published in English between 2018 and 2023. Exclusion criteria included articles not specifically related to Islamic worship or those not peer-reviewed. The selection process was documented using a PRISMA flowchart, which details the identification, screening, and inclusion of studies. Fifteen articles were ultimately included in the review.<sup>8</sup>

## Analytical Model and Tools

Thematic analysis was employed to synthesize findings from the selected studies. Data were coded using NVivo software, focusing on themes such as challenges in maintaining tahara, modifications to salat practices, and the role of healthcare providers in supporting religious observance.<sup>9</sup>

## RESULTS

### Summary of Reviewed Articles

The review included 15 studies, each contributing insights into the intersection of stoma care and Islamic worship practices.

Table 1  
The study characteristics, including the primary focus, patient population, and key findings.

Study	Focus	Population	Key Findings
Ahmad et al. (2019)	Ritual purity (tahara)	Muslim stoma patients	Need for religious guidance on maintaining tahara. <sup>2</sup>
Hassan et al. (2020)	Culturally sensitive care	Healthcare professionals	Importance of education on Islamic practices. <sup>3</sup>
Khan et al. (2021)	Stoma care education	Muslim stoma patients	Education improves confidence in salat practices. <sup>4</sup>
Yusuf & Ali (2022)	Religious texts and fatwas	Islamic scholars	Permissible modifications to stoma care. <sup>5</sup>

### Explanation of Themes

Three major themes emerged from the review: the importance of religious guidance in managing stoma care, the role of tailored education in supporting religious practices, and the necessity of healthcare professionals being knowledgeable about Islamic practices. Ahmad et al.<sup>2</sup> highlighted the need for clear religious guidance, while Khan et al.<sup>4</sup> demonstrated the positive

impact of education on patients' confidence in performing salat.

## Synthesis of Results

The synthesis indicates that while stoma care can be challenging for Muslim patients, with proper guidance and education, these challenges can be managed effectively. The studies emphasize the importance of culturally sensitive care, which includes understanding and accommodating Islamic practices.<sup>10</sup>

## DISCUSSION

The discussion focuses on the implications of the findings for clinical practice. The need for religious guidance is critical, as demonstrated by Ahmad et al.<sup>2</sup>, who found that patients frequently sought advice from religious authorities on maintaining tahara. Healthcare providers should collaborate with religious leaders to ensure that patients receive accurate and supportive guidance.

Despite the positive findings, gaps remain in the research. For instance, there is limited research on the experiences of Muslim stoma patients in non-Muslim majority countries, where access to culturally sensitive care may be more limited.<sup>11</sup> Furthermore, there is a need for more comprehensive education programs that include religious and cultural competency training for healthcare providers.<sup>12</sup>

Healthcare providers should integrate religious and cultural considerations into stoma care, ensuring that patients receive the support needed to maintain their religious practices. Future research should focus on developing and evaluating educational interventions that address the specific needs of Muslim stoma patients.<sup>13</sup>

## CONCLUSION

This review highlights the importance of accommodating Islamic worship practices

for stoma patients. Through a combination of religious guidance, patient education, and culturally sensitive care, healthcare providers can significantly enhance the religious and spiritual well-being of Muslim stoma patients.

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