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Preface
This booklet intends to give a guide to the Muslim patients on what care is available for them in hospitals in the North Lincolnshire area. It looks at the religious aspects as well as the care aspects of the patient.

Communication issues
If a patient is assessed to have inadequate English, health care providers must engage a professional interpreter, a family member/friend to assist them or use onsite telephone interpreters.

Your rights
The Patients’ Charter Standard states that privacy, dignity and religious beliefs have to be respected. NHS staff will respect your privacy and dignity. They will be sensitive to you, and respect, your religious, spiritual and cultural needs at all times.

Hygiene
Cleanliness is considered very important for a Muslim patient. Washing facilities (a simple plastic container) should be made available for ambulant patients in the ward and in the toilets for the individual to wash his or her private parts.
For inpatients who are bedridden, special care should be taken with cleanliness, especially with discharges, urine, stools, and bleeding from any orifice, bearing in mind that the patient may wish to pray in bed. A beaker or flask of water should be made available to bedridden Muslim patients whenever they use a bed pan.
Bed baths must be given by members of the same sex. Cultural awareness and personal preferences should be considered before a bed bath, or any other aspect of hygiene care, the nurse should acknowledge the patient’s preferences.
Hand washing before and after meals is particularly important to Muslims. Washing facilities should be made available to bedridden patients at meal times.

Bathing (Ghusl)
Washing the entire body in accordance with the Sunnah (teaching) of the Prophet Muhammad. It is necessary to have ghusl after seminal emission, at the end of menstruation after childbirth and before burial. It is necessary to be in the state of ghusl or wudhu before one performs the salaat or holds a copy of the Qur’an. Ghusl is a purification inwardly and outwardly. Muslims patients should be provided with running water facilities for bathing purposes i.e. showering facilities or a bucket and jug if no shower facilities is available.

Ablution (Wudhu) Facility
An Ablution is the term used for ritual washing. Ablution facilities must be made available for Muslim patients to carry out ablution before making prayers or touching the Qur’an. It takes the form of washing the hands; gargling; rinsing the mouth and nostrils; washing the face; the arms; passing wet hands over the hair; and lastly washing the feet. A normal wash hand basin is adequate for performing the Ablution but a person may need help if they are frail and elderly or weak. Once one has done wudhu, one remains in wudhu until it is nullified at which time they will have to perform it again.
Ablution (Tayammum)
A form of purification for prayer using dust, earth or stone, when water for ghusl or wudhu is either unavailable or would be detrimental to health. Tayammum is performed by striking the earth with the palms of the hands and lightly wiping the face and forearms. Other relevant issues of cleanliness include the removal of pubic and axillary hair, a Sunnah of the Prophet Muhammad, and the washing of the relevant parts of the body after emptying the bladder and bowel.

Religious Observance
A Muslim prays five times a day at a stated period; at dawn (Fajr), at mid-day (Zuhr), late afternoon (Asr), after sunset (Maghrib), and late evening/night before going to bed (Isha). Prayer is obligatory and can be conducted at place where it is convenient and clean. If possible while in hospital a room should be made available for prayer. The hospital chapel may be used provided no icons are present. A space is required to lay out a prayer mat. An indication of the direction of Makkah (Quibla), roughly south-east in England, should be evident. This may be marked up in the ward to show the compass direction if not ask staff. In ill-health prayers may be performed while seated or even lying down. Muslims are required to wash (ablution) prior to prayer.

On Fridays, you may wish to discharge yourselves for approximately an hour to attend midday (Jummah) prayers in a congregation.

The Kaabah
All Muslims face the Kaabah (Quibla) to pray. In Scunthorpe this direction is roughly south-east.

The Prayer Mat
A patient may bring his/her prayer mat. A clean towel or cloth would suffice.

Holy Books
The Holy Qur’an is the most important book for Muslims. The Qur’an should only be handled after performing wudhu (ablution). Copies of the Qur’an can be requested via the Chaplaincy department. This guide contains Salaat intentions and some Duas to recite when you are ill.

Muslim Imam Request
If you require a Muslim male Chaplain (Imam/Aalim) or Muslim female Chaplain (Aalima) to attend and see you in hospital, then you can request this via the Chaplaincy department they are there to serve the needs of all religions and associated religious requirements. This can be done via filling out a chaplaincy form. There is a copy at the back of this booklet, which can be filled out and given to the nursing staff.
Maternity Services
A female Muslim should be cared for by females. This is most important during confinement/delivery when strict privacy is essential. Only female health workers should be present with a female patient. Exposure should be kept to a minimum. The position of delivery should be discussed and the woman given the choice.

The Newborn Child
A newborn child should be bathed or bathing facilities made available to the parents and allow the Call to Prayer to be recited in each ear soon after birth. It is usually done by the father. The practice of male circumcision is usually observed at the early stages of a child’s life.

Fasting and Medication
Strict adherence to fasting may lead to problems with medication and compliance. Fasting is one of the pillars of Islam. Muslim patients observe fasting unless doctors advise otherwise. The doctors/health workers must consult and engage with the patients who wish to fast to ensure adherence, changes and/or adjustments can then be made to a drug regime to allow for this.

Clinical or Nursing Care
It is preferable for a female Muslim patient to be cared for by females and a male Muslim patient by males. This is most important during confinement when strict privacy is very essential.

Medicines Containing Alcohol
Where a choice exists, medicines containing alcohol should not be used. In emergency situations, this rule does not apply if an alternate drug is unavailable, but this should be explained to the patient.

Modesty
Effort should be made to modify medical examination techniques so that the patient is exposed as little as possible. In England, great emphasis is placed on modesty: a screen can separate the man/woman at the waist from the examiner performing the examinations which may even include the legs being draped.

Foods
General dietary choices for Muslim patients are now served by many hospitals in England and the Scunthorpe and Goole Hospital Trust is no exception. It has a comprehensive menu of Halal foods. The requirements must be requested via the request form given to patients. See list of foods below:
Foods

General dietary choices for Muslim patients MEAT AND SUBSTITUTES

APPROVED (HALAL) Chicken, beef, lamb killed by Muslim slaughter men
Most seafood, Eggs cooked in water, butter, vegetable margarine or vegetable oil
Dried beans and lentils, baked beans.

FORBIDDEN (HARAM) Pork and all pig products (bacon, ham, salami)

MILK AND MILK PRODUCTS.
APPROVED Milk, yogurt, cheese, ice cream made without animal fat.

FORBIDDEN Ice cream made with animal fat

FRUIT AND VEGETABLES
APPROVED All fruit or vegetables raw, dried, canned or cooked using water, vegetable fats or butter.

FORBIDDEN Any fried or roasted in lard or dripping.

BREAD AND CEREALS
APPROVED All breakfast cereals. Bread, cakes and biscuits prepared without animal fat other than butter (Read labels). Rice cooked without animal fat, pasta

FATS AND OILS
APPROVED Butter, vegetable margarine, olive oil, peanut oil, vegetable oils

FORBIDDEN Lard, dripping, suet, other animal fats (except butter) and any foods made with or cooked in them

BEVERAGES
APPROVED Tea, coffee, water, fruit juices, soft drinks, mineral and soda water, cordials

FORBIDDEN Alcohol and foods cooked with alcohol e.g. trifles, puddings, sauces

SOUPS
APPROVED Any made without pork, ham or animal fats

FORBIDDEN Any with ham bone stock

DESSERTS
APPROVED Any without alcohol, lard, dripping or suet, for example fruit-based,
custards, tofu ice cream or sherbet, puddings made with butter or vegetable margarine, egg dishes, rice dishes

FORBIDDEN Any with alcohol, lard, suet dripping, ice cream with animal fat

MISCELLANEOUS APPROVED Coconut milk, spices, including chili, curry powder, pickles, chutneys

FORBIDDEN Pork product, Vanilla essence (alcohol base)

How to Make Intention to Salah/Prayer/Namaaz (Niyat)

Salat-ul-Fajr (The Morning Prayer) [2 Sunnat+2 Fard=4 Rakat]

2 Rakat Sunnat [pre-Fard]

ترجمة:
“Nawayatu Aan Usallia Lillahi Taalaa Rakatai Salatil Fajree Sunnatu Rasullahi Taala Mutaouuazzihan Ila Zihatil Ka’batish Sharifati, Allahuu Akbar”

Translation:
I Headed for ALLAH Intent to Pray Fajr’s 2 Rakat Rasul ALLAH Taala’s Sunnat Prayer Facing towards Kabah, ALLAH is Most Great.

2 Rakat Fard [Obligatory]

ترجمة:
“Nawayatu Aan Usallia Lillahi Taalaa Rakatai Salatil Fajree Faaradullahi Taala Mutaouuazzihan Ila Zihatil Ka’batish Sharifati, Allahuu Akbar”

Translation:
I Headed for ALLAH Intent to Pray Fajr’s 2 Rakat ALLAH Taala’s Fard Prayer Facing towards Kabah, ALLAH is Most Great.

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Salat-ul-Zuhr (The Noon Prayer) [4 Sunnat+4 Fard+2 Sunnat+2 Nafl= 12 Rakat]

4 Rakat Sunnat [pre-Fard]

Translation:
I Headed for ALLAH Intent to Pray Zuhr’s 4 Rakat Rasul ALLAH Taala’s Sunnat Prayer Facing towards Kabah, ALLAH is Most Great.

4 Rakat Fard [Obligatory]

Translation:
I Headed for ALLAH Intent to Pray Fajr’s 2 Rakat ALLAH Taala’s Fard Prayer Facing towards Kabah, ALLAH is Most Great.

2 Rakat Sunnat [post Fard]

Translation:
I Headed for ALLAH Intent to Pray Zuhr’s 2 Rakat Rasul ALLAH Taala’s Sunnat Prayer Facing towards Kabah, ALLAH is Most Great.
Salat-ul-Asr (The Afternoon Prayer) (The Middle Prayer) [4 Sunnat+4 Fard=8 Rakat]

4 Rakat Sunnat

ترجمة:

نوانث أن أصولي لله تعالى أربع ركعات صلوة العصر، فرضا لله تعالى متوجها إلى جهة الكعبة الشريفة الله أكبر.

Pronunciation:

“Nawayatu Aan Usallia Lillahi Taalaa Arbaa Rakaatee Salatil Asree Sunnatu Rasullahi Taala Mutaouuazzihan Ilia Zihatil Ka’batish Sharifati, Allahuu Akbar”

Translation:

I Headed for ALLAH Intent to Pray Asr’s 4 Rakat Rasul ALLAH Taala’s Sunnat Prayer Facing towards Kabah, ALLAH is Most Great.

4 Rakat Fard [Obligatory]

ترجمة:

نوانث أن أصولي لله تعالى أربع ركعات صلوة العصر، فرضا لله تعالى متوجها إلى جهة الكعبة الشريفة الله أكبر.

Pronunciation:

“Nawayatu Aan Usallia Lillahi Taalaa Arbaa Rakaatee Salatil Asree Faaradullahi Taala Mutaouuazzihan Ilia Zihatil Ka’batish Sharifati, Allahuu Akbar”

Translation:

I Headed for ALLAH Intent to Pray Asr’s 4 Rakat ALLAH Taala’s Fard Prayer Facing towards Kabah, ALLAH is Most Great.

Salat-ul-Maghrib (The Evening Prayer) [3 Fard+2 Sunnat+2 Nafl =7 Rakat]

3 Rakat Fard [Obligatory]

ترجمة:

نوانث أن أصولي لله تعالى ثلاث ركعتان صلوة المغرب، فرضا لله تعالى متوجها إلى جهة الكعبة الشريفة الله أكبر.

Pronunciation:

“Nawayatu Aan Usallia Lillahi Taalaa Salasa Rakaatee Salatil Maaghribee Faaradullahi Taala Mutaouuazzihan Ilia Zihatil Ka’batish Sharifati, Allahuu Akbar”

Translation:

I Headed for ALLAH Intent to Pray Magrib’s 3 Rakat ALLAH Taala’s Fard Prayer Facing towards Kabah, ALLAH is Most Great.

2 Rakat Sunnat [post Fard]

ترجمة:

نوانث أن أصولي لله تعالى ركعتين صلوة المغرب، فأولى رسول الله تعالى متوجها إلى جهة الكعبة الشريفة الله أكبر.

Pronunciation:

“Nawayatu Aan Usallia Lillahi Taalaa Rakatai Salati il Maaghribee Sunnatu Rasullahi Taala Mutaouuazzihan Ilia Zihatil Ka’batish Sharifati, Allahuu Akbar”
Translation:
I Headed for ALLAH Intent to Pray Magrib’s 2 Rakat Rasul ALLAH Taala’s Sunnat Prayer Facing towards Kabah, ALLAH is Most Great.

Salat-ul-Isha (The Night Prayer) [4 Sunnat+4 Fard+2 Sunnat+2 Nafl+3 Witr= 15 Rakat]

4 Rakat Sunnat

Translation:
I Headed for ALLAH Intent to Pray Isha’s 4 Rakat Rasul ALLAH Taala’s Sunnat Prayer Facing towards Kabah, ALLAH is Most Great.

Pronunciation:
"Nawayatu Aan Usallia Lillahi Taalaa Arbaa Rakaatee Salatil Ishaee Sunnatsu Rasullahi Taala Mutaouuazzihan Ila Zihatil Ka’batish Sharifati, Allahuu Akbar"

2 Rakat Sunnat [post Fard]

Translation:
I Headed for ALLAH Intent to Pray Isha’s 2 Rakat AL LAH Taala’s Sunnat Prayer Facing towards Kabah, ALLAH is Most Great.

Pronunciation:
"Nawayatu Aan Usallia Lillahi Taalaa Rakatai Salati Ishaee Sunnatu Rasullahi Taala Mutaauwaazzihan Ila Zihatil Ka’batish Sharifati, Allahuu Akbar"

3 Rakat Witr Waajib [Essential Prayer]

Translation:
I Headed for ALLAH Intent to Pray Isha’s 3 Rakat Rasul ALLAH Taala’s Sunnat Prayer Facing towards Kabah, ALLAH is Most Great.
Pronunciation:
“Nawayatu Aan Usallahi Taalaa Salasa Rakaatee Salatil Witree Wajibullahi Taala Mutaouuazzihan Ila Zihatil Ka’batish Sharifati, Allahuu Akbar”

Translation:
I Headed for ALLAH Intent to Pray Witr’s 3 Rakat ALLAH Taala’s Waajib Prayer Facing towards Kabah, ALLAH is Most Great

Duas for illnesses

Recite Surah Al-Fatiha, Al-Ikhlaas, surah Al Falaq , surah Al-Nas , Ayatul kursi, Durood Shareef as many times as you can.

Surah Al-Fatiha

Pronunciation:
Al ḥamdu lillāhi rabbi l-ʾālamīn Ar raḥmānī r-raḥīm Mālikī yawmī d-dīn īyyāka na'budu wa īyyāka nastaʾīn Iḥdinī ș-șirāṭ al-mustaqīm Șirāṭ al-laḏīna anʿamta ʿalayhim ḡāyrl mağdūbī ʿalayhim walāḏ dāllīn.

Translation:
[All] praise is [due] to God, Lord of the worlds- The Entirely Merciful, the Especially Merciful, Sovereign of the Day of Recompense. It is You we worship and You we ask for help. Guide us to the straight path - The path of those upon whom You have bestowed favor, not of those who have evoked [Your] anger or of those who are astray.

Surah Al-Iklass

Pronunciation:
Qul huwa-Llāhu ʾaḥad Allāhu ș-șamad Lam yalad walam yūlad Walam yakun lahu kufuwan ʾaḥādan.

Translation:
Say, "He is Allah , [who is] One, Allah , the Eternal Refuge. He neither begets nor is born, Nor is there to Him any equivalent.”
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Durood Shareef
اللّهُمَّ صِلّ ٰ عَلَى مُحَمَّدٍ وَعَلَى آن مُحَلَّمَةٍ كَمَا صِلَّتَ عَلَى إِبْرَاهِيمٍ وَعَلَى آن إِبْرَاهِيمٍ إِنَّكَ خَمِيسٌ مَجِيدٌ

Pronunciation:
Allahumma salli `ala Muhammadin wa `ala ali Muhammadin kama sallaita `ala Ibrahima wa `ala ali Ibrahima Innaka hameedun Majid

Translation:
Allah, let Your Peace come upon Muhammad and the family of Muhammad, as you have brought peace to Ibrahim and his family. Truly, You are Praiseworthy and Glorious.

Durood Shareef
اللّهُمَّ بَارِكَ ٰ عَلَى مُحَمَّدٍ وَعَلَى آن مُحَلَّمَةٍ كَمَا بَارَكَتَ عَلَى إِبْرَاهِيمٍ وَعَلَى آن إِبْرَاهِيمٍ إِنَّكَ خَمِيسٌ مَجِيدٌ

Pronunciation:
Allahumma barik `ala Muhammadin wa `ala ali Muhammadin kama barakta `ala Ibrahima wa `ala ali Ibrahima Innaka hamidun Majeed.

Translation:
Allah, bless Muhammad and the family of Muhammad, as you have blessed Ibrahim and his family. Truly, You are Praiseworthy and Glorious.

PLEASE NOTE FOR NHS STAFF THERE IS A GUIDE FOR MUSLIM PATIENT CARE IN NORTH LINCOLNSHIRE AVAILABLE ON THE NLG TRUST WEBSITE.
Chaplaincy Department

Coming into hospital for any kind of treatment, or even visiting someone, can raise all kinds of anxieties, questions or fears. Hospitals can be strange places and sometimes it helps to share your feelings with someone who is not directly involved with your care, or that of your loved one. Chaplains are employed by the Hospital Trust and work in the hospital alongside other members of the clinical team to ensure that your experience in hospital is as positive as possible. Chaplains are here for all people, whether you hold a particular faith or not. We are committed to your spiritual needs as much as any specific religious need that you may have. Anyone can ask to see a Chaplain or request to see a religious person of any faith via the Chaplaincy Department.

How can chaplains help?
We provide:

- A confidential, listening ear.
- The opportunity for prayer and worship either in the hospital or at the bedside.
- Contact with other faiths wherever possible e.g (Muslim Imams etc.)
- Training, information and support for staff, helping them to care for your spiritual needs. i.e. Make hospital staff aware of Muslim Patient Care for North Lincolnshire booklet.
- An out-of-hours service for emergencies.

Worship in the hospitals
There are Chapels at all three hospitals, which are open throughout the day for anyone to use for prayer or simply to enjoy a quiet place. Times of worship are displayed on Notice Boards outside the Chapels and on Ward Notice Boards. Chaplaincy Volunteers visit the Wards throughout the hospitals during the week to offer people the opportunity to participate in worship or to request a visit from a Chaplain. If you wish to attend a Chapel Service, volunteers will accompany you to the Chapel and throughout the service. Family members are welcome to attend services with you.

Prayer Rooms are available at each hospital for people of all faiths/non faiths.

How to contact the Chaplains
If you wish to see a Chaplain urgently, please ask the Ward staff to bleep the Duty Chaplain. Non-urgent messages can be left on the answering machine in the Scunthorpe Office for Scunthorpe and Goole Hospitals and the DPOW Chaplaincy Office for Grimsby. Alternatively, please fill in the attached request form and pass it to a member of staff. In Scunthorpe and Grimsby Hospitals, requests can also be left in the Post Box outside the Chapel.

Chaplaincy Request Form This form may be completed by, or on behalf of patients, who would like to have contact with a Chaplain whilst in hospital. Please complete the details below and pass them to a member of staff, who will then make contact with the Chaplaincy Department.
Scunthorpe/Grimsby/Goole
(Please delete as applicable)

Name ……………………………………………………………………………………………………………………………

Ward ……………………………………………………………………………………………………………………………

Date ………………………………………

Any specific requests …………………………………………………………………………………………………

………………………………………………………………………………………………………………………………

A Chaplain will endeavour to respond as quickly as possible to your request. If your need is, or becomes urgent, please do not hesitate to ask a member of staff to contact the On-Call Chaplain immediately.

Please note requests for Muslim male/female Chaplins (Imam/Aalima) can be request via this form.