

# Provider Bulletin

Molina Healthcare of California

<https://www.molinahealthcare.com/members/ca/en-us/health-care-professionals/home.aspx>

February 23, 2024

- Imperial
- Riverside
- San Bernardino
- Los Angeles
- Orange
- Sacramento
- San Diego

## Managing Muslim Patients with Diabetes During the Month of Ramadan

This is an advisory notification to Molina Healthcare of California (MHC) network providers applicable to all lines of business.

### **What you need to know:**

In 2024, Ramadan will be observed from March 11th through April 10th. Ramadan is considered the most sacred month of the year amongst Muslims.

Fasting from dusk to dawn during Ramadan is considered one of the five pillars for those who practice the Islamic faith. Though fasting is an exemption for individuals with a chronic condition such as diabetes, many Muslims with diabetes choose to fast even against medical advice. For persons with diabetes, Ramadan fasting is associated with an increased risk of developing acute complications such as hypo and hyperglycemia, ketoacidosis, and dehydration.

A qualitative study of the perspectives and decision-making process of Muslims with diabetes on Ramadan fasting conducted by Siham Bouchareb S, et.al. <https://pubmed.ncbi.nlm.nih.gov/35245315/>, found that the personal decision on whether or not to fast was based on values, beliefs, experiences, emotions, the perception of illness, and previous experiences with fasting.

Ramadan may present an opportunity for providers to empower these individuals by advocating shared decision-making and providing pre-Ramadan diabetes management education to improve self-management skills.

## Provider Action

The attached document provides tips on managing Muslim patients with diabetes during Ramadan and resources to guide the conversation.



## **What if you need assistance?**

If you have any questions regarding the notification, please contact your Molina Provider Relations Representative below.

<b>Service County Area</b>	<b>Provider Relations Representative</b>	<b>Contact Number</b>	<b>Email Address</b>
California Hospital Systems (SNFs, LTSS, ICF/DD)	Teresa Suarez Laura Gonzalez	562-549-3782 562-549-4887	<a href="mailto:Teresa.Suarez2@molinahealthcare.com">Teresa.Suarez2@molinahealthcare.com</a> <a href="mailto:Laura.Gonzalez3@molinahealthcare.com">Laura.Gonzalez3@molinahealthcare.com</a>
Los Angeles County	Clemente Arias Christian Diaz Daniel Amirian LaToya Watts Anita White	562-517-1014 562-549-3550 562-549-4809 562-549-4069 562-980-3947	<a href="mailto:Clemente.Arias@molinahealthcare.com">Clemente.Arias@molinahealthcare.com</a> <a href="mailto:Christian.Diaz@molinahealthcare.com">Christian.Diaz@molinahealthcare.com</a> <a href="mailto:Daniel.Amirian@molinahealthcare.com">Daniel.Amirian@molinahealthcare.com</a> <a href="mailto:Latoya.Watts@molinahealthcare.com">Latoya.Watts@molinahealthcare.com</a> <a href="mailto:Princess.White@molinahealthcare.com">Princess.White@molinahealthcare.com</a>
Los Angeles / Orange County	Maria Guimoye	562-549-4390	<a href="mailto:Maria.Guimoye@molinahealthcare.com">Maria.Guimoye@molinahealthcare.com</a>
Sacramento County	Johonna Eshalomi Marina Higby	279-895-9354 916-561-8550	<a href="mailto:Johonna.Eshalomi@molinahealthcare.com">Johonna.Eshalomi@molinahealthcare.com</a> <a href="mailto:Marina.Higby@molinahealthcare.com">Marina.Higby@molinahealthcare.com</a>
San Bernardino County	Luana McIver	909-501-3314	<a href="mailto:Luana.Mciver@molinahealthcare.com">Luana.Mciver@molinahealthcare.com</a>
San Bernardino / Riverside County	Vanessa Lomeli	909-577-4355	<a href="mailto:Vanessa.Lomeli2@molinahealthcare.com">Vanessa.Lomeli2@molinahealthcare.com</a>
Riverside County	Mimi Howard	562-549-3532	<a href="mailto:Smimi.Howard@molinahealthcare.com">Smimi.Howard@molinahealthcare.com</a>
San Diego / Imperial County	Briana Givens Salvador Perez Dolores Ramos Lincoln Watkins	562-549-4403 562-549-3825 562-549-4900 858-300-7722	<a href="mailto:Briana.Givens@molinahealthcare.com">Briana.Givens@molinahealthcare.com</a> <a href="mailto:Salvador.Perez@molinahealthcare.com">Salvador.Perez@molinahealthcare.com</a> <a href="mailto:Dolores.Ramos@molinahealthcare.com">Dolores.Ramos@molinahealthcare.com</a> <a href="mailto:Lincoln.Watkins@molinahealthcare.com">Lincoln.Watkins@molinahealthcare.com</a>

# Managing Diabetes During Ramadan

## Provider Tip Sheet



### Background

Fasting during Ramadan is one of the five pillars for those who practice the Islamic faith. The other pillars include professing one's faith, praying five times a day, making charitable donations, and making a pilgrimage to Mecca.

Ramadan is a lunar month and is considered the most sacred month of the year amongst Muslims. During this month, Muslims fast from dawn to dusk, abstaining from food, drink, and oral medications. The only meals and drinks consumed are at pre-dawn (called Suhoor) and sunset (called Iftar).

Fasting is obligatory for all Muslims. However, there are exemptions. The exemptions include for:

- The Elderly
- The mentally or developmentally disabled
- The acutely or chronically ill
- Menstruating women
- The pregnant and breastfeeding
- Children (under the age of puberty)
- Those who are traveling

### Tips for Providers

- Encourage a medical assessment 1-2 months before Ramadan.
- Respect the individual's decision whether or not to fast.
- Discuss medication adjustments to lower the risk of fluctuations in blood sugar.
- Educate on the signs and symptoms of hypo and hyperglycemia, blood sugar monitoring, and exercise.
- Educate on how to treat hypoglycemic events.
- Discuss a Ramadan-focused nutrition plan.

<https://www.daralliance.org/daralliance/en/dr/risk.html>

### Provider Resources

**Recommendations for the management of diabetes during Ramadan: update 2020, applying the principles of the ADA/EASD consensus.**

<https://drc.bmj.com/content/8/1/e001248>

**International Diabetes Federation. Diabetes and Ramadan.**

<https://idf.org/our-activities/education/diabetes-and-ramadan.html>

**Ramadan: An Overview for Primary Care Providers, Considerations when caring for Muslim patients who fast for Ramadan.**

[https://med.virginia.edu/family-medicine/wp-content/uploads/sites/285/2019/06/Heck\\_Ramadan\\_Final.pdf](https://med.virginia.edu/family-medicine/wp-content/uploads/sites/285/2019/06/Heck_Ramadan_Final.pdf)