

THIS CA UPDATE HAS BEEN SENT TO THE FOLLOWING:**COUNTIES:**

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

LINES OF BUSINESS:

- Molina Medi-Cal Managed Care
- Molina Medicare Options Plus
- Molina Marketplace (Covered CA)

PROVIDER TYPES: **Medical Group/ IPA/MSO****Primary Care**

- IPA/MSO
- Directs

Specialists

- Directs
- IPA

 Hospitals**Ancillary**

- CBAS
- SNF/LTC
- DME
- Home Health
- Other

Managing Muslim Patients with Diabetes During the Month of Ramadan

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

In 2023, Ramadan will be observed from March 22nd through April 21st. 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. "*I am my own doctor*": A qualitative study of the perspectives and decision-making process of Muslims with diabetes on Ramadan fasting" <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.

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

QUESTIONS

If you have any questions regarding the notification, please contact your Molina Provider Services Representative. Please refer to the phone numbers listed below:

Service County Area	Provider Services Representative	Contact Number	Email Address
California Hospital Systems	Deletha Foster	909-577-4351	Deletha.Foster@molinahealthcare.com
	Shelly Lilly	858-614-1586	Michelle.Lilly@molinahealthcare.com
Los Angeles	Clemente Arias	562-517-1014	Clemente.Arias@molinahealthcare.com
Los Angeles / Orange County	Maria Guimoye	562-549-4390	Maria.Guimoye@molinahealthcare.com
Sacramento	Jennifer Rivera Carrasco	562-542-2250	Jennifer.RiveraCarrasco@molinahealthcare.com
San Bernardino	Luana McIver	909-501-3314	Luana.Mciver@molinahealthcare.com
San Bernardino / Riverside County	Vanessa Lomeli	909-577-4355	Vanessa.Lomeli2@molinahealthcare.com
San Diego / Imperial County	Briana Givens	562-549-4403	Briana.Givens@molinahealthcare.com
	Carlos Liciaga	858-614-1591	Carlos.Liciaga@molinahealthcare.com
	Salvador Perez	562-549-3825	Salvador.Perez@molinahealthcare.com

*If you are not contracted with Molina and wish to opt out of the Just the Fax, email: mhcproviderjustthefax@molinahealthcare.com
Please include provider name and fax number and you will be removed within 30 days.*

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