

# Ramadan inpatient unit tip sheet

## Ramadan Mubarak

to staff, clients and families observing Ramadan

### What is Ramadan?

Ramadan 2024 starts next week. Ramadan is a 30-day period of fasting and spiritual growth where able-bodied Muslims are expected to [abstain](#) from eating and drinking from sunrise to sunset. Many practicing Muslims increase spiritual forms of worship, give charity, perform additional prayers, especially at night, and attempt to recite the Quran. For Muslims, Ramadan is a time to reflect on the purpose of life and grow closer to the creator and sustainer of all existence. Many also maintain that fasting allows them to foster feelings of empathy and compassion towards the less fortunate.

### How can we support our clients and families?

Based on crescent sighting, the holy month of Ramadan will start on Monday March 11<sup>th</sup> and last for 29 or 30 days. Families will be preparing for their first day of fasting on Sunday evening. Please be mindful that both clients and families may be participating in different aspects of the month. **Please review this tip sheet as a guide to accommodate families.**

1. Families may be participating in an early morning meal to help support their fast during the day. Families may wake up in the middle of the night to eat or stay up late to have another meal before bed.
2. Typically, families fast from sunrise to sunset, yes this means no water or gum. As you can imagine, between fasting and changes in sleep schedule, families may be more tired or irritable, especially in the first few days. Please be patient and understanding.
3. Families might be requesting that therapies or other appointments be scheduled at different parts of the day when they're better able to engage. If this is possible, please be open to their requests.
4. This is a time when people will be spending more time with their families so they may have increased visitors, especially in the evening hours, or maybe requesting passes to break their fast with their families.
5. While fasting is one of the pillars of Islam, there are many reasons why people fast or don't fast. If someone has consulted with their team and there is no medical concern

that would preclude them from fasting, please be respectful of their decision to participate. By the same token, if you see a Muslim eating during the daytime in Ramadan, please be respectful knowing that they may be exempt from this obligation.

*Eid-Al-Fitr concludes the month of Ramadan. Based on crescent sighting, this Eid is expected on April 10<sup>th</sup> or 11<sup>th</sup>.*

This resource was co-created by clinicians and Inclusion, Diversity, Equity, Accessibility and Anti-Racism office (IDEAA). If you would like to add to this tipsheet, please contact [ideaa@hollandbloorview.ca](mailto:ideaa@hollandbloorview.ca)

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