

# THE IMPACT OF RELIGIOUS BELIEFS ON ADHERENCE TO MEDICATION IN THE MUSLIM POPULATION

## A systematic scoping review

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### Introduction:

The influence of religious beliefs of medication adherence is little researched.

Islam prohibits certain animal derived, and alcohol-based foodstuff in medicines: Religiously Prohibited Medicines (RPMs)<sup>1</sup>

Circumstances exist where Muslim patients may avoid RPMs thus presenting a possible dilemma for patients and healthcare professionals involved in their care.

### Aim:

Scope the literature

Report the impact of religious beliefs on adherence to RPMs among Muslims

Highlight gaps for further research.

### Method:

- A systematic scoping review was conducted using the Preferred Reporting Items for Systematic Reviews and Meta-Analyses extension for scoping reviews (Figure 1).
- Electronic databases PubMed, Medline, Scopus and EBSCO (CINAHL, IPA, PsycINFO) including grey literature sources: OpenGrey, EthoS and ZETOC were searched from inception until November 2020.
- Two reviewers independently screened titles, abstracts and full papers, with a third reviewer consulted in cases of non-agreement.
- A narrative approach to data synthesis was employed, in which two reviewers independently identified themes that aligned with the research question.

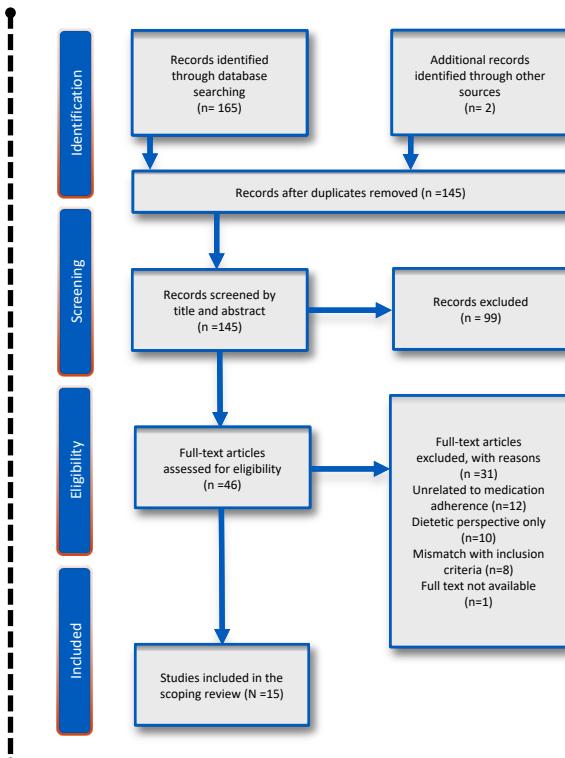


Figure 1. PRISMA flow diagram indicating the study selection process

### Results and Findings:

Most studies investigated healthcare practitioners' awareness and knowledge of religious-factors influencing medication-adherence (n=13). These studies revealed that level of exposure to diverse populations and cultural competence training were of most significance.

Some studies explored market availability of RPM alternatives with recommendations for clearer labelling on packaging and reference sources (n=2).

Two case reports detailed accounts where Muslim patients prescribed RPMs resulted in non-adherence.

Key themes that addressed the research question were identified (Figure 2).



Figure 2. Key themes identified that addressed the research question

### Conclusions:

- A lack of studies exploring this field limits our understanding of RPMs' potential to negatively influence patients' health.
- Limited case reports identified, demonstrate the possible risks RPMs pose to medication-adherence.
- Some evidence indicates that further training of healthcare professionals in cultural competence and awareness of RPMs may facilitate culturally-sensitive care to Muslim patients.
- Multi-stakeholder perspectives of RPMs, and evidence-based strategies to address their potential negative implications remains unexplored and warrants further research.

### References:

1. Sattar SP, Ahmed MS, Madison J, Olsen DR, Bhattacharyya S, Ellahi S, et al. Patient and physician attitudes to using medications with religiously forbidden ingredients. *Ann Pharmacother*. 2004;38(11):1830-5.
2. Tricco AC, Lillie E, Zarim W, O'Brien KK, Colquhoun H, Levac D, et al. PRISMA extension for scoping reviews (PRISMA-ScR): Checklist and explanation. *Ann Intern Med*. 2018;169(7):467-73.