

Implementation of 'A Safer Ramadan' **Study Summary**



CLAHRC EM, Prevention of Chronic Disease Theme

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In the United Kingdom, it is estimated that there are over 325 000 Muslim people with type 2 diabetes. Fasting during the month of Ramadan is an integral part of the Muslim religion. The prevalence of type 2 diabetes is rising in this population and is associated with a seven fold increased risk of severe hypoglycaemia and hospitalisation during Ramadan. This represents a medical challenge for patients and healthcare providers (HCP).

The Diabetes Education and Self-Management for Ongoing and Newly Diagnosed (DESMOND) programme has been adapted for implementation as a novel educational intervention known as "A Safer Ramadan". This is designed to meet the specific needs of Muslim patients who observe Ramadan. A further innovative aspect of this study is that it not only targets the patient but also health care providers and the community. A small pilot study has confirmed the acceptability of this intervention to people of Muslim faith in Leicestershire. 'A Safer Ramadan' programme will run at two sites with significant Muslim populations in the East Midlands. These are likely to be Northampton and Leicester. The work will comprise three phases

1. Refining and adapting the existing programme to ensure it is clinically up to date and acceptable to the local population. This will involve carrying out Patient Public Involvement (PPI) work with patients in the area as well various stakeholders in the health service and the Muslim community.
2. Implementation of the complete "A Safer Ramadan" package for 12 months, this will include training of HCPs using education package developed in the refinement phase, delivery of 3 hour structured patient education by educators, and identification and up skilling of community champions.
3. Evaluation of the package will be carried out using a number of approaches. For example qualitative interviews will be carried out with people who attend the programme as well as those who do not. Process data will be collected to obtain data on uptake, effectiveness and acceptability.



a Safer Ramadan

Formal funding for the study starts in June 2016. However work has started on revising the programme and planning the on-line information package that will be developed for health care providers. We are currently approaching stakeholders in the two sites to ensure there is a positive response and support for the study. We plan to launch the programme in the two sites in January 2017 with the intention of preparing patients for Ramadan which starts on 27th May 2017.

If you would like to be involved in some way please contact the Project Manager Kerry Hulley, (0116 2588515 Kerry.Hulley@uhl-tr.nhs.uk). We are looking for expressions of interest from various sections of the health service, social services, community centres and Mosques.

The poster features a dark silhouette of a mosque with a large dome and several minarets against a bright orange background. The text is arranged as follows:

- Top right: "a Safer Ramadan COLLABORATIVE" in white text.
- Center: "Looking after yourself and your diabetes for Ramadan" in large white font.
- Right side: A bulleted list of three questions:
 - Do you have Type 2 diabetes?
 - Are you planning to observe the holy month of Ramadan?
 - Learn how you can manage your diabetes at this special time
- Bottom right: A white rectangular box containing the text: "For more information about A Safer Ramadan, contact your local team:"
- Bottom left: The NHS logo.
- Bottom center: The website "www.desmond-project.org.uk" and a small copyright notice "© The DESMOND Collaborative 2012".
- Bottom right: A small Desmond logo.

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