

## Faiths and Practice

### It is best practice to ask all patients if their faith might have any bearing upon the way they are treated during their stay.

Please note that this is intended as a **brief guide only** and is by no means exhaustive. It is the responsibility of staff to ensure that the wishes of all patients are respected where at all possible.

We wish to ensure that patients have a positive experience during their care within our Trust.

	<b>Diet (always ask )</b>	<b>Festivals</b>	<b>Hygiene, etc</b>
<b>Christians</b>	No restrictions generally. Some may fast (abstain / reduce intake) in Lent and may abstain from meat on Fridays.	Advent, Christmas, Lent, Holy Week, Good Friday, Easter, Pentecost, Saints Days. Observance of festivals may vary, depending on tradition.	Observe basic hygiene. N.B. Weekly Holy Day – Sunday ( for Seventh Day Adventist – Saturdays) <b>Contact chaplains for more info</b>
<b>Buddhist</b>	Always ask patient first. Often vegetarian or vegan. Salads, rice, vegetables and fruit are usually acceptable.	They may want to have quiet, or spend time with other Buddhists chanting sacred texts.	No special requirements
<b>Hindus</b>	Many are vegetarian. Some eat eggs. Dairy produce free from animal fat. Even the use of utensils used for meat would be offensive. Hindus do fast: please ask.	Divali (Oct/Nov variable) Holi (Mid March)	Water for washing required in same room as WC. Water required if bedpan has to be used. Hindus prefer free flowing water to baths.
<b>Jewish people</b>	Kosher meals. No flour at Passover time. May request vegetarian. Pork is forbidden. No milk and meat at same meal. No animal rennet or gelatine. Eggs and white fish. No fish without scales or fins.	Passover (early April), Pentecost (late May), New Year (mid September), Yom Kippur (late September/early October) Succoth (early October) Chanucah (Mid December) <b>Sabbath – Fri – Sat p.m.</b>	Wash and say brief blessing before eating. Jewish men prefer to be bearded and use electric razor. Orthodox women keep their hair covered.
<b>Muslims</b>	The Muslim diet requires for all meat to be ritually slaughtered in a dignified manner (Halal). Pork, alcohol, animal fats and their derivatives would not be permissible even within the preparation of food e.g. frying chips in animal fat. This can also be an issue with medicines/vaccinations. Guard against cross contamination.	Dates vary with lunar calendar. <b>Fast during month of Ramadan</b> – no food or drink during daylight hours but may be relaxed for those who are sick. Other festivals: Eid-Al-Fitr, Eid-Al-Adha, Dates vary annually. Friday is Muslim holy day.  <b>Contact Muslim chaplains for advice on any subject</b>	They attach great importance to cleanliness. Would prefer to use water in addition to toilet paper when using the lavatory or bed pan. Ablution (wudu- washing of certain limbs) is necessary before prayers.
<b>Sikhs</b>	Most are vegetarian. ( Please ask patient)	Vaisakhi (April).	Prefer to wash in free flowing water. Water in same room as WC or with a bedpan when used. They wash hands and rinse mouths before meals.
<b>Humanist</b>	No particular requirements. Some Humanists are vegetarian or vegan. Ask patient.	Humanists may value open and rational conversation. Human dignity is valued.	No special requirements.

	Language	Modesty	Protocol on Death (always ask)
<b>Christians</b>	Any.	No special needs apart from observation of personal dignity- as with any patient.	Should be offered spiritual & religious care by the appropriate chaplain at the time of death. This also applies to care for relatives. There are no formal objections to autopsy or cremation. They believe the bodies of the dead of whatever faith should be treated with the same respect as if alive.
<b>Buddhist</b>	English, Cantonese, Hakka, Japanese, Thai, Tibetan, Sinhalese	No special requirements. Always check with patient.	Many Buddhists wish to maintain a clear mind when dying. They may wish seclusion and quiet, and to see a fellow Buddhist teacher/leader. Buddhists believe in rebirth/reincarnation. The body of the deceased may be handled by non-Buddhists.
<b>Hindus</b>	Punjabi, Hindi, Gujurati, Urdu, Bengali, English	Most Hindu women would prefer a female doctor for examination or treatment. Respecting person's modesty of dress is particularly appreciated.	Prior to death, a Hindu's relative may bring money and clothes for him to touch before distribution to the needy. May like having a Holy book read to them. After death the body should be left covered. Believe body should be cremated.
<b>Jewish people</b>	Language of resident country, Hebrew, Yiddish, Ladino.	Please check that patient is prepared to be treated by male doctors.	Funeral should take place within 24 hours and cremation is forbidden. No mutilation of body allowed unless there has to be a post mortem. Prayers are said. Family mourning for 7 days. For Orthodox Jews: ask family for preferred Rabbi.
<b>Muslims</b>	English, Arabic, Punjabi, Bengali, Hindi, Urdu, Turkish, Iranian, Gujarati, Pushto, etc.	Generally Muslim service users would prefer to be examined by same gender staff and would prefer segregated facilities in areas where modesty may be compromised e.g. patients in gowns waiting for x ray. Where this is not possible, it should be approached sensitively. Respecting a person's modesty of dress is important.	Expect a high number of visitors. Preferable to bury the body as quickly as possible. Post mortems are to be avoided unless legally necessary. Digital autopsy is available as an alternative. The next of kin/ family will want to arrange funeral rites before burial. Give consideration to providing private space to support those freely expressing emotions. Same sex preparation of body for burial.
<b>Sikhs</b>	Punjabi, Hindi, English	Women prefer to be examined by female doctors. A male doctor will do in an emergency as long as a female member of staff is present. Personal dignity to be respected. Men have the 5 k's which should not be removed.	Do not like post mortems but will accept them if legally necessary. The body is washed and white clothes put on before cremation. Sikh Priest can be contacted at the Gurdwara - temple (there are two temples in Huddersfield).
<b>Humanist</b>	Any known language	No specific requirements.	Humanists may prefer to have family or close friends with them. They might object to prayers being said or reassurance given based on belief in God or afterlife. Many Humanists request a non-religious celebration for those who have died.