Impact of Race and Culture on Vitamin D Deficiency in Muslims

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COURSE CONTENT

- Web based lecture series with podcast link
- Risk factors
- Deficiency related spectrum of illnesses
- Lifestyle modifications or treatment options
- Algorithm
RISK GROUPS

• Critical role to human health
• Diagnosis with serious illness
• Populations at greatest risk
  • Dark skinned people
  • Living above or below 37 degrees latitude
  • Women who cover for religion or culture
MUSLIM CULTURE

- Various ethnic groups comprise Muslim culture.
- Way of life governing all social discourse.
- Cultural health beliefs intertwined with religious belief.
SHARED BELIEFS AND VALUES

- Touch is legislated even for a dead body
- Most babies breastfed at least 2 years
- Curative properties of black seed
- Fasting is a pillar of faith
- Jinn a 3rd being that can affect health
ADULT DEFICIENCY

- Persistent generalized symmetrical, musculoskeletal pain with gradual onset
- Bone pain in lower back or lower limbs
- Fatigue, muscular weakness
- Normal ROM with absence of inflammatory signs in the painful areas
CHILDHOOD DEFICIENCY

- Tender swollen joints, classically wrists
- Deformities, bone pain or tenderness
- Bow legs or knock knees
- Impaired growth, delayed fontanelle closure
- Delayed eruption of teeth
- Fits or irritability
- Breathing difficulties with rapid growth
CULTURE CENTERED RESEARCH SUPPORT


Implications for Practice

• Be informed about existing evidence
  Right click to open podcast from an expert

• Test your knowledge
  Right click to open quiz and test your knowledge

• Identify risk among your students
  Right click to open risk assessment questionnaire

• Use the algorithm in clinical decision making
  Right click to open algorithm