

# Research project: Diabetes and Ramadan education program

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Structured cultural sensitive pre-Ramadan education helps people with diabetes who choose to participate in Ramadan fasting to experience a safer Ramadan period. Pre-Ramadan education reduces the risk of acute complications such as hypoglycemia. The...

<b>Ethische beoordeling</b>	Niet van toepassing
<b>Status</b>	Anders
<b>Type aandoening</b>	-
<b>Onderzoekstype</b>	Interventie onderzoek

## Samenvatting

### ID

NL-OMON22496

### Bron

NTR

### Verkorte titel

DeRp

### Aandoening

Type 2 diabetes mellitus (T2DM)

Hypo and hyperglycaemia [hypo- en hyperglycaemie]

Diabetic complications [Diabetesgerelateerde complicaties]

Glycated haemoglobin [HbA1c]

Ramadan

Fasting - Vasten

Diversity [Diversiteit]

Moroccan and Turkish migration background [Marokkaanse en Turkse migratieachtergrond]

Low health literacy [Lage gezondheidsvaardigheden/ laaggeletterdheid]

## Ondersteuning

**Primaire sponsor:** Amsterdam UMC, location VU medical center

ZonMw

**Overige ondersteuning:** ZonMw

# Onderzoeksproduct en/of interventie

## Uitkomstmaten

### Primaire uitkomstmaten

Process evaluation of implementation of the program in primary care setting

## Toelichting onderzoek

### Achtergrond van het onderzoek

Non WMO study

The prevalence of diabetes, especially type 2 diabetes mellitus (T2DM) is two to three times higher in people of a Moroccan or Turkish decent, when compared to the indigenous Dutch population. The majority of these patients are Muslim, which are required to fast during Ramadan. Although ill people are exempt from fasting, many Muslims with diabetes choose to fast during Ramadan. It is estimated that approximately 70.000 people with diabetes fast in the Netherlands.

During the fasting period the risk of developing acute T2DM-related complications, such as dehydration, hypo- and hyperglycaemia, is significantly increased. Although there are no quantitative data available on the scale of the problems during Ramadan in the Netherlands, healthcare professionals have the impression that they only have view of a small proportion of the problems concerning diabetes care during Ramadan. The aim of this implementation study is to develop an all-encompassing education program for Muslims with T2DM, on the basis of a successfully proven initiative in the United Kingdom.

The program will be implemented in Amsterdam. The elements of the program are: 1) the multidisciplinary and structured approach involving many local stakeholders (Muslim patients with T2DM, mosques, general practitioners and pharmacies), as well as 2) the specific "Diabetes and Ramadan" training for healthcare professionals 3 ) organization of education sessions for Muslims with T2DM both inside and as outside the mosques such as in general practices and community centers. 4) the dissemination of a homogeneous message regarding Diabetes and Ramadan by healthcare professionals and Imams in the region. The added value of this project is the development of a blueprint of a structured, national cooperation program, in which Muslims with T2DM are approached within their own cultural setting by use of a homogenous message, while using information materials that are cultural-specific and appropriate for people of low health literacy.

### Doel van het onderzoek

Structured cultural sensitive pre-Ramadan education helps people with diabetes who choose to participate in Ramadan fasting to experience a safer Ramadan period. Pre-Ramadan education reduces the risk of acute complications such as hypoglycemia. The program seems to provide patients with additional knowledge to self- manage their diabetes and to take responsibility for their diabetes care beyond the Ramadan. We think that the spreading of a homogenous message by healthcare professionals as well as Imams is a key factor that will support patients in making a responsible choice on whether to fast or not.

### **Onderzoeksopzet**

The Ramadan education session starts 4-6 weeks prior to Ramadan. To determine the effect and sustainability of education, we will analyze glycaemic control, weight and the incidence of complications due to fasting, 3 and 12 months after the program.

### **Onderzoeksproduct en/of interventie**

The program include education on general information about diabetes, the decision whether to fast or not, symptoms of hypo and hyperglycaemia (when to break the fast, glucose monitoring, medication adjustment, physical activity and meal planning. The education session will be provided in Dutch and in the native language of the patients.

## **Contactpersonen**

### **Publiek**

### **Wetenschappelijk**

## **Deelname eisen**

### **Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)**

Adults with type 2 diabetes mellitus who participate in Ramadan (both fasting as non fasting people).

## Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

People with Type 1 diabetes mellitus

### Onderzoeksopzet

#### Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Anders
Toewijzing:	N.v.t. / één studie arm
Blinding:	Open / niet geblindeerd
Controle:	N.v.t. / onbekend

#### Deelname

Nederland	
Status:	Anders
(Verwachte) startdatum:	01-09-2017
Aantal proefpersonen:	120
Type:	Onbekend

### Ethische beoordeling

Niet van toepassing	
Soort:	Niet van toepassing

### Registraties

#### Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

## Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

## In overige registers

Register	ID
NTR-new	NL7448
NTR-old	NTR7690
Ander register	Science committee number 2017-077 (Amsterdam Public Health) : projectnumber ZonMw: 848023002

## Resultaten

### Samenvatting resultaten

1. The current diabetes care for people with type 2 diabetes during Ramadan in the Netherlands: a qualitative study. [Expected in March 2019] <br>
2. Process evaluation of the Diabetes and Ramadan Program (DeRp): implementation of a Ramadan education and medication counselling program to improve diabetes care and self-management of Moroccan and Turkish-Dutch people with T2DM that participate in fasting during Ramadan. [Expected in September 2019] <br>
3. The effect of a Pre-Ramadan education program in a Dutch type 2 diabetes population of Moroccan and Turkish descent: a mixed methods study. [Expected in December 2019]