

**ORIGINAL PAPER**

**Religious Worship in Patients with Abdominal Stoma: Praying and Fasting during Ramadan**

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**Abstract**

**Background:** Religion, which occupies an important place in culture, has an effect on not only the patient's acceptance of the treatment but also his or her post-treatment life style.

**Aim:** The purpose of this paper was to determine the performance of religious rituals in abdominal stoma patients and their views on the effects of stoma on religious worship.

**Methodology:** A descriptive and cross sectional design was used in this study. The sample consisted of 66 patients. The researchers developed a set of questions regarding the individual's background and characteristics of stoma and prayer rituals and fasting during Ramadan. Frequency, percentages, mean, range and chi-square test was used to analyze.

**Results:** It was found that 87.9% of the patients (n=58) fasted regularly before stoma-creation, which decreased to 43.9% (n=29) after stoma creation; 74.2% of the patients (n=49) prayed regularly before stoma creation, which decreased to 53% (n=35) after stoma-creation. The comparison of practices of fasting ( $\chi^2$ : 7.13;  $p < 0.01$ ) and praying ( $\chi^2$ : 25.85;  $p < 0.001$ ) before and after stoma surgery revealed a statistically significant difference. 69.0% of the participants, who were unable to fast after stoma creation, were afraid of causing damage to the stoma whereas 71.4% of the participants who were unable to pray reported not having performed their prayers due to feeling unclean. 27.6% of the participants who fasted after stoma creation reported having felt discomfort.

**Conclusions:** In this study, we found that the performance of fasting and praying decreased in patients after stoma surgery. This finding indicates that stoma significantly affects fasting and praying in patients and that patients are unable to perform these religious duties or experience some difficulties in performing their religious worship.

**Key words:** Fasting, praying, religious belief, stoma, worship