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# A prospective observational study of the disease profile of Muslim patients attending the outpatient department of internal medicine during Ramadan fasting season

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## Abstract

**Background:** Ramadan is the fasting month of the Muslim calendar. There is a paucity of data on the prevalence of morbidity among those who visit the outpatient department of the hospital while observing the Ramadan fasting. **Materials and Methods:** The clinical profile of 61 Muslim patients who visited the outpatient department of the internal medicine of the specialty hospital during the holy Ramadan fasting season at Moodabidri, South India was collected. The diagnosis of all the medical conditions were classified according to the International Classification of Disease (ICD-10) coding system and the demographic profile and clinical data were analyzed. Analysis was done by using X<sup>2</sup> test. A statistical package SPSS vers.17.0 was used to do the analysis. P<0.05 was considered as significant. **Results:** It was observed that, majority of the patients were females, n=38 (61.7%) and most of them, n=24, (63.15%) belonged to the age group of 50 years and above. The diseases of the respiratory system (J00-J99) was found to be the most common (n=25, 40.32%) and the diseases of the digestive system (K00-K93) (n=11, 17.74%) was the second. Three most prevalent specific diseases for the entire study population as per the age and gender were lower respiratory tract infection ([LRTI] [J22]), (n=15, 24.19%) followed by dyspepsia (K30) (n=10, 16.12%) and bronchial asthma (J45) (n=5, 8.06%). **Conclusion:** This study emphasizes the need for a large global multicenter prospective study of the patients while observing Ramadan fasting, with a hope of getting an insight into the various life style diseases like diabetes, metabolic syndrome, dyslipidemia, obesity and systemic hypertension.

**Key words:** Ramadan fasting, outpatient department, prevalence of disease, Muslim patients

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