



Optimizing Medication Management: Virtual Educational Insights for Ramadan Wellness

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ABSTRACT

For those who observe fasting and experience health disturbances, it will definitely affect their eating and drinking patterns, including medication intake. The use of medication during fasting requires adjustments to ensure that the therapy is effective and safe, thereby achieving the patient's treatment goals. Changes in the medication schedule need to be carefully considered to avoid impacting the effects of the given or ongoing therapy. The aim of this community service is to provide education related to medication use. The method employed involves delivering information virtually, accompanied by posters on the proper use of medications during the month of Ramadan to the youth group (karang taruna) in the village of Wates. During the educational activities on proper medication consumption during Ramadan, the socialization emphasizes the use of over-the-counter medications and limited over-the-counter medications, including information on consumption methods. The correct dosage is three times a day (morning, noon, and night) every 8 hours, twice a day every 12 hours, and once a day every 24 hours, with the guideline to take medication before or after meals for the youth group in the village of Wates.

INTRODUCTION

Fasting during the month of Ramadan is one of the obligatory acts of worship for every healthy and adult Muslim. This obligation may be waived for individuals under certain conditions, such as being ill. However, a significant number of people suffering from an illness still choose to observe the fasting ritual despite not feeling well. Muslims observing fasting have diverse medical backgrounds, and those in need of medical treatment during the fasting month seek advice from healthcare professionals to determine whether they can fast in their specific condition (Alfin *et al.*, 2019). It is crucial to note that healthcare professionals play a role not as decision-makers regarding whether a patient should fast or not; the ultimate decision lies with the patient (Subrata & Dewi, 2017).

During the month of Ramadan, there are changes in eating and drinking patterns, including the use of medication (Siregar and Batubara, 2023). Medications normally taken every 6 or 8 hours must be adjusted during fasting to ensure that the patient's treatment is not disrupted, allowing them to fulfill their fasting obligations (Fatiha and Firdaus, 2023). Adjustments in medication use during fasting are necessary for effective and safe therapy, ensuring that the patient's treatment goals are achieved (Siregar and Batubara, 2023).

Providing information about medication is crucial to improve the quality of life for patients and offer quality healthcare, especially during the month of Ramadan when eating and drinking patterns undergo changes. The available time for taking medication is reduced from 24 hours to only 10.5 hours (Astyamalias *et al.*, 2023). To achieve optimal effects, medications must be taken in the correct dosage and at the right time within a regular interval. The Indonesian society has become accustomed to the use of various types of medications, employing them for disease treatment, control, or supplementation to support daily activities (Astyamalias *et al.*, 2023). This trend may be attributed to factors such as the evolution of diseases, the production of various medications and supplements, and the implementation of national health insurance, facilitating easier access to healthcare for the community (Yanti, 2020).

IMPLEMENTATION AND METHODS

This dedication applies counseling methods with educational aids in the form of Zoom applications and posters. The dedication is conducted virtually and covers the topic of medication use during fasting. The stages of the activity are as follows:

- a. Preparation of the venue and educational materials, in the form of educational poster media. The poster media is chosen to facilitate participants in paying attention to and comprehending information related to medication use. Zoom or Meet is chosen to assist in delivering the material during the counseling.
- b. Implementation of counseling involves providing education related to medication use during the holy month of Ramadan. The counseling material includes reasons for regulating medication intake during fasting in Ramadan, the schedule for taking medication while fasting in

Ramadan, and the types of medication that can be used during fasting in Ramadan.

- c. Discussion, conducted with participants after virtual education. Participants can ask questions about the use of medication during fasting in Ramadan to the speaker regarding material that requires further explanation. In addition to discussions, participants share their experiences in using medication during fasting in Ramadan.

Medication can come in various forms, including tablets, capsules, powders, syrups, and oral drops. For tablets or capsules, it is advisable to avoid splitting, crushing, or chewing the medication before swallowing, unless the medication is intended to be chewed. For liquid medication, use the provided special measuring spoon in the package to measure the medication dose. If unavailable, a teaspoon can be used as a measure. For oral drops, use the specific dropper provided in the medication package (Ministry of Health, 2022).

Medication should be taken every 8 hours in a day if the prescribed dose is three times a day. For example, if the first dose is taken at 7 AM, the next dose is at 3 PM, and the last dose is at 11 PM. Take the medication at the same time every day. If you forget to take the medication, it is recommended to do so as soon as possible if the interval to the next scheduled dose is not too close. However, during the shorter fasting time in the holy month of Ramadan, it is advised to take medication after breaking the fast and before the pre-dawn meal. For medication prescribed as 3 times a day, take it every 5 hours, at 18:15, 23:15, and 04:15 WIB. For medication with a 4 times a day schedule, take it every 4 hours, at 18:15, 22:15, 01:15, and 04:15 WIB. Ensure to follow the instructions for using the medication to ensure its effective functioning. Pay attention to the food and drinks consumed along with the medication.

RESULTS AND DISCUSSION

Community service activities in April 2023 with the youth of the Karang Taruna village of Wates. Education is conducted through the method of delivering materials (lectures) and question-and-answer sessions. The delivery of materials is assisted with visual aids such as posters, allowing participants to read the presented material. This educational activity has many benefits for participants, as many are still unaware of how to use medication during the holy month of Ramadan. Moreover, the target here is for the youth to be able to provide education to their families and peers in the surrounding environment.

The provision of education begins with an explanation of the general definition of drugs and the classification of drugs, which includes over-the-counter drugs and prescription drugs. The community is emphasized on the differences between these types of drugs. This information is crucial to convey to the community because the level of patient compliance is decreasing, which can pose a burden on health later on.

The provision of information regarding the consumption of medication during the month of Ramadan, especially for over-the-counter and limited over-the-counter drugs, is crucial. It involves the use of medication before and after meals during the fasting month. If a medication needs to be taken before a

meal, it means approximately 30 minutes before suhoor or dinner/large meal. After a meal, it implies when the stomach is filled with food, approximately 5-10 minutes after a large meal. If there is medication that needs to be taken in the middle of the night after eating before taking the medication, the stomach can be filled first with biscuits.



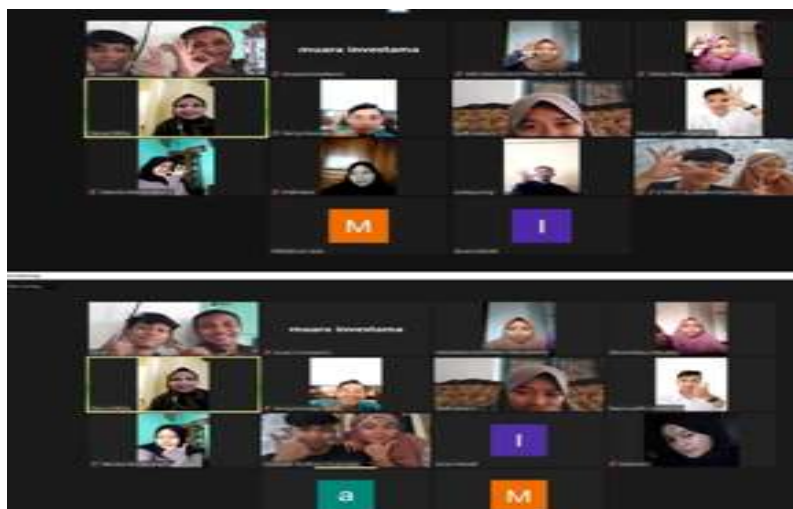
Picture 1. Poster Use of Medicine During Fasting

The use of medication during fasting differs from non-fasting conditions. Medication that is typically taken over a 24-hour period in a day undergoes a change during fasting, reducing to 10.5 hours (from iftar to dawn). Therefore, there is a need for adjustment in medication usage (Mubarak *et al.*, 2022). Participants need to understand how to use medication during fasting to ensure the therapeutic goals for patients are achieved, and the quality of life is maintained. Educating the public on proper medication use aims to enhance knowledge and prevent inappropriate medication use (Sari *et al.*, 2022).

Adjusting medication use during fasting in the month of Ramadan involves considering the medication administration schedule. The modified timing for medication intake during fasting needs attention. Typically, medication is taken 3-4 times a day (every 8 or 6 hours). During fasting, the frequency of medication intake is reduced to 1-2 times a day. If a medication is taken once a day during fasting, it can be taken during suhoor or iftar. If taken twice a day during fasting, it is recommended to be taken during suhoor and iftar. If a medication needs to be taken thrice a day, it is recommended during suhoor, midnight, and iftar. However, if feasible, patients on a thrice-daily medication regimen during fasting can switch to a sustained-release formulation or an alternative medication with a longer duration of action. The public can consult with a doctor or pharmacist if they are confused about how to take medication during fasting (Kemenkes, 2022; Mubarak *et al.*, 2022).

Based on the discussion session with participants, there were questions about taking medication before meals during fasting. Generally, medication can be taken before or after meals. Taking medication before a meal during fasting means taking it about 30 minutes before suhoor or iftar. On the other hand, taking medication after a meal implies that the stomach is filled with food, so it is recommended to take medication approximately 5-10 minutes after a large

meal. In the discussion session, participants also inquired about the need to take medication at midnight and after meals. If medication is to be taken at midnight and after meals, it means taking the medication at midnight and it is advised to consume a small portion of food like bread or biscuits before taking the medication (Mubarak *et al.*, 2022).



Picture 2. Dokumentation of Activities via Zoom App

Success Measurement of the Activity: Before the participants receive guidance, questions are posed to assess their understanding. The success of the activity is observed through the participants' engagement during the discussion session to evaluate their comprehension of medication usage during Ramadan.

CONCLUSIONS AND RECOMMENDATIONS

Based on this socialization, it is a form of applying the knowledge that has been acquired and informing the community, thereby creating an impact and enhancing the public's understanding of medication use during fasting. The following are some conclusions that can be drawn from the conducted activities:

1. The socialization/education activities carried out proceeded smoothly, with the only challenge being the lack of interest from parents in participating in the events.
2. There is an increase in parents' awareness and concern regarding the use of medication during fasting, as evidenced by their enthusiasm during the question and answer sessions.

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