



BMBC
BIRMINGHAM MUSLIM BURIAL COUNCIL

**MIDLAND
DOCTORS**
Building Hope for Humanity



BMBC Volunteer Training Programme

COVID-19

Overview

Understanding :

- Ghusl Training
- Personal Protective Equipment (PPE)
- Professionalism
- Confidentiality
- Volunteer wellbeing
- Mental Health Support
- Alternatives to Ghusl (emergency)
- Islamic Rewards

Professionalism

- in this role it is important to always act with a very high standard and **appropriate behaviour and conduct**
- This means acting with a sense of responsibility and **respect** at all times to all involved in the process.

Confidentiality

- in this role it is imperative that you work within the **ethical code of conduct**
- this means you must not speak of any information of the deceased to anyone outside the process as it is **confidential**

Your Wellbeing

- Awareness of Own wellbeing
- it is clear that you have agreed to be part of a sensitive and often emotional process
- You must take into account the impact this may have on your own wellbeing
- It can be distressing to witness and partake in processes around death and dying and burials
- The scale of it may also become very large and even more difficult to accept



**MIDLAND
DOCTORS**
Building Hope for Humanity

BMBC
BIRMINGHAM MUSLIM BURIAL COUNCIL

Protecting Your Wellbeing

- it is important to acknowledge that being part of this may affect your **emotional health**
- It is only natural that you may feel **distressed or anxious** about the process
- Please know that **there is support** if you feel unwell in any way, physically or mentally about your role
- There are also things you can do or tell yourself to help with **general resilience**



**MIDLAND
DOCTORS**
Building Hope for Humanity

BMBC
BIRMINGHAM MUSLIM BURIAL COUNCIL

Coping Mechanisms

- Ensure that you have had adequate training and preparation and equipment to carry out your role
- Ensure that you feel competent and mentally stable enough to do your job
- Get enough sleep. It is more important than you think
- Learn some relaxation techniques such as deep breathing exercises
- Just take time out if need be
- Speak to a reliable family/friend/volunteer/counsellor
- If you do not feel confident or comfortable, you must not proceed under any circumstances regardless of whether anyone else is available or not



**MIDLAND
DOCTORS**
Building Hope for Humanity

BMBC
BIRMINGHAM MUSLIM BURIAL COUNCIL

Mental Health Support

- You can access free national online/telephone support services
- Muslim Bereavement Support Service (<http://mbss.org.uk>)
- Sakoon Peace of Mind (<https://www.sakoon.co.uk/muslimbereavement>)
- Mind-for better mental health (<https://www.mind.org.uk>)
- Dua is the most powerful tool we all possess

PPE -Personal Protective Equipment (1)

- PPE is equipment that is used to protect yourself from infection or hazardous substances.
- PPE consists of 4 main things: Face masks, eye protection, aprons/body cover, gloves.
- All PPE should be disposed of after one use.
- Body protection: This can include full body suits or plastic aprons that do not cover sleeves
- Gloves: These must be water resistant and disposable.
- Eye protection: This can include plastic goggles that cover the sides of the face or a plastic visor.



**MIDLAND
DOCTORS**
Building Hope for Humanity

BMBC
BIRMINGHAM MUSLIM BURIAL COUNCIL

PPE -Personal Protective Equipment (2)

- Masks: There are a few different types of masks
 - 1) Surgical masks: These protect against visible debris. They are not fluid resistant.
 - 2) Fluid resistant surgical masks: These protect against airborne water particles. They do not filter air.
 - 3) KN95/FFP2 respirator: These protect against airborne water particles and filter 95% of air. They must be fit tested
 - 4) FFP3 respirator: These protect against airborne water particles and filter 99% of air. They must be fit tested



**MIDLAND
DOCTORS**
Building Hope for Humanity

BMBC
BIRMINGHAM MUSLIM BURIAL COUNCIL

PPE for Ghusl

- The current Public Health England Guidance outlines the following PPE is required for handling the deceased:
 - 1) Fluid resistant surgical masks
 - 2) Aprons (without sleeves)
 - 3) Disposable gloves
 - 4) Eye protection

BMBC recommends head to toe water resistant body protection including shoe covers that are donned and doffed safely. This is to further reduce the risk of spreading infection.

Remember: THE MOST IMPORTANT PART OF INFECTION CONTROL IS GOOD HAND WASHING.



**MIDLAND
DOCTORS**
Building Hope for Humanity

BMBC
BIRMINGHAM MUSLIM BURIAL COUNCIL

Ghusl (1)

- We Recommend Ghusl should be performed with a minimum of 3 people in an ideal scenario.
- Please do not move or handle the body if it is not safe to do so or you do not feel competent or there is a health risk
- Please ensure the organization you are working with are providing adequate PPE for the ghusl and shrouding procedure in line with current national guidance. If you are unsure, please do not proceed.
- If you do not have adequate PPE as per PHE guidelines or appropriate PPE training, then DO NOT PERFORM GHUSL.



**MIDLAND
DOCTORS**
Building Hope for Humanity

BMBC
BIRMINGHAM MUSLIM BURIAL COUNCIL

Ghusl (2)

- Do not attend the course until you have watched all the required training videos including how to safely perform ghusl. Practical ghusl/kaffan training will also be delivered on the day
- Alternatives to a full ghusl (where it is not safe to perform) include:
 - Minimal Ghusl: Gently pour water from top of head to toes without moving the body. Flowing hair may be wiped.
 - Tayammum: Making the intention of purification for ghusl is a necessity. Wipe your hands on a dry stone and then on the face of the deceased. Wipe your hands on the same stone again and then on the right arm from hand to elbow and repeat on the left.
 - If the bag has a 'DO NOT OPEN' tag then it is not safe to perform ghusl



**MIDLAND
DOCTORS**
Building Hope for Humanity

BMBC
BIRMINGHAM MUSLIM BURIAL COUNCIL

Islamic reward for volunteers

- **Verily, among the best of you are those with the best character.**
- Source: Ṣaḥīḥ al-Bukhārī

- **The best companion to Allah is the best to his companions, and the best neighbour to Allah is the best to his neighbours.**
- Source: Sunan al-Tirmidhī

- **Love for people what you love for yourself and you will be a believer. Behave well with your neighbours and you will be a Muslim.**
- Source: Sunan Ibn Mājah

- **The best of you are those who, when they are seen, inspire others to remember Allah Almighty.**
- Source: Sunan Ibn Mājah



**MIDLAND
DOCTORS**
Building Hope for Humanity

BMBC
BIRMINGHAM MUSLIM BURIAL COUNCIL

Reward for fulfilling the funeral rites of a Muslim

- 'let whoever washes a dead person take a bath; and let whoever carries him perform Wudhu'

Ahmed and Abu Dawud

Abu Rāfi' (may Allah be pleased with him) reported that the Prophet (may Allah's peace and blessings be upon him) said: "He who washes a dead person and conceals what he sees, Allah will grant him forgiveness forty times."



**MIDLAND
DOCTORS**
Building Hope for Humanity

BMBC
BIRMINGHAM MUSLIM BURIAL COUNCIL

Finally...

Thank you for attending and taking part
JAZAKALLAH KHAIR

