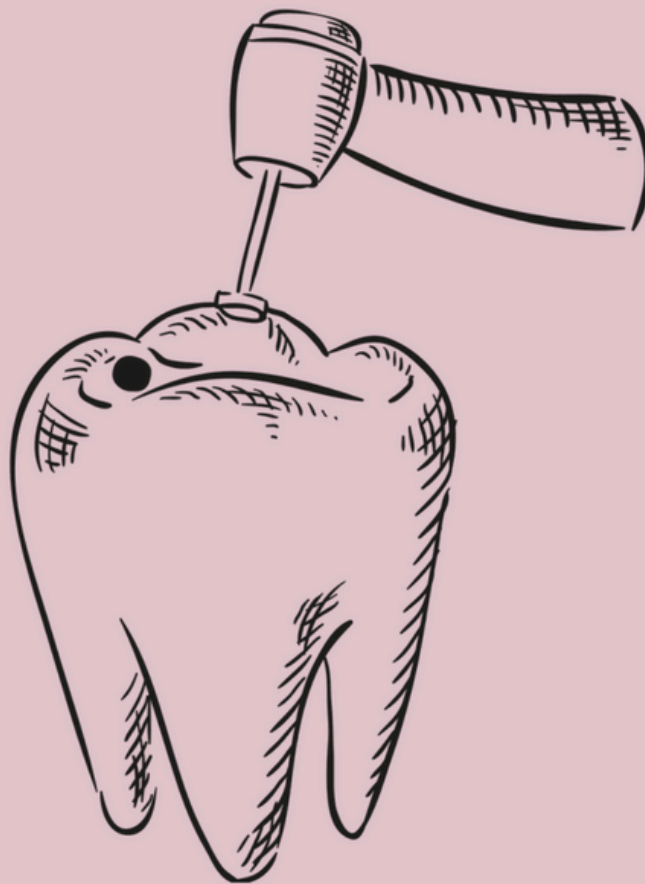


MDV BRISTOL

Muslim Dentists Guide

Second Edition

September 2025-26



**"Whoever puts their trust in Allah, then He 'alone' is sufficient for them.
(Qur'an 65:3)"**

WELCOME



Asalaamualaikum warahmatullahi wabarakatuh!

Congratulations on entering Bristol Dental School, and a warm welcome back for the returning students! For the freshers joining our dental school, we hope you have enjoyed your well-deserved break after an intense period of A-levels.

We recommend all students to read through our guide as there is beneficial information whether you are a fresher or a returning student.

We understand that living away from home for the first time can be a daunting experience. There will be challenges that Muslims face related to their faith in a university/clinical environment however, there are ways to overcome them.

The aim is to help Muslim dental students on their journey through dental school by providing practical tips for clinics, answering frequently asked questions and reminding the importance of health and well-being.

May Allah SWT guide us all through our dental degree, keep us steadfast in our religion and make us among those who can serve our patients and community to the best of our abilities. Ameen.

MDV Committee



CONTENTS

<u>Committee 24-25</u>	04
<u>Salah</u>	05-06
<u>Prayer Spaces</u>	07-08
<u>Ramadan</u>	09-10
<u>Eid</u>	11
<u>Muslim Life in Bristol</u>	12
<u>Clinic and Study Resources</u>	13-14
<u>Hijab and Modesty</u>	15
<u>Block release</u>	16
<u>Health & Wellbeing</u>	17-20
<u>Islamophobia</u>	21-22
<u>Closing and Contacts</u>	23

OUR COMMITTEE



Our committee work tirelessly throughout the year to make sure you have a society that represents you as Muslim dental student. We run events, give advice, and ensure an environment for Muslim students to connect across the university. We are also available for help and support and always appreciate feedback!

Committee 2025–2026

Co-Presidents: Ohona & Bekzod

Brothers' and Sisters' VP: Muhannad & Sanjida

Secretary: Misaal

Treasurer: Huda

Head of events: Jibreel & Duaa

Education Rep: Laila

Medic Lead: Sumayya

Dental Lead: Amal

Vet Lead: Nosaiba

Charity rep: Numa

Fresher's Rep: Muntaha

Social Officer: Sulaiman

EDI Officer: Jaber

SALAH



‘It is truly I. I am Allah! There is no god worthy of worship except Me. So worship Me alone, and establish prayer for My remembrance” (Qur'an, 20:14)

Salah (prayer) is a significant act of worship within our religion. It is the second pillar of Islam and a means of displaying our submission and devotion towards Allah SWT. The act of praying helps to increase our *Taqwa* (God consciousness) and strengthen our *Iman* (believers' faith). The importance of salah is emphasised through the obligation of praying the five daily prayers, attending *Jumu'ah* (congregational Friday prayer) and aspiring to complete the *Nafl* (voluntary) prayers. However praying salah on time alongside our busy timetables can be challenging so here are some tips to help.

Tips

- Ask your supervisor/teaching staff for a short break to pray if it doesn't interfere with patient appointments or disrupt the session
- Try to pray during your set lunch break
- Ask about prayer spaces/chaplaincies, or the nearest unoccupied room (this is when a portable prayer mat is useful)
- Use opportunities wisely e.g. ask to step out to pray if your patient cancels or in between patient appointments. **Make sure you arrive back promptly!**

The prayer room in the dental school makes praying salah convenient when at the dental school. Lunch break is 12:30–1:30 so is the perfect time for Zuhr. In the winter months, it can be difficult to read Asr on time as clinics end at 4:30/5 PM. In these situations, you could take a quick break to pray salah, if it is appropriate.

SALAH



Here is an example template that you can use to ask for time to attend Jumu'ah (or adjust for another prayer) that you can send to your head of year (or the appropriate person):

Good morning/afternoon,

I hope you are well.

I am emailing you about the [insert timetabled session], which I have scheduled for Fridays at [insert time].

Unfortunately, this will make it difficult for me to attend congregational Friday prayer. For context, Friday prayer is obligatory for men in Islam, so this is a vital religious commitment for me.

Therefore, I would appreciate it if we could come up with a solution so that I can attend both the Friday prayers and the scheduled teaching session.

Thank you for your time and understanding.

Kind regards,

When asking to attend Jumu'ah or pray your salah it is important for you to be mindful of your patient appointments and your clinical sessions.

If you have any faith related issues or concerns, please do not hesitate to contact one of the Muslim MDV committee members or speak to the University Chaplain Munira Hashmi (**munira.hashmi@bristol.ac.uk**).

Usually, Jumu'ah is held at the dental school, during the lunch break. It finishes on time, to allow you to get ready for and be on clinic for 1:30 PM.

PRAYER SPACES ON CAMPUS

"Salah in congregation is twenty-seven times more meritorious than a Salah performed individually." – Prophet SAW (Sahih al-Bukhari and Sahih Muslim)

Prayer Space	Segregated?	Wudu facility?	Information
Senate House Prayer Room	✓	✓	<ul style="list-style-type: none"> - Located on the 2nd floor - Open 8am-10pm weekdays and 9am-6pm weekends - U-card to enter building
Woodland Road Prayer Room	✓	✓	<ul style="list-style-type: none"> - Open 24/7 - Video on Location - U-card activation required, click here to register
Multifaith Chaplaincy (MFC)	✓	x	<ul style="list-style-type: none"> - Quiet rooms available for you to pray in, ask chaplains or MFC assistant - Open 11am-3pm weekdays
Southwell Street Anatomy Building	x	x	<ul style="list-style-type: none"> - Room 2A.10 - Multifaith space – contact receptionist if lost
Arts & Social Sciences Library	x	x	<ul style="list-style-type: none"> - Makeshift prayer space on the bottom floor, down the stairs from the ground floor group study area, then left under the stairs
Biomedical Sciences Building	x	x	<ul style="list-style-type: none"> - Small room located on the 2nd floor next to room F.40 - Open 8am-6pm weekdays
SU Richmond Building*	x	✓	<ul style="list-style-type: none"> - Located on the 4th floor – Multifaith space - Open 8am-11pm weekdays - Wudu-like facility on 2nd floor in the disabled toilets

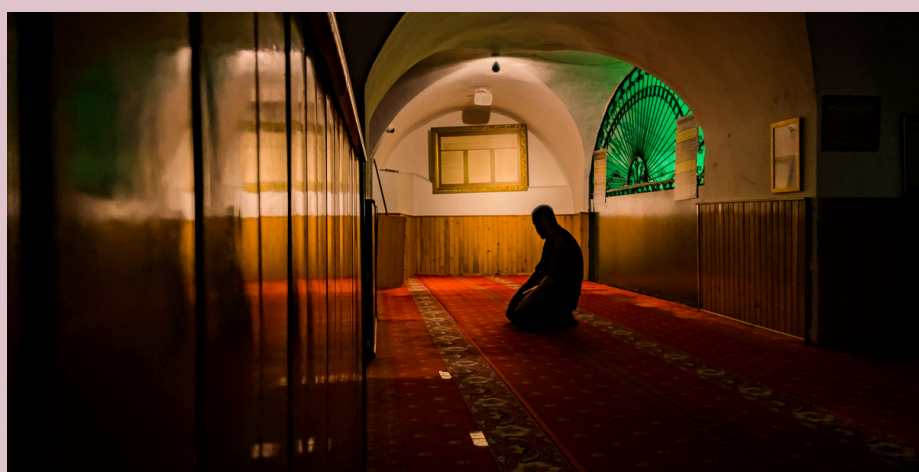
*Jum'uah is held in the SU Richmond Building – Carpenter Room for both Brothers and Sisters, unless limited alternative space is booked. For the details of the room and times message Bristol ISOC at [@bristolisoc](#) (IG) or email secretary@brisoc.com with your name and number to be added to the WhatsApp group chats.

PRAYER SPACES IN DENTAL SCHOOL

"Guard your (obligatory) prayers. especially the middle (Asr) prayer. Stand before Allah with true devotion." (Qur'an, 2:238)



Location	Information
New Bristol Dental School and Hospital	<ul style="list-style-type: none"> • First Floor, open 8 am–8pm • Prayer Room 1.45 • Male Ablution Room 1.44 • Female Ablution Room 1.46
Old Bristol Dental Hospital (Chapter House)	<ul style="list-style-type: none"> • First floor • Quiet room to the right of the CAL suite entrance



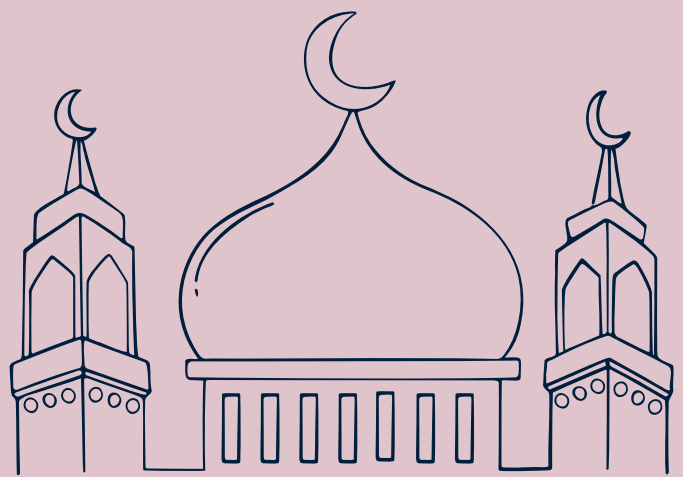
RAMADAN



“O, Believers! Fasting is prescribed for you – as it was for those before you – so perhaps you will become mindful of Allah.” (Qur’an, 2:183)

Ramadan is the ninth month of the Islamic calendar and is the fourth pillar of Islam. It is within this holy month that the Qur'an was first revealed to Prophet Muhammad SAW on *Laylatul Qadr* (the night of power). It is a month of fasting, praying, spiritual growth and reflection for Muslims. Fasting from dawn till sunset within the month of Ramadan is an obligation for all Muslims apart from those who are exempt.

Ramadan gives us the opportunity to reflect on both our good and bad deeds and contemplate how we can become better people and better Muslims. During Ramadan many Muslims follow the *Sunnah* (the Prophets way of life) of praying *Taraweeh* (night prayer), throughout the holy month the Qur'an is recited, this is one way for us to become closer to Allah SWT and form a deeper connection with our religion.





RAMADAN



Tips to balance Ramadan alongside student life

- Make a list of goals you want to achieve by the end of Ramadan
- Figure out a study/revision schedule that is going to work for you e.g. study/revise/read Qur'an after *Fajr* before the start of clinic and then relax after clinic between *Asr* and *Maghrib*
- Inform your clinical supervisors and partner that you are fasting so that they can support you if necessary
- If you have any concerns about attending a timetabled session whilst fasting, contact the dental school
- Make sure to have a full and balanced *Suhoor* (meal before sunrise)
- Reduce your tea/coffee intake leading up to Ramadan, this will help to prevent you from experiencing withdrawal symptoms e.g. headaches and fatigue
- Consider meal prepping your *Iftars* (meal after sunset) for the week
- Being away from your family and friends during Ramadan can be a lonely time. Try and have *Iftar* with your fellow Muslim friends or the BRISOC community
- Staying active is good for your mental health, adjust your exercise routine to make it achievable whilst fasting. Remember to take care of your self first, so you can care for others and for your patients better.

**“You must complete the quantity (of days) in order to thank God for leading you and be thankful.”
(Qur'an, 2: 185)**

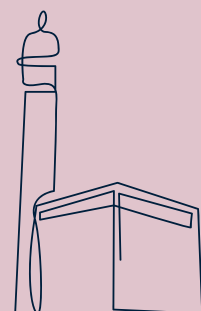
As Muslims we celebrate *Eid al-Fitr* (festival that marks the end of Ramadan) and *Eid al-Adha* (festival of sacrifice) which marks the end of *Hajj* (annual pilgrimage to Mecca). On these important days we attend congregational Eid Prayer, give charity and celebrate the special occasion with close family and friends.

These dates change every year as they are based on the lunar calendar and are dependent on local moon sightings. This is why it is important to appropriately request leave from the dental school in advance.

Tips for requesting leave

- Complete the 'Planned Leave Request Form' 6 weeks in advance, make sure to include both potential dates that Eid may fall on (complete the form even if you do not have any timetabled sessions)
- The form can be found on Blackboard under '**Dental UG Common Information – How Do I... – Request Planned Leave**'

If you are unable to go home for Eid, Muslim MDV and BRISOC communities are present with many people in a similar situation. Be proactive and try to celebrate Eid together!



MUSLIM LIFE IN BRISTOL

**“Give glad tidings to the ones who walk in the darkness to the mosques, with full light on the day of judgement.”
– Prophet SAW (al-Tirmidhī)**

Mosques, Butchers and Halal Food Spots

- Assahaba Mosque
 - 18 minute walk from UoB campus
 - 25 minute walk from the Dental School
- Al-Baseera Bristol Centre
 - 25 minute walk from UoB campus
 - 14 walk from the Dental School

[Click here for a list of key mosques in Bristol on google maps](#)



[Click here for a list of halal butchers in Bristol on google maps](#)



[Click here for a list of halal food spots in Bristol on google maps](#)



**Information sourced from the University of Bristol Islamic Society Fresher's Handbook*



"My success comes only through Allah. In Him I trust and to Him I turn." (Qur'an, 11:88)

In year one, you will get the chance to attend clinical sessions in the hospital. As you move up through the years you will spend more time in clinic. The sessions in the hospital will range from clinical skills sessions on manikin heads, clinical tutorials, radiography sessions, assisting older years and eventually start seeing your own patients in Year 2.

Seeing your first patient can be daunting, but remember that you have been taught everything you need to know! The supervisors are there to help you, so don't hesitate to ask any questions you may have.

You will also attend tutorials, which are helpful to combine what you learn in lectures and apply it to clinical settings.



Tips for clinic

- Use an A5 notebook to note down content shared by supervisors during clinical sessions/tutorials (this information could be included in your finals)
- Always bring work/revision with you in case of patient cancellations
- Be prepared and complete any prework set for clinical sessions/tutorials beforehand
- If you are unsure of something, need help locating an area in the hospital or even asking where to find a certain material on clinic don't be afraid to ask an older peer/member of staff for help
- Complete your CAFS reflections as soon as possible after your clinical sessions

STUDY RESOURCES



Examples of learning/revision resources:

General Overview	Anatomy	Dentition and Tooth Morphology	Clinical/OSCE Skills
<p>Textbook – Dentistry In a Nutshell: A Practical Guide to Clinical Dentistry</p> <p>Textbook written by Dr. Nicola Z Gore and Dr. Raabiha Maan</p>	<p>Website – Teach Me Anatomy</p>	<p>Website – Tooth Morphology Lab</p>	<p>YouTube – Hygiene Edge on YouTube</p>
<p>Website – Revise Dental</p>	<p>Website – Kenhub Anatomy</p>	<p>Website – Dundee 3D Dental Models</p>	<p>Website – Geekymedics: dentistry section</p>
<p>YouTube – Two Dentists on YouTube</p>			

[Click here for the Muslim MDV Resource Bank!](#)

HIJAB & MODESTY

**“And tell the believing women to lower the gaze and guard their chastity...Let them draw their veils over their chests, and not reveal their hidden adornments...”
(Qur'an, 24:31)**



For many Muslim women, the hijab is more than a religious obligation; it is a source of comfort, protection and part of their identity. It should not be compromised or made compromised unless needed e.g. patient safety.

Key rules on hijab in the dental workplace:

- Religious head coverings are allowed
- 'Bare below the elbow' during direct patient contact
- On clinic you can either wear full sleeves which you roll up during patient appointments or use disposable sleeves – used like disposable gloves
- In surgical theatres, options:
 - Disposable orthopaedic hood from the trust
 - Disposable hijab (your own or from the trust)
 - Change to a newly washed hijab at 60°C



Tips

- The hijab and sleeves should not be loose and dangling
- Jersey hijab is more comfortable and easier to adjust
- If you are asked to expose e.g. elbows in non-patient settings, explain the guidelines to them
- Ask the nurses on clinic for disposable sleeves
- Sizing up on scrub tops can provide more coverage

BLOCK RELEASE



In year three, dental students are allocated a hospital (Southmead, BRI or Weston) in which they spend two weeks. This is a unique experience that many dental schools do not offer for their students. During your time in the hospital, you will observe surgeries and clinics, take part in role play and take detailed histories from patients.

Here, you can become more confident at taking a medical history as there are many patients who have multiple conditions and are prescribed numerous medications. Not only will this be good practice for OSCEs, but a lot of the communication skills are transferable to the dental setting.

Block release in many ways can be a contrasting experience to dentistry as you may be faced with patients who are quite poorly. Usually, in a dental setting, our patients arrive feeling fit and well so you may not be accustomed to this. It is important to remember that as Muslims we have a duty to visit the sick.

Imam Ahmad narrated that Jabir (may Allah SWT be pleased with him) said: The Messenger of Allah SWT (peace and blessings of Allah be upon him) said: **“Whoever visits a sick person is plunging into mercy until he sits down, and when he sits down, he is submerged in it.”** (Classed as sahih by al-Albani in al-Silsilah al-Sahihah, 2504).

HEALTH & WELL-BEING



“O Allah, I take refuge in you from anxiety and sorrow, weakness and laziness, miserliness and cowardice, the burden of debts and from being overpowered by men.” – Prophet SAW (Al-Bukhari 7/158)*

[*Click for an explanatory video on Dua](#)

We understand that starting university, moving away from home and adjusting to the dental course can be an overwhelming experience.

At times you may experience low self-esteem, and imposter syndrome and feel that there is too much to do and too little time. These are common thoughts, however, you do not have to go through it alone.

It is important for us as dental students to prioritise our physical and mental well-being. You need to feel your best, to be able to give the best treatment to your patients. Both the university and the dental school offer various pathways for you to seek guidance and support during your degree. If you feel that you are struggling at any point, please speak to someone.



Tips

- Make sure to take frequent breaks from studying
 - Set time aside each week to join society events, focus on your hobbies and spend time with your friends (use a planner to organise your time)
 - If you're struggling to balance work and life, create study space boundaries e.g. some students complete all their work within the library environment
 - Take part in a physical activity. Dentistry is a challenging career mentally and physically!
- 17** • Remember, self-care is the best care!

Who can you reach out to?

Within the Dental School

- Your Personal tutor
- Peer mentor
- Senior tutors
- Head of year



Within the University

- [Health and Well-being Services](#), request support [here](#)
- [Multifaith Chaplaincy](#) - Contact the Muslim Chaplain
- [Student Health Service](#) - For medical related support
- [Resilife](#) - If living in university accommodation
- [BAME Support](#)
- [Nilaari](#) - Provides culturally appropriate counselling services for BAME students. Contact Nilaari (0117 952 5742) to receive up to six free counselling sessions

Other

- [Emergency Help](#)
- Your peers can be a good source of comfort to share concerns and advise with each other
- Our EDI Officer Maria Hussain, or any other committee member from Muslim MDV
- [The Muslim Youth Helpline](#)
- Self-help resources: [Practical Guide to Managing Stress by BIMA](#), [Self-Help Resources](#)

Take care of your soul...

“Allah does not burden any soul greater than it can bear.” (Qur'an, 2:286)

Allah SWT has provided various means of support for us in this *dunya* (this world), so we should use His provisions to improve our well-being. Islam also encourages us to turn to Allah SWT with our worries and concerns. This can be in the form of talking to Allah SWT through salah, making *dua* (supplication prayer) and reading/listening to the Qur'an.

**“We send down the Quran as a healing and mercy for the believers,”
(Qur'an, 17:82)**



Like in dentistry, prevention is better than cure in Islam. Try to incorporate small and consistent habits into your routine to continuously seek refuge from Allah SWT and gain a deeper knowledge of the religion. This will maintain and strengthen your connection with Allah SWT.

For example:

- Read the Qur'an/Tafsir for 15 minutes every morning
- Attend the educational and social events held by Muslim MDV, BRISOC and local mosques
- Work on personal goals to [purify_your_heart](#)

HEALTH & WELL-BEING

Dua for seeking refuge from severe calamity, misery, and to be freed from misfortune

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ جَهْدِ الْبَلَاءِ، وَدَرَكِ الشَّقَاءِ، وَسُوءِ الْقَضَاءِ، وَشَمَاتَةِ الْأَعْدَاءِ
Allahumma inni a'uzu bika min jahdil-bala', wa darki shaqa', wa
su'il-qadha', wa shamatatil-a'da'

"O Allah, I seek refuge in You from severe calamity, from misery to fall upon me, from misfortune in the decree, and from the joys of the enemies."

(Sahih Al-Bukhari)

Dua for hardship and distress

Allah s.w.t. will grant whoever recites this 7 times in the morning or evening sufficiency from which whatever matters that brings him or her grief:

حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ، عَلَيْهِ تَوَكَّلْتُ، وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ
HasbiyAllahu la illaha illa Huwa, 'alayhi tawakkaltu, wa Huwa Rabbul
arshil azim

"Allah is sufficient for me. There is none worthy of worship but Him. I have placed my trust in Him, and He is the lord of the Majestic Throne."

(Sunan Abi Daud)

Dua to attain calmness of the heart from being anxious

رَبِّ اشْرَحْ لِي صَدْرِي وَيَسِّرْ لِي أَمْرِي وَاحْلُلْ عُقْدَةً مِّنْ لِّسَانِي يَفْقَهُوا قَوْلِي
Rabbi-shrah li sodri, wa yassir li amri, wahlul uqdatan min lisani
yafqohu qawli

"Lord, lift up my heart and ease my task for me. Remove the impediment from my tongue so that they may understand my speech."

(Surah Taha, 20:25-28)



ISLAMOPHOBIA

**"You shall certainly be tried in your possessions and your lives, and you shall certainly hear many hurtful things from some of those who were given the Book before you and from some polytheists. But if you persevere patiently and guard yourselves against evil, that is a matter of strong determination."
(Qur'an, 3: 186)**

Islamophobia is the act of discrimination towards Muslims which can be experienced as direct actions or subtle comments. If you feel that you have been in a position where you feel uncomfortable by someone's actions or words, it is very important for you to raise a concern. The dental school offers various ways to report an incident and seek support. On blackboard within the '**Student Support**' folder there is a student support guide.

In a situation where you feel discriminated against it is important to remain calm. It may be that an individual is curious about Islam or that they have a misconception about Muslims, so in this case it would be beneficial to have a healthy and open discussion about the topic. Within these situations you are representing all Muslims so this is why it is essential for you to embody the loving and peaceful nature of our religion. Where there is potential aggression and hostility, remove yourself from the situation and seek immediate support. If a patient behaves like this towards you, make sure you tell your supervisor and document the interaction in the notes.

The Prophet SAW experienced high levels of insult and torture; his response was always with mercy. He chose peace over violence, and would pray for their (and future generations) guidance.

ISLAMOPHOBIA

What steps can you take to tackle islamophobia?

1. Politely end the conversation, let them know you are uncomfortable. If you feel unsafe at ANY point e.g. at risk of any form of violence, LEAVE to an area of safety
2. Report the incident e.g. to your supervisor, personal tutor, the BDS senior tutor team & your head of years
3. Consider further avenues in raising concerns:
 - *I am a student/member of staff and I want to raise a concern about a student* → [Student Referral Form](#)
 - *I am a student and I want to raise a concern about a member of staff* → if you felt uncomfortable within a clinical session you can report the incident through CAFS under the **'feedback section'**
 - *I want to report anonymously or request contact from an Advisor* → use the [Report and Support Tool](#)
 - *I want to raise a concern* → Freedom to Speak Up Champions
4. Take care of your mental health, seek support from the university or external organisations e.g.
 - [SARI charity](#) in Bristol – provides free and confidential support for anyone who is a victim of a hate crime.
 - Report to [Bristol hate crime & discrimination services](#)
5. Join/Create initiatives to increase awareness of Islamophobia and help form resolutions
 - Share your story
 - Join [Islamophobia Awareness](#) campaigns
 - Reach out to other bodies e.g. Muslim MDV EDI Officer/Bristol SU advice team and their EDI Officer

CLOSING



Alhamdulillah

Thank you for reading the second edition of the Dentists Guide by Muslim MDV. We hope that the information provided will help you to navigate your way through dental school. If you have any ideas or concerns, please get in touch using our contact details below.

Finally, we make dua that your time here is successful and we hope that we have inspired you to feel confident about being a Muslim within the dental setting and University.

CONTACT INFORMATION



[.@muslimMDVbristol](https://www.instagram.com/muslimMDVbristol)



muslimmedicsbristol@gmail.com



linktr.ee/muslimmedicsbristol



[muslimmedicsbristol](https://www.facebook.com/muslimmedicsbristol)

DM us on **Instagram** or email us at **muslimmedicsbristol@gmail.com** to be sent an invitation link to the WhatsApp announcement group chat and to be added to the brothers' or sisters' group chats!

