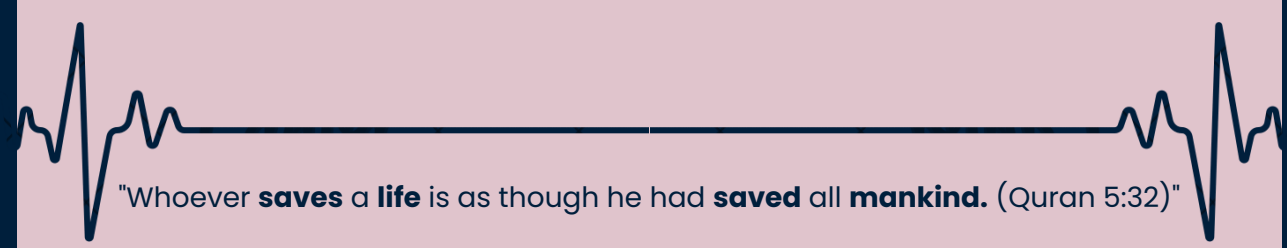
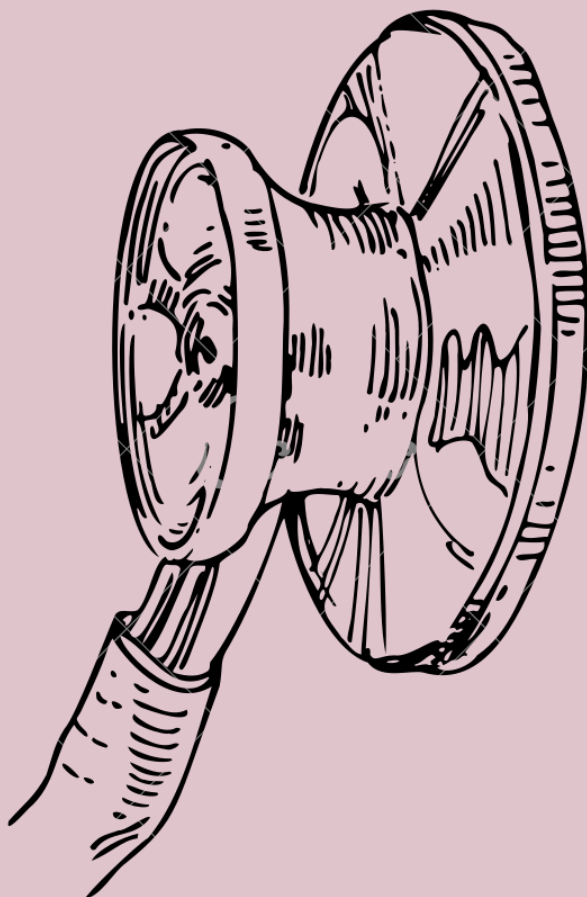


MDV BRISTOL

Muslim Medics Guide

Second *Edition*

September 2025-26



"Whoever **saves** a **life** is as though he had **saved** all **mankind**. (Quran 5:32)"

WELCOME



Asalaamualaikum warahmatullahi wabarakatuh!

Congratulations on entering Bristol Medical School, and a warm welcome back for the returning students! For the freshers joining our medical school, I 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 medical students on their journey through medical school by providing practical tips for clinics, answering frequently asked questions and reminding the importance of health & well-being.

May Allah SWT guide us all through our medical 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

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OUR COMMITTEE



Our committee work tirelessly throughout the year to make sure you have a society that represents you as Muslim medical students. 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

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

Being a Muslim and studying medicine are challenges to transitioning into university life. However, the greater the challenge the greater the reward insha'Allah tala. Salah is the first thing we will be accountable for on the day of judgment, so it is imperative that we hold onto our salah.

Religion and belief are both protected characteristics in The Equality Act of 2010. The medical school is committed to helping you to ensure you can manage your education and well-being tailored to your needs. Therefore we need to be proactive in fulfilling our salah obligation by working our timetables around prayer as much as possible by seeking support from the medical school.



Tips

- Check your timetable to identify any clashes, use suitable breaks wisely.
- Contact the appropriate person directly if needed e.g. med admin/tutors/year leads/CTFs.
- Ask about prayer spaces/chaplaincies, or nearest unoccupied room.
- It may be difficult to leave during patient interactions, so let whomever you're working with know at the start that you will need to leave at X time for Y long to pray.
- Use opportunities wisely e.g. if patients cancel in a clinic, ask to step out to pray. Make sure you arrive promptly back!



Here is an example template that you can use for time for Jumu'ah (or adjust for another prayer) that you can send to med admin (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 the Friday prayer (Jummah). For context, Friday prayer is obligatory for men in Islam to pray at a fixed time, so it is a vital religious commitment for me.

Therefore, I would be grateful for your assistance with organising a solution so I can attend both the Friday prayers and the scheduled teaching session.

Thank you for your time and understanding.

Kind regards,

Finally, the most important thing with faith-related issues is to speak to the right people, in the right way, at the right time. If you have any issues, 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**) to help support you.

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 LOCAL HOSPITALS

Sacred Spaces in University Hospital Bristol NHS Foundation Trust

Location	Information
<u>Bristol Royal Infirmary</u> - <u>The Sanctuary</u>	<ul style="list-style-type: none"> - Level 4, King Edward building, opposite the lifts - Segregated areas - Wudu facility available - Jumma brothers only - The academy has a new quiet room where you can pray in
<u>Bristol Royal Hospital for Children</u>	<ul style="list-style-type: none"> - Multifaith prayer room on Level 4, E405 next door to Lighthouse ward - Open 24/7
<u>St Michael's Hospital</u>	<ul style="list-style-type: none"> - Multifaith quiet room on Level C, near the pharmacy - Open 24/7
<u>Bristol Haematology and Oncology Centre</u>	<ul style="list-style-type: none"> - Multifaith quiet room on Level B - Open 24/7
<u>South Bristol Community Hospital</u>	<ul style="list-style-type: none"> - The sanctuary on the 1st floor - Open 24/7
<u>Southmead - The Sanctuary</u>	<ul style="list-style-type: none"> - Level 1, Gate 40, Brunel building - Wudu facility available - Jumma held - <u>Shahporan Islamic Centre</u> (Mosque) - 15 min walk

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)

As Muslims, we look forward to and yearn for Ramadan as it approaches. A month of fasting, deep reflection and purifying ourselves.

As medics, there may be challenges to Ramadan, such as long placement hours, packed days of lectures and exams. We may feel that we aren’t able to make the most out of it. However, the beauty in Islam is that when we make an intention and dua for an act to be a form of worship to Allah SWT, He will count it as a good deed.

Allah loves the small and consistent acts we do every day. There is an immense reward in e.g. spending time with family, donating to charity (no matter the amount) and reading even one letter of the Qur’an. Don’t forget the ‘simple’ yet rewarding things you do in Ramadan e.g. refraining from sin, joining iftars etc. There may be pressure among the community to do so much at once but it can be unrealistic and lead to burnout.

Lastly, remember that no harm will come to you if you are spending more time than usual on spirituality in Ramadan; when we engage in activities that please Allah SWT, he will put barakah and blessings in all the other things we do insha’Allah tala.



Tips

- Use the month of Sha'ban to start preparing for Ramadan, e.g. sunnah fasts, create your goals and routine to balance revision and spiritual tasks.
- Make CTFs/tutors aware of Ramadan approaching, and explain what it involves.
- Ask your tutors in advance if some lessons can be rearranged e.g. CBL in the morning.
- You can ask for your long case to be delayed for after Ramadan if necessary, and specify preference in the timings of the OSCES e.g. morning/afternoon.
- Reduce your tea/coffee intake in the month leading up to Ramadan to reduce withdrawal symptoms
- Wake up for suhoor, eat a healthy diet and drink plenty of water to stay hydrated.
- Improve your sleep hygiene; take a midday sunnah nap for an energy boost!
- Make most out of the time that you feel awake – for some this is post maghrib and others in the morning.
- If you are struggling or your health is deteriorating seek support and advice e.g. from your CTF, tutors or Muslim Chaplain.

More tips and resources
can be found
[here](#) and [here](#)





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

Eid is the opportunity where we can celebrate the end of Ramadan and the sacrifice of Prophet Ibrahim AS with loved ones, and so taking leave as students is important.



Tips for requesting leave

- As there is a rough estimate of the dates of Eid, ask in advance to increase the chances of your leave being approved. This is so academies can try their best to adjust the timetable so that you can take leave without missing crucial teaching. Academies have ‘protected’ days where they don’t allow leave but if you tell them early, they can try to work things out for you.
- You are allocated a certain number of flexible annual leave (FAL) per rotation, which doesn’t count towards your attendance. Try to use one of them for Eid so that your attendance isn’t affected.
- If you have used up all your FAL and are worried about your attendance, ask the school beforehand what your attendance currently stands – they can tell you the % and you can work with it accordingly.

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 in initiatives to do something together... You may find other medics in the same placement as you and spend the day 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*

Mosques within walking distance of UoB campus

- Assahaba Mosque (18 minute walk)
- Al-Baseera Bristol Centre (25 minute walk)

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



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



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



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

STUDY RESOURCES

“My success comes only through Allah. In Him I trust and to Him I turn. ”(Quran, 11:88)

Everyone has their style of learning; the transition to university may mean your revision techniques may not be as useful. Use your early medical years to explore different methods of learning to see what works for you.

E.g.

1. Reading notes
2. Watching videos
3. Writing notes/questions/flashcards
4. Practicing questions/flashcards e.g. Anki/Quizlet, Peerwise, Question banks

Resources on Blackboard that the medical school provides may be useful, however, we would recommend that you borrow from the library/access online versions. There may be other resources that may be more beneficial so do consult your peers.

A wide range of resources can be overwhelming, so stick to a few that is used commonly and is credible, and remember to use sample papers and OSCE scenarios (with mark schemes) that the university provides!

The [MLA content map](#) sets out the core knowledge, skills and behaviours needed for UK practice. The document is useful in clinical years to view the presentations and conditions mapped to each area of clinical practice.

STUDY RESOURCES

Examples of learning / revision resources:

Question banks*	Content	Books	OSCE	Other
Passmed	Zero2finals	Oxford handbook of clinical medicine	Geeky Medics	Revision series on Facebook e.g. Peer2Peer
Pastest	TeachMe Series (Esp. Anatomy)	Aclands Anatomy	Caps logbook	Capsule (Access provided by the Uni)
Quesmed	NICE CKS	Medicine in a day (Recommended by Judith Fox)	Quesmed	YT channels

**All question banks contain notes. Passmed notes are particularly useful as they include concise versions of the NICE guidelines.*

Please don't hesitate to contact the medic lead or any of the medic committee members if you are struggling with the course.



HIJAB & MODESTY

**“And tell the believing women to lower their 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 medical workplace:

- Religious head coverings are allowed
- In surgical theatres, options:
 - Disposable orthopaedic hood from the trust (oddly shaped and not the most comfortable)
 - Disposable hijab (your own or from the trust)
 - Change to a newly washed hijab at 60°C
- 'Bare below the elbow' during direct patient contact
 - Patient contact defined as near patient bed space or any activity involving direct patient care
 - Can either wear full sleeves and roll up during patient interactions or use disposable sleeves from the trust – used like disposable gloves

Tips

- 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 e.g. simulation, explain the guideline to them.
- Ask the academy if they provide sleeves/hoods.
- Sizing up on scrub tops can provide more coverage.

Check out the [Med Hijab website](#), where you can find Hijabs that are stethoscope and PPE mask friendly. Proceeds go towards an international charity

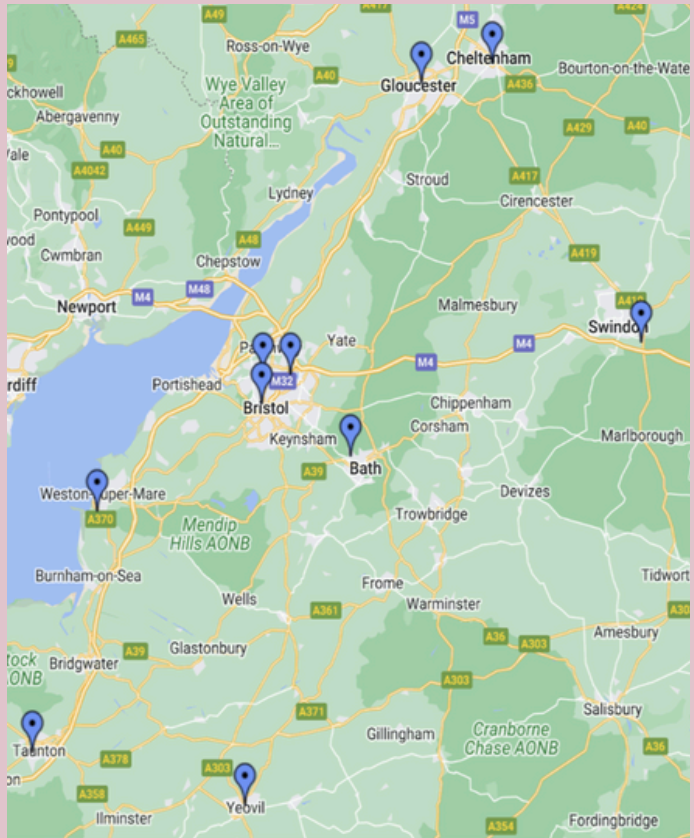
CLINICAL PLACEMENTS

Clinical placements are based in Bristol and surrounding cities:

1. North bristol – Southmead
2. South bristol – BRI
3. Bath
4. North Somerset – Weston
5. Swindon
6. Gloucestershire – Gloucester
7. Gloucestershire – Cheltenham
8. Somerset – Yeovil
9. Somerset – Taunton

Each placement has an academy that will teach and support you. All academies but Bristol will provide you free accommodation.

[Travel options from Bristol to Clinical Placements](#)



You can find handbooks about accommodation, travel and placement created by the academies [here](#).



Tips:

- If you don't have a car, make friends with those who can give you lifts for placements that are far.
- Remember to get your first travel there and last travel back reimbursed by the medical school.
- Look out for the Bristol Medical School Survival Guide released by Galenicals soon!
- Check if you're eligible for [priority allocation](#) (PA). With PA you can have more governance over where you're based e.g. all OUT placements for one year and all IN placements in another (i.e. Bristol), reducing rent fees esp. in Years 4 and 5.
- Food: Meal prep and do your shopping over the weekend in Bristol, as butchers in OUT placements can be far.

CLINICAL PLACEMENTS

Prayer Spaces, Mosques, Butchers & Halal food spots

Placement	Prayer Spaces*	Information	Mosques near hospital	Halal butchers / food spots
Bath	Spiritual Care Centre	<ul style="list-style-type: none"> - On G floor, Princess Anne Wing corridor, intersection of Zone C/D - Wudu facility - Accommodation ON SITE 	None nearby, closest is Bath Islamic Centre	List
Weston	Chapel	<ul style="list-style-type: none"> - On G floor near the pharmacy - Accommodation ON SITE 	None nearby, closest is Weston Islamic Education Centre	List
Gloucester	Muslim prayer rooms	<ul style="list-style-type: none"> - Opposite Foster's - Segregated - Wudu facility - Accommodation NEARBY 	Gloucester Ghousia Masjid & Jama Al-Karim Mosque - 10-15 min walk	List
Cheltenham	Chapel	<ul style="list-style-type: none"> - Near Blue Spa Cafe in West Block - Accommodation NEARBY 	Masjid-al-Medina - 15 min walk	List
Swindon	Chaplaincy	<ul style="list-style-type: none"> - 1st floor near eye clinic - Wudu facility - Accommodation ON SITE 	None nearby, closest is Swindon Mosque	List
Yeovil	Chapel	<ul style="list-style-type: none"> - L4 from 7am-9pm; At night ask key from switchboard - Wudu facility in academy - Accommodation NEARBY 	Yeovil Islamic Centre - 10 min walk	List
Taunton	Chaplaincy	<ul style="list-style-type: none"> - L1 of Duchess Building (green section) - Dividers available - Wudu facility - Accommodation FAR 	Taunton Central Mosque - 15 min walk	List

**Most prayer spaces hold Jummah, though there is often little space for sisters. Exceptions are Gloucester and Taunton where there are dividers to accommodate sisters. There are nearby mosques in Yeovil and Taunton.*

“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 explanatory video on Dua](#)

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

At several times you may experience low self-esteem, 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 as medical students to prioritise our physical and mental wellbeing. Both the university and the medical school offers various pathways for you to obtain support during your degree. If you feel that you are struggling at any point, please do 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.
- 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.
- Remember, self-care is the best-care!

Who can you reach out to?

Within the Medical School (extensive contact list [here](#))

- Your Professional Mentor
- Academic support – Year co-leads, Admin leads, Academy deans, teaching staff e.g., CBL tutor, CTFs
- Senior tutors e.g. Nicola Taylor – Book a meeting [here](#)
- Judith Fox (**Judith.Fox@bristol.ac.uk**), one of the programme leads, is very supportive and understanding – can arrange a meeting to help you

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
- [Nilaari](#) – Provides culturally appropriate counselling services for BAME students. Contact 0117 952 5742 to receive up to six free counselling sessions
- Peer Mentor (if you have one)

Other

- Your peers can be a good source of comfort to share concerns and advise with each other
- Our EDI Officer Maria, or any committee member
- [Emergency Help](#)
- [BAME Support](#)
- [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)

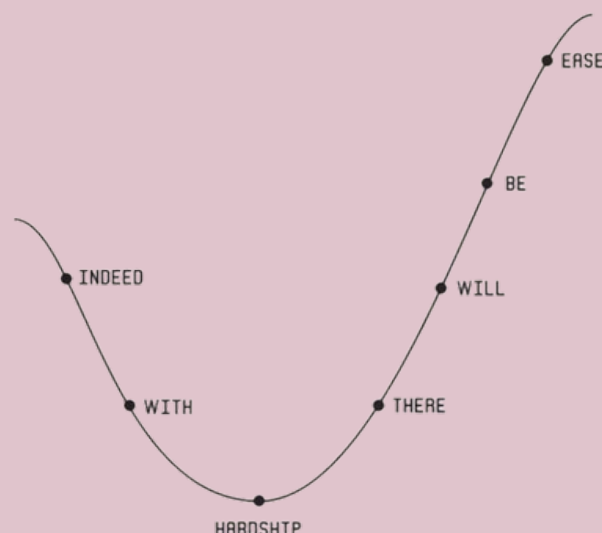
Allah has provided various means of support for us to use to improve our well-being. Islam also encourages us to turn to Allah SWT with our worries and concerns. This can be in the form of talking to Allah through *salah*, making [dua](#) and reading / listening to the *Quran*.

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



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

- Read Qur'an / Tafsir for 15 minutes every morning
- Attend islamic educational and social events held by societies and local mosques in person or online
- Work on personal goals to [purify_your_heart](#)



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)**

As Muslims, it's difficult to see the increasing prevalence of Islamophobia. Often it can be difficult to tell if someone is asking questions out of genuine curiosity or to embarrass/offend us. If you feel the question is genuine, have a healthy and open discussion about the topic.

However, if you feel uncomfortable, insulted or singled out in ANY setting – this is completely not acceptable and should be reported. It doesn't matter what their intention is, you have been put in a vulnerable and hostile position where you feel you have to (or can't) defend yourself. Sometimes we may feel self-doubt and hesitate reporting, as Islamophobia can come across in ways that are unclear and subtle. We recommend that you still report and seek support; your feelings matter.

We may also feel anger, however it's important to remain respectful. The greatest test of good character is how a person of the best character deals with the person of the lowest of character. 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 to e.g. your tutor, CTF & other staff
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* → speak to a senior lead or the Faculty Education Manager (fhs-fem@bristol.ac.uk)
 - *I want to report anonymously or request contact from an Advisor* → use the [Report and Support Tool](#)
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 here – [Racism in Medicine](#)
 - Join [Islamophobia Awareness](#) campaigns
 - Reach out to other bodies e.g. Muslim MDV EDI Officer / Galenicals Welfare Officer / Bristol Medical Schools Religion and Faith Advocate / Bristol SU advice team and Bristol SU EDI Officer

CLOSING



Alhamdulillah

Thank you for reading the first edition of the Medics guide by Muslim MDV. We hope that the information provided will help you to navigate your way through medical school. We understand that this is the first edition and there may be content that has not been covered. 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 that we have inspired you to feel confident about being a Muslim within the medical setting and University.

CONTACT US



[@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!

