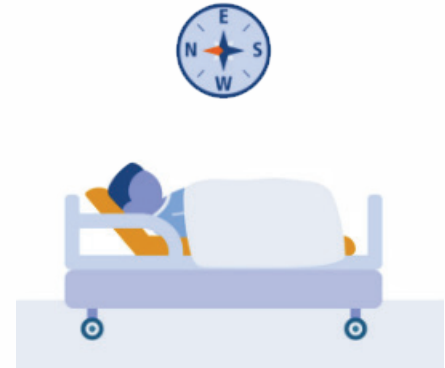


KEY POINTS

- Hindus believe in God who maintains the universe through various deities who personify a range of cosmic powers.
- They believe that when an individual dies, their ātmān discards the physical body and transmigrates from one life to another - somewhat like a person changing their clothes.
- For a Hindu, the goal of life is freedom from that transmigration cycle to remain in a state of eternal devotion to God. This is known as mokṣa.

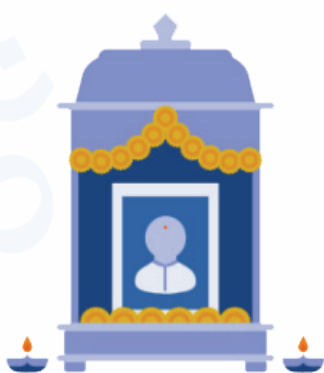


END OF LIFE MEDICAL CARE

- Outside of a medical emergency, you should never remove a Hindu's attire or symbols without permission because of their religious significance.
- Before accepting food or even medication, some Hindus may prefer to bathe in the morning prior to offering prayer. This practice may influence the timing of procedures or medications.
- Hindu patients may follow a diet that precludes non-dairy animal products.
- Clarify the patient's preferences regarding animal derivatives in medications, such as gelatin capsules or porcine heparin.
- Clarify timing of medications to respect worship and fasting practices.

PRACTICES WHEN APPROACHING END OF LIFE

- The Hindu religion has several rituals surrounding end-of-life care. These rituals are believed to facilitate the soul's exit from the physical body.
- As a Hindu patient nears the end of their life, they may prefer to die at home with family and friends who are more familiar with end-of-life rites and rituals.
- The Hindu religion does not prohibit analgesia and sedation, but some patients may prefer to be more alert during their final days with their family and others.



GENERAL CONSIDERATIONS

- Within any faith tradition, members may hold individual and differing beliefs.
- Proactively clarify patient preferences in medical decision making, preferred support, rituals, and timing of medications.
- For additional support, contact the palliative care or hospice chaplain or a member of the chaplaincy department who can also help connect the patient and/or family to local faith leaders.

ADDITIONAL RESOURCES

<https://www.hinduamerican.org/>

<https://www.baps.org/FAQ.aspx>

<https://www.hinduchaplains.com/resources.html>

<https://www.advancingexpertcare.org/education-events/on-demand-education/22diversity-equity-inclusion-belonging/>

Spiritual care services like chaplains can facilitate access to their faith community or contact your local Hindu temple.



The Diversity in Health Care video series was made possible through a grant from the Jack Buncher Foundation to develop resources for providing culturally appropriate end-of-life care to Jewish, Hindu, and Buddhist patients. View the full video series [here](#).

If you have any questions, please contact info@hpnf.org.