

Managing fasting in geriatric patients

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Abstrak

In this paper, fasting refers to the Muslim fast, defined as refraining from eating and drinking and all other activities that annul the fast from sunrise to sunset (approximately 14 hours). Fasting can be performed at any time in the year, but is usually performed during certain the compulsory month or recommended days. The fasting of the month of Ramadan is an activity that is health-wise quite difficult, since the person has to refrain from eating and drinking from sunset to sunrise (approximately 13 to 14 days per day) for 29-30 consecutive days.