

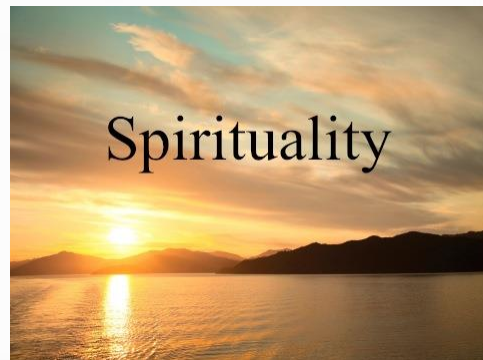
Spirituality



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What Is Spirituality?

- Aspects of spirituality:
 - religious faith
 - the need for purpose and meaning
 - Forgiveness
 - love and relatedness
 - Hope
 - creativity



What Is Spirituality?

- Reed proposed that spirituality involves meaning-making through intrapersonal, interpersonal, and transpersonal connection.
- Narayanasamy's description of spirituality as "the essence of our being and it gives meaning and purpose to our existence"



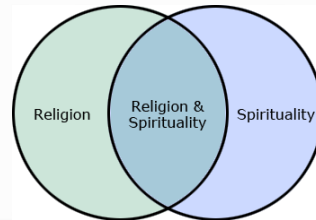
What Is Spirituality?

- a "guiding force," an "inner source of power," and "source of wisdom":
- "It drives us to search for meaning and purpose, and establish positive and trusting relationships.
- it gives peace and harmony through our relationship with 'something other' or things we value as supreme"



What Is Spirituality?

- **Religion**: organized beliefs and practices that express one's spirituality.
- "Spirituality is more of a journey and religion may be the transport to help us in our journey"
- **Transcendence**: explains persons' needs to transcend the self, often manifested in a recognition of an Ultimate Other, holy Source, Higher Power or God.



Why is it Important for a Palliative Care Provider to Conduct a Spiritual Assessment?

- Spiritual awareness increases as one faces an coming up death.
- some may experience spiritual distress or "soul pain,"
- others may have a spiritual transformation or experience spiritual growth → consider spirituality to be one of the most important contributors to quality of life.
- Religious beliefs and practices (e.g., prayer) are **helpful coping strategies**

How Does Spirituality Manifest Itself?

- What subjective and objective observations would indicate spiritual disease or health?
- Taylor identified 8 categories of spiritual needs:

<ul style="list-style-type: none"> <input type="checkbox"/> Relate to God or an Ultimate Other <input type="checkbox"/> Have gratitude and optimism (positive outlook) <input type="checkbox"/> Love others <input type="checkbox"/> Receive love from others 	<ul style="list-style-type: none"> <input type="checkbox"/> Review spiritual beliefs <input type="checkbox"/> Create meaning, find purpose for life <input type="checkbox"/> Sustain religious experience (e.g., reading spirit-nurturing material, having quiet time to reflect) <input type="checkbox"/> Prepare for death
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Spiritual Assessment Models

- Level 1 screening assessment: conducted when a patient enters a health institution for palliative care.
- If the screening assessment gives an impression that there are spiritual needs → level 2 assessment: allows for focused, in-depth assessment.
- spiritual history: an indepth review of patient's spiritual journey through life

Screening Spiritual Assessment

➤ Pulchaski's FICA tool.

- (F): what **faith** and beliefs the patient has
- (I): how **important** or influential faith is
- (C): what faith **community** or spiritual support group they participate in
- (A): how the client would like the health/hospice care team to **address** their spiritual needs

F *aith*
I **Community**
C *hurch*
A *pply/Address*

Screening Spiritual Assessment

➤ Hodge's assessment questions include:

- "I was wondering if spirituality or religion is important to you?"
- Are there certain spiritual beliefs and practices that you find particularly helpful in dealing with problems?
- I was wondering if you attend a masjid?
- Are there any spiritual needs or concerns I can help you with?"

Screening Spiritual Assessment

- Anandarajah and Hight : **HOPE**.
- “H” assess for sources of **hope**, strength, comfort, meaning, peace, love, and connection.
- “O”: the patient’s **organized religion**
- “P”: **personal** spirituality and **practices**.
- “E”: **effects** on medical care and end-of life decisions.

Screening Spiritual Assessment

- LaRocca-Pitts: FACT
- F (faith)—or spiritual beliefs;
- A (availability/ accessibility/applicability)—or how well spiritual support can be accessed;
- C (coping/comfort)—or how faith functions to help comfort and cope;
- T (treatment)—what spiritual care is needed given

Comprehensive Models

- Stoll suggested four areas for spiritual assessment:
 - ❑ The patient's concept of God
 - ❑ Sources of hope and strength
 - ❑ Religious practices
 - ❑ The relationship between spiritual beliefs and health.

prerequisites for discussing spirituality

- show kindness and respect
- get to know the patient first
- Caring
- rapport/ trust as with a physician.



Asking Questions

- Asking open-ended questions.
 - ☐ “Tell me about . . . ”
- questions beginning with “why” are not helpful; they are mixed with a sense of threat or challenge—“Why do you believe that?” Table 33–3.

Table 33-3

A Collection of Nonreligious Questions to Broach Topic of Spirituality with Palliative Care Patients

You've gone through so much lately. Where do you get your inner strength and courage to keep going?
 What is helping you to cope?
 What comforts are most satisfying for you now?
 As you think about your future, what worries you most?
 Some people seem more to live while they are dying, while others seem to die while they are living. Which way is it for you? What makes it that way?
 What kind of person do you see yourself as? (Note: Chaplains suggest that how one views self parallels how one views their Creator or God.)
 What do you see as the purpose for your life now, given your body isn't allowing you to do all you used to do?
 What hopes and dreams do you have for your future? For your family?
 What legacy would you like to leave? How can we make sure that that happens?
 As I've gotten to know you, I've noticed you speak often of (spiritual theme [e.g., betrayal, yearning for love]). How do you think this theme has influenced your life, or will influence your future? How happy with your life's theme are you?
 Tell me about times during your life where faced a huge challenge. What got you through? Is that resource still available to you now?