# Spiritual Incorporation: Promoting Spirituality to Enhance Patient Care and Provider Well-being

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# Faculty Disclosure

The presenters of this session <u>have NOT</u> had any relevant financial relationships during the past 12 months.

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# Conference Resources

Slides and handouts shared by our conference presenters are available on the CFHA website at https://www.cfha.net/page/Resources_2019 and on the conference mobile app.

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# Learning Objectives

At the conclusion of this session, the participant will be able to:

- Identify **evidence based practices** to promote the use of **spirituality in providing whole patient care**.

- Demonstrate knowledge of relevant spirituality activities that promote **provider wellbeing**.

- Create **SMART** goals for outlining **practical steps** for integrating components of spirituality into patient care and provider well being initiatives.

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# Learning Assessment

- A learning assessment is required for CE credit.

- A question and answer period will be conducted at the end of this presentation.

# Spirituality: The Road Less Traveled

# Spirituality Clarified

The aspect of humanity that refers to the way individuals seek and express meaning and purpose and the way they experience their connectedness to the moment, to self, to other, to nature, and to the significant or sacred.[1]
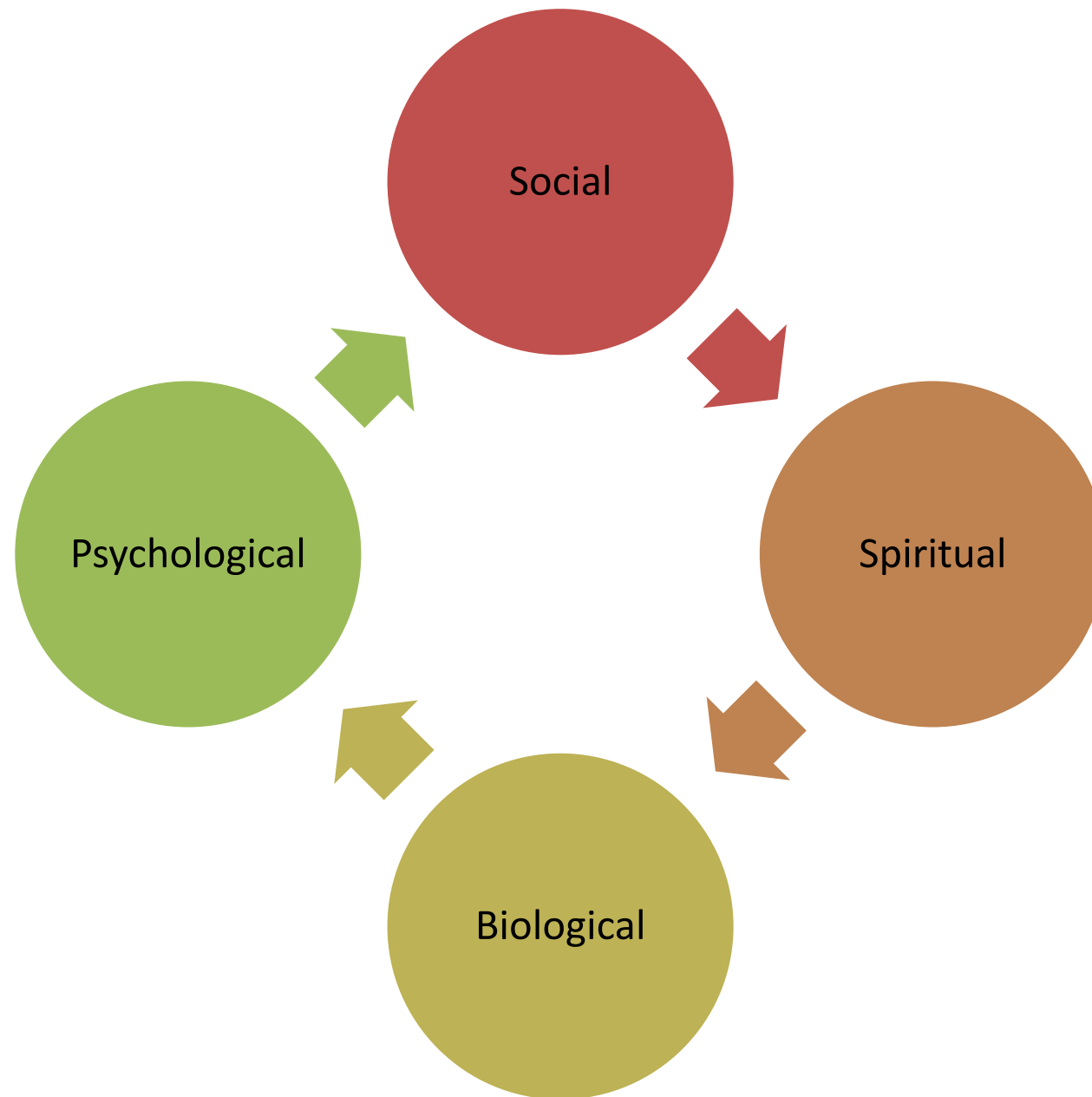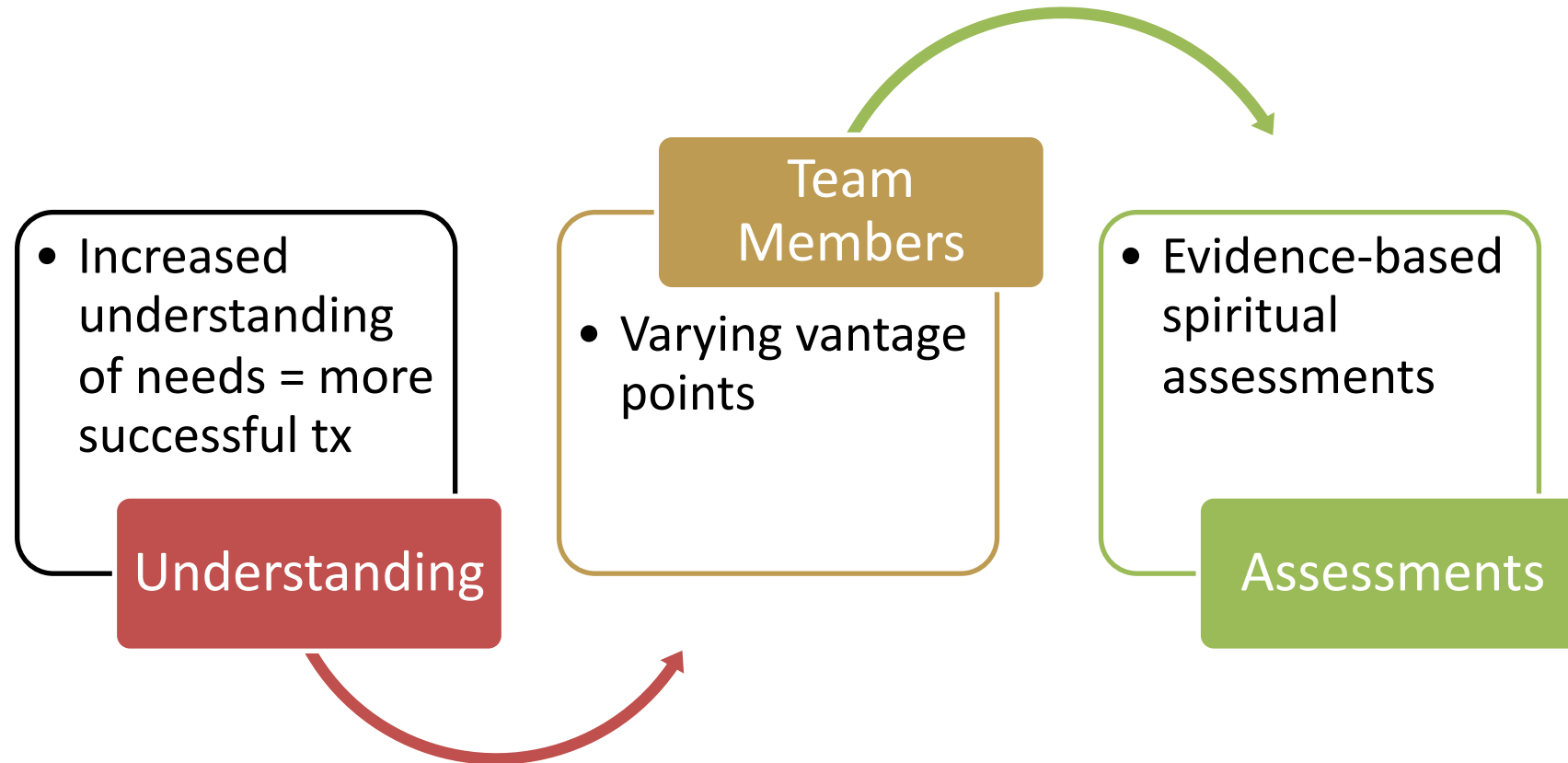
# Patient Care

# Spirituality in Patient Care: The Evidence

- Patients want providers to address spirituality.[2]
- Spiritual needs increase with life-threatening illness.
- Unresolved spiritual concerns ->lower quality of life, and mental health outcomes.[3]

# Assessment and Intervention

- Increased understanding of needs = more successful tx

**Understanding**

**Team Members**

- Varying vantage points

- Evidence-based spiritual assessments

**Assessments**

# Assessment

## Spiritual Intake Screenings

- Limited to 1 or 2 questions
  - Is spirituality or religion important for you and are your spiritual or religious beliefs helping you right now?
  - Do you have any spiritual beliefs, practices, or values that you want to integrated into your care?[1]

## Spiritual Hx Assessments

- Spiritual Transcendence Scale
- FICA[3]
- Life Review

# FICA

F:    Faith, belief, meaning

What is your belief or faith?

I:    Importance and Influence

Is it important in your life? What influence does it have on how you take care of yourself?

C:    Community

Are you part of a spiritual or faith community?

A:    Address

How would you like you healthcare providers to address to address these issues?

# Intervention

Build attention to spirituality into standard of care:

- Integrate spiritual intake questions and assessments.
  - Spiritual distress and resources
- Incorporate in treatment plan

Medical and psychosocial providers intervene

- Appropriate referrals to team members
- Joint appointments spiritual care providers.

# Provider Wellbeing

# Provider Concerns

Provider vitality is threatened by fatigue, and burnout:

- Chronic exposure to suffering

- Difficult patients

- Potential litigation

- Time constraints

- High patient volume

- Maintaining work and life balance

- Addressing personal mental health concerns[4]

# Spirituality and Provider Wellbeing: The Evidence

- Higher levels of spiritual well being are associated with lower levels of burnout.[2]

- Positive correlations between spiritual care perceptions and spiritual care practices.[5]

- Training in spiritual health care linked to reduction in work stress, and more positive attitudes towards collogues.[10]

# Assessment

Spiritual Wellbeing Scale[2]

Spiritual Care Competence Scale[5]

Spiritual Care-Giving Scale[7]

## SCGS items

**Item 1** Everyone has spirituality.

**Item 2** Spirituality is an important aspect of human beings.

**Item 3** Spirituality is part of a unifying force which enables individuals to be at peace.

**Item 4** Spirituality is an expression of one's inner feelings that affect behaviour.

**Item 5** Spirituality is part of our inner being.

**Item 6** Spirituality is about finding meaning in the good and bad events of life.

**Item 7** Spiritual well-being is important for one's emotional well-being.

**Item 8** Spirituality drives individuals to search for answers about meaning and purpose in life.

**Item 9** Without spirituality, a person is not considered whole.

**Item 10** Spiritual needs are met by connecting oneself with other people, higher power or nature.

**Item 11** Spiritual care is an integral component of holistic medical/nursing care.

**Item 12** Spiritual care is more than religious care.

**Item 13** Medical/Nursing care, when performed well, is itself, spiritual care.

**Item 14** Spiritual care is a process and not a one- time event or activity.

**Item 15** Spiritual care is respecting a patient's religious or personal beliefs.

**Item 16** Sensitivity and intuition help the doctor/nurse to provide spiritual care.

**Item 17** Being with a patient is a form of spiritual care.

**Item 18** Doctors/Nurses provide spiritual care by respecting the religious and cultural beliefs of patients.

**Item 19** Doctors/Nurses provide spiritual care by giving patients time to discuss and explore their fears, anxieties and troubles.

**Item 21** Spiritual care enables the patient to find meaning and purpose in their illness.

**Item 22** Spiritual care includes support to help patients observe their religious beliefs.

**Item 24** I am comfortable providing spiritual care to patients.

**Item 26** Doctors/Nurses provide spiritual care by respecting the dignity of patients.

**Item 27** Spiritual care should take into account of what patients think about spirituality.

**Item 28** Doctors/Nurses who are spiritually aware are more likely to provide spiritual care.

**Item 29** Spiritual care requires awareness of one's spirituality.

**Item 31** Spiritual care should be instilled throughout a medical/nursing education programme.

**Item 32** Spiritual care should be positively reinforced in medical/nursing practice.

**Item 33** The ability to provide spiritual care develops through experience.

**Item 35** Spiritual care is important because it gives patient hope.

**Item 36** Spirituality is influenced by an individual's life experiences.

**Item 37** Spirituality helps when facing life's difficulties and problems.

**Item 38** Spiritual care requires the doctor/nurse to be empathetic towards the patient.

**Item 39** A trusting doctor/nurse-patient relationship is needed to provide spiritual care.

**Item 40** A team approach is important for spiritual care.

# Spiritual Wellness Interventions

Employee Spiritual Care programs.[6]

Physician Vitality programs.[4]

Body-mind-spirit intervention of health promotion.[8]

# Spiritual Resilience Interventions

- Meditation

- Yoga

- Prayer

- Reflective writing

- Peer engagement

- Personal therapy

# SMART Goals for Spiritual Incorporation

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# Session Survey

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