Who am I?

A Member of the Society of Christian Education - Malta
Plan

• Introduction to education on spiritual care (SC)
• Definition of Spirituality in illness
• Definition of spiritual care
• Personal experiences of SC
• Theoretical Education on SC
• Integrating Theory into practice
• Spiritual Leadership to sustain SC
• Recommendations
‘an environment in which the human rights, values, customs and spiritual beliefs of the individual, family and community are respected’ (p.5).
recognize and respect the uniqueness of every patient/client’s biological, psychological, social and spiritual status and needs’ (p.3).
Florence Nightingale

‘Let the environment do no harm to patients’
Mary Seacole (1805-1881)

Mary mixed medicine with kindness’
Elisabeth Cadaladyr

The small Welsh Bible remained her ‘constant companion’ which helped her overcome the disappointments of her distorted plans in life.
Overlooking the spiritual dimension in care
1. present modes of theoretical and clinical education on spiritual care;

2. outline the dimensions of spiritual leadership to sustain the learning process.
Definition of Spirituality

Spiritus: spirit, the essential part of the person (Piles 1990) which "controls the mind and the mind controls the body" (Neuman 2010).
Spirituality applies to BOTH the believers and the non believers
(Baldacchino 2003)
Video Clip: If we could see other people’s heart/life: What if you, or rather, what if I, were to be one of the patients seen on the video clip? Becoming a patient
Definition of Spiritual care

- Recognizing, respecting, meeting patients’ spiritual needs, facilitating participation in religious rituals, communicating by listening and talking with clients, 

*being with* the patient by caring, supporting, showing empathy,

promoting a sense of well-being by helping them to find meaning and purpose in their illness and overall life; and referring them to other professionals including the chaplain/pastors *(Baldacchino 2006, Ross 1997, Taylor et al 1994, Piles 1991).*
count their blessings in life; achieve inner peace; explore coping strategies to overcome obstacles during illness and crisis situations; find a new equilibrium in faith. (Van Dover & Pfeiffer 2011, Baldacchino 2003, Kociszewksi 2003)
Essence of spiritual care

*Being in Doing;*

*Therapeutic use of self;*

*The heart and spirit by which spiritual care is given.*
Essence of spiritual care

1. Information
2. Formation
3. Transformation
Competence in spiritual care

- Attitudes
- Skills
- Knowledge
No one can give from what he/she does not possess.
An active role in spiritual care
The responsibility of the health care professionals is to acquire the necessary **skills** and **ability** to practise competently, safely and effectively.

(NMC 2002; EQF 2008).
Personal experiences
‘Safe journey back home, keep a low profile, but give a high profile to the patient!!
(prenominal: Verginia Henderson 1985)
‘See what they tell you, think about it and learn from it! You can make a difference in patient care!' (personal: Nancy Roper 2000)
Critical Care Experience

Negative meaning of illness:
‘God gave me a warning! I deserved it!’
Education on spiritual care
When students from different levels of education in the same profession are taught together
Students from different professions learning FROM each other, WITH each other and ABOUT each other.
Mechanisms that shape successful collaborative teamwork.

Strategies for implementation.
Change of attitudes of interprofessional students and qualified staff e.g. social workers, physicians, chaplains;

Increased knowledge: basics of spiritual assessment;

Understanding and respect for the role of chaplains, social workers and physicians.
(Pollard & Miers 2008)
Modes of Teaching in IPE

online

interactive
Areas for Learning Spiritual Care (Giske 2012)

- learning in *real-life* situations;
- Use of pedagogical reflective methods;
- Awareness of inhibitors to spiritual care;
- Evaluation & Follow-up students’ spiritual care learning (Giske 2012)
What has motivated you to tackle spirituality and spiritual care?
What has motivated you to tackle spirituality?
Who is God..............?
Aim of Education on spiritual care

Recognize and act on spiritual cues;
Build a trusting relationship and communicate respectfully and sensitively to patients to discover what is important to patients.

(Giske & Cone 2012)
Involvement in Research


Spiritual care may be *caught* rather than *taught*. (Bradshaw 1997)

**Role Modelling:**
Practice facilitates students’ discovery of professional beliefs, values and attitudes and it assists them in integrating relevant knowledge and theories (Giske 2012 p.2)
Experiential learning
Voluntary work in Lourdes, France.
Health Promotion Activity
Learning FORGIVENESS from a family
Community Outreach: Radio Maria
The spiritual dimension of the role of the nurse?

Care Love Dedication

Use of Arts
Use of Arts
Experiential Learning

Away from the Nurses’ station
Deserted for an hour
Transfer of Knowledge

How boring!
Poor them!
Mentorship: Ability to be present
Outcome of personal spirituality

When personal spirituality is acknowledged, team work will generate a peaceful environment with enhanced patient care, incorporating also the individual patients’ spirituality in their care (Sadeghifar et al 2014).
Personal life values: Spiritual leadership
Motivation—personal spirituality

20% of the factors of success depend on the staff members' efforts;

80% of success may depend on their motivation at work (Torabi, 2007).
Recommendations
Recommendations

1. Facilitation of reflection in practice;
2. Role modelling;
3. Clinical studies;
4. Assessment of clinical skills in spiritual care;
5. Dialogue: clinical & educational organizations;
6. Further research: Impact of personal spirituality;
7. Spiritual support to students and caregivers;
8. Spiritual leadership;
9. Addressing ethical issues;
10. Further action and evaluative research on intra/inter-professional education;
11. Awareness of the sacredness of our profession and clinical environment;

‘When comparing the hospital to a sanctuary, the patient is the tabernacle’.

(Padre Pio of Pietralcina)
‘If you reform your *spiritual-self*, you will reform your *professional care*;

If you reform your *professional care*, you will reform your *holistic care*;

If you reform your *holistic care*, you will reform the *world spiritually*.’

(14th Dalai Lama: Adapted: 22nd May 2014)
If we all give a little!!!
Questions!