

Spiritual Care in a Hospital Setting

Switzerland May 2012



Dr Donia Baldacchino
University of Malta

donia.baldacchino@um.edu.mt



Problem: The spiritual dimension in care tends to be neglected by the interdisciplinary team

Plan

- Definition of spiritual care
- Spiritual Assessment of patients (DVD)
- Watson's (1999) Transpersonal Caring-Healing Framework
- Research on spiritual care in hospital
- Requisites for Spiritual Care Model
(Baldacchino 2010)
- Recommendations
 - **'Nurses'** = 'health care professionals'

Spiritual care

- **Spiritual care is the role of the hospital chaplain **as well as** the nurses and interdisciplinary team including the family and the patient**

(Nelson & Baldacchino 2010, Baldacchino 2003, Ross 1997).

Spiritual care is *being* rather than *doing*

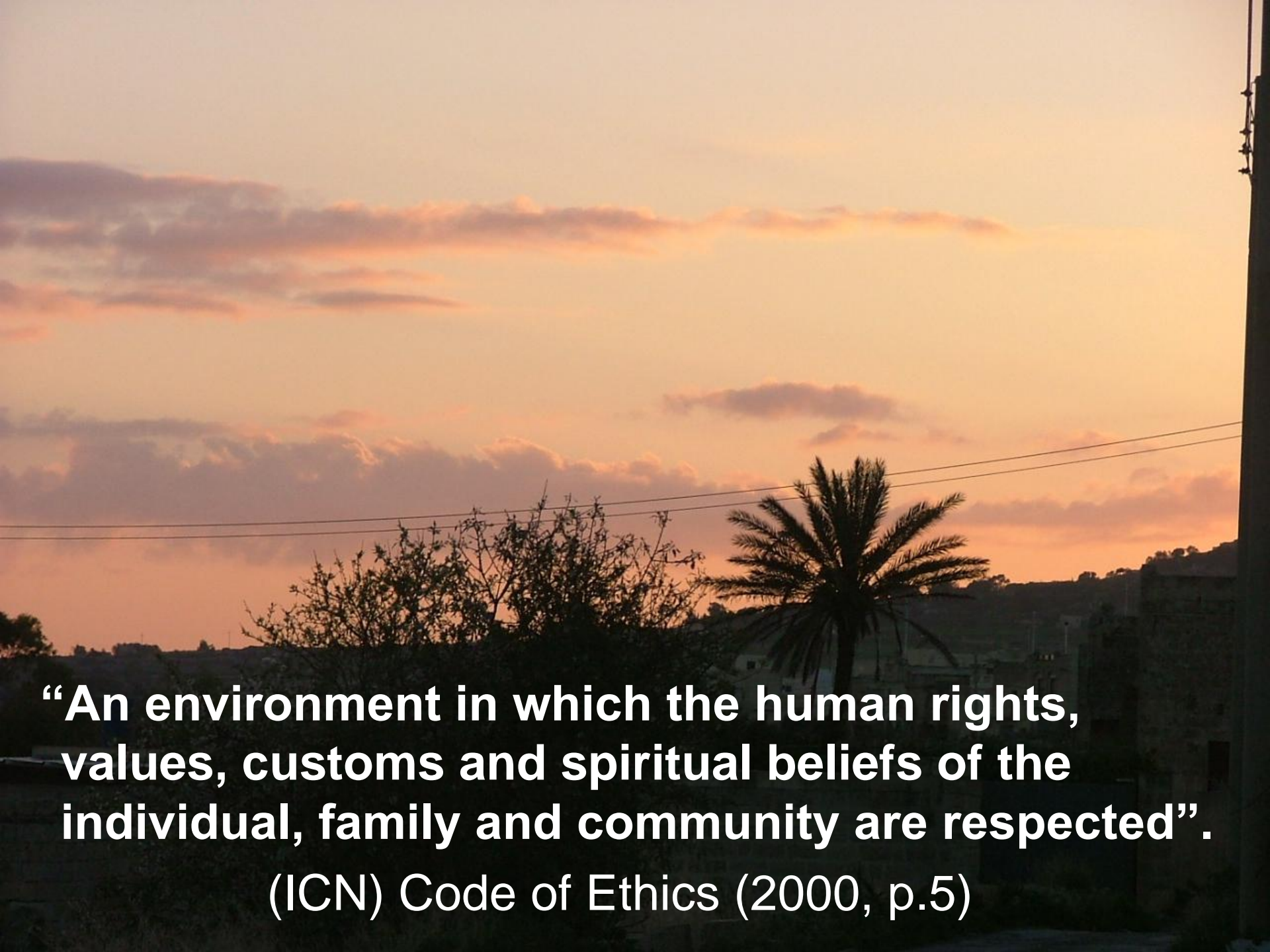
(Baldacchino 2010, Halm et al. 2000, Tuck et al. 1997, Turner 1996)



Miracle in Cana



‘They have no wine’
(John 2: 3)

A photograph of a sunset or sunrise. The sky is filled with soft, orange and pink clouds. In the foreground, there are silhouettes of trees and a prominent palm tree. A utility pole is visible on the right side of the frame. The overall mood is peaceful and serene.

“An environment in which the human rights, values, customs and spiritual beliefs of the individual, family and community are respected”.

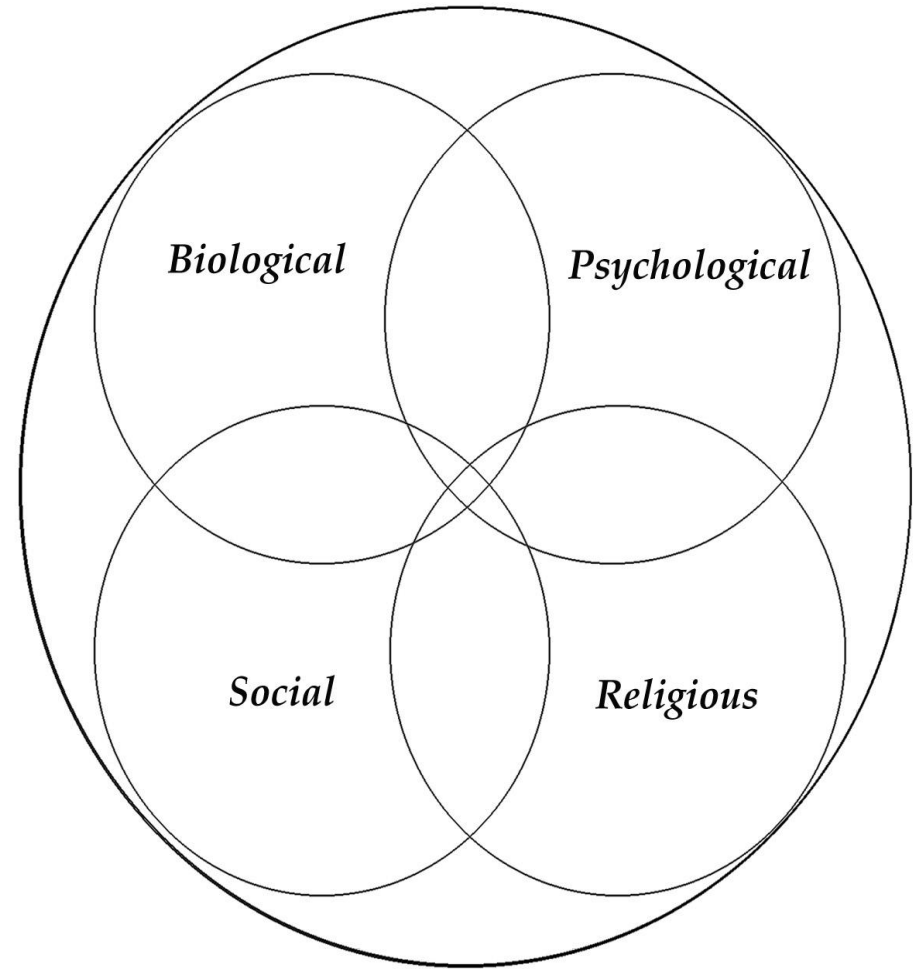
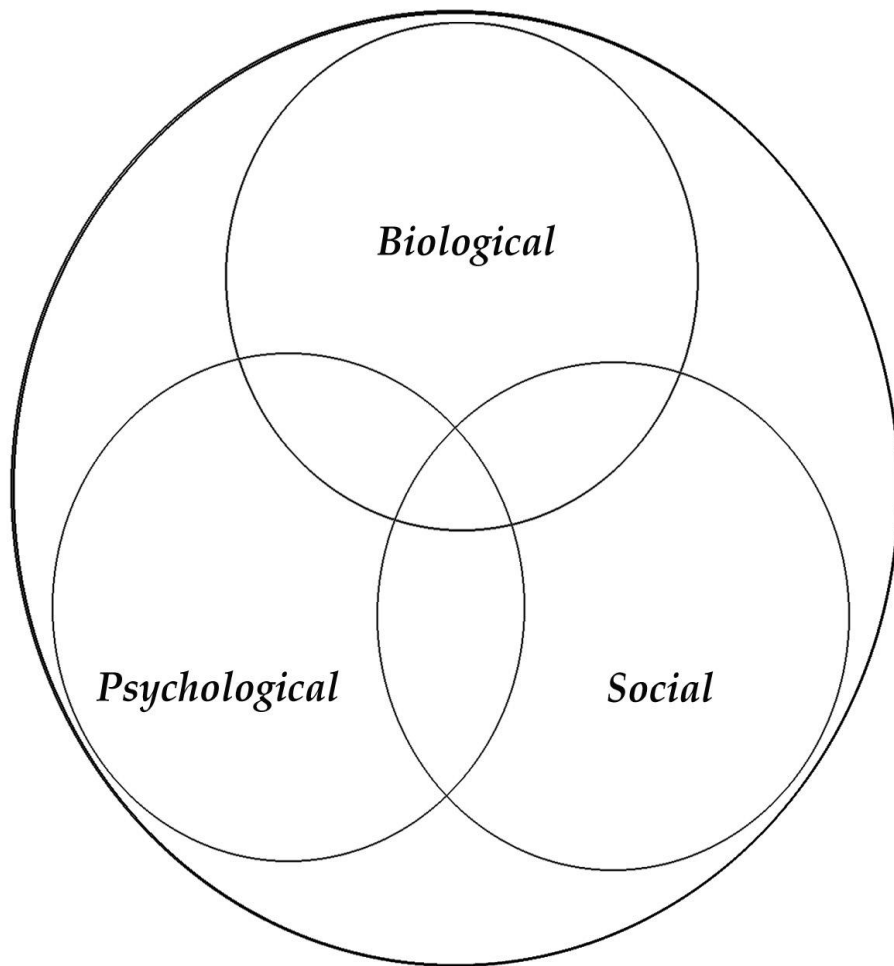
(ICN) Code of Ethics (2000, p.5)

Florence Nightingale

***‘Let the
environment
do no harm
to patients’***



Individualised theistic & atheistic Spirituality (Baldacchino 2003)



Active role
in spiritual
care



Aim

Spiritual Care aims to:

- ✓ **Assess spiritual needs on ongoing basis**
- ✓ **Address spiritual needs holistically**

***Being* in spiritual care
may yield the holistic *doing*.**

DVD – Assessment of spiritual needs

Watson (1999)

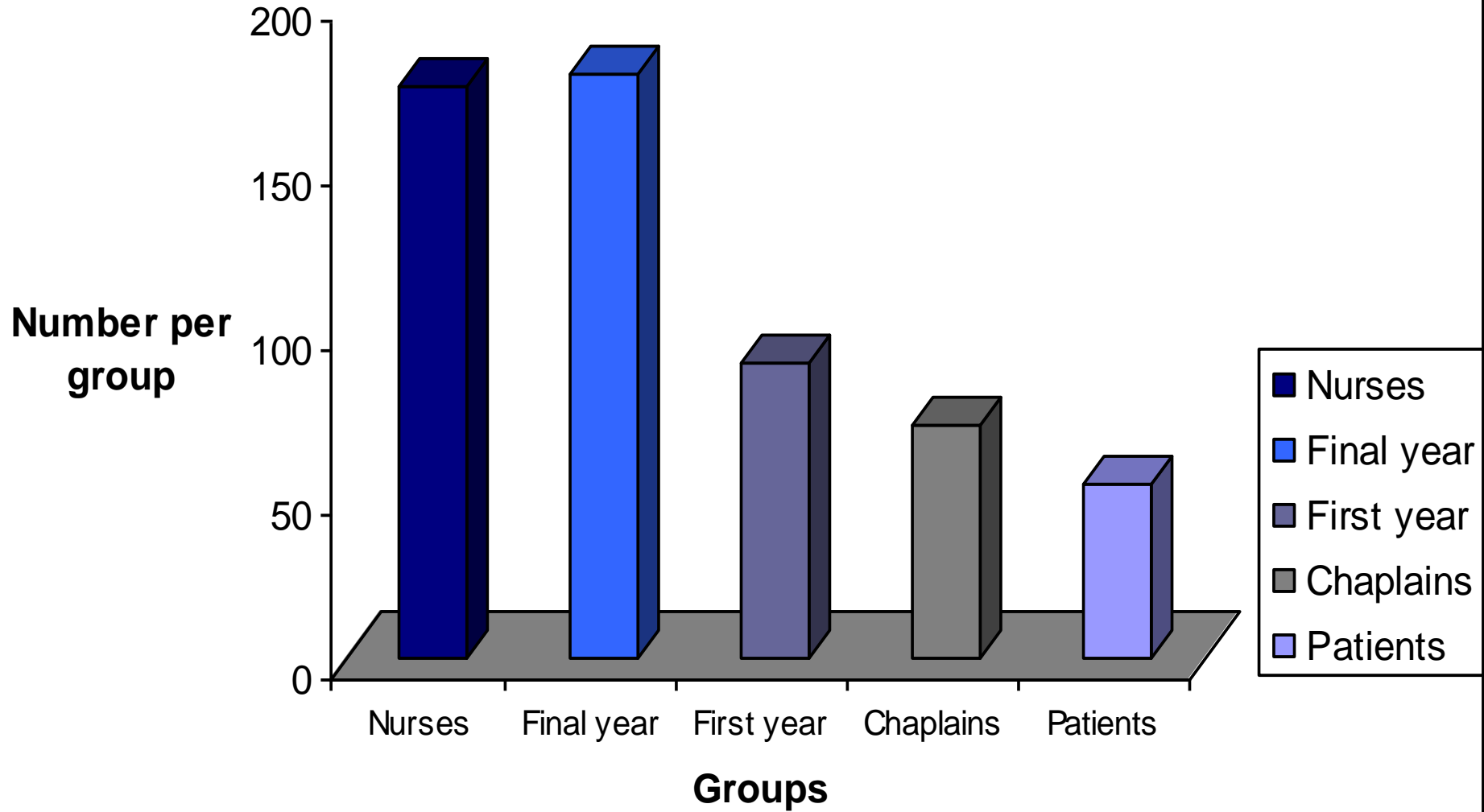
- **Transpersonal Caring-Healing Framework**
 - ✓ A conscious intention to care may enhance the healing effect of medical interventions and wholeness in care.
 - ✓ Transpersonal relationship between the nurse and patient.
 - ✓ This transpersonal relationship influence the attitudes of both the nurse and the patient.

Research on spiritual care in hospital

- Illness may be a spiritual encounter both for patients and nurses. (Baldacchino 2002, Ross 1997)
- Therapeutic relationship is activated by the active presence: physical, mind-to-mind, spirit-to-spirit (Jackson 2004).
- For the believers, healing may be enhanced by religious beliefs (Cavendish et al. 2004, MacLaren 2004, McSherry 2000).
- Personal spirituality of the care-giver may be enhanced while recognizing the transformation complex of *giving and receiving* (Baldacchino 2010b).

- **Personal growth** after providing spiritual care as they explored further their own meaning and purpose of life (Kociszewski 2003, Baldacchino & Formosa 2010)
- **Personal spirituality** may help to address patients' spiritual needs while experiencing spiritual growth through the delivery of spiritual care (Baldacchino 2010b, Thomas et al. 2005, Kociszewski 2003).

Samples participating in the studies



Findings



2006/04/28 13:07

*Integrating the individual person
within the role of the professional*



Personal Spirituality

“One of the patients I visited pointed out to the intensive care given by a nurse. He stated that *‘not only does he look after my physical welfare but through his own spirituality, he conveys a message which gives me courage and strength.’* (Comm Ch 4)

Personal Spirituality

“The inner faculties of individuals help nurses to think and behave according to their own spiritual values..... Nurses should be in harmony with their conscience in their relationship with God, family and others, as this may reflect on the life of the person and may affect the way nurses communicate with patients and others”. (Hosp Ch 6)

Behaviour

“Patients can differentiate between the behaviour of one nurse and another. They can sense if the nurse is just doing a job to earn a salary or doing it wholeheartedly. Thus, I suggest that first of all nurses should have courses for their own spiritual well being. Nurses should reflect on their various roles in life and how their personality may influence their care”.

(Comm Ch 9)

A call - Vocation

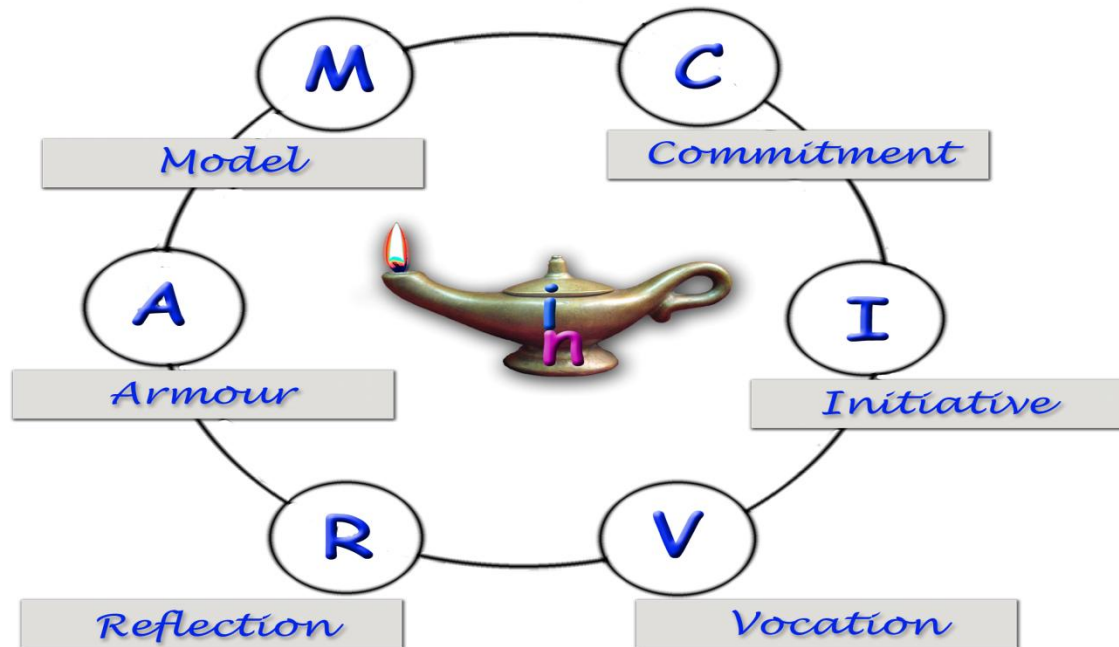
“The work of a nurse should be looked upon primarily, as a vocation, a call with a very specific mission to fulfill. The patient expects nurses to be *‘healing’* agents or at least to help in easing his/her sufferings, both physical, psychological and even spiritual ailments. Their care, gentleness, humane approach and constant concern will help the patient recover fully and quickly. Building a trustful relationship between both sides will facilitate the healing process”. (Comm Ch 4)



Humane approach and *being there* : Giving & receiving

“I strongly suggest that nurses should make their presence felt more with their patients.... Nurses need to be educated on spiritual care. They learn about psychology, sociology and others, so they must include also spiritual care. (Hosp Ch 2)

Model *MARVIC*





- **Spiritual care is *being* which enables effective *doing*** (Baldacchino 2010, Halm et al. 2000, Tuck et al. 1997, Turner 1996)

A landscape photograph featuring a dense line of green trees in the foreground and middle ground. The sky is a clear, vibrant blue, dotted with several large, fluffy white cumulus clouds. The overall scene is bright and sunny.


Recommendations

Recommendations

- ✓ **Education : Assessment of patients' spiritual needs and implementation and evaluation of spiritual care integrated in curricula;**
- ✓ **Hospital services from psychologists, chaplains and support teams;**
- ✓ **Further research.**

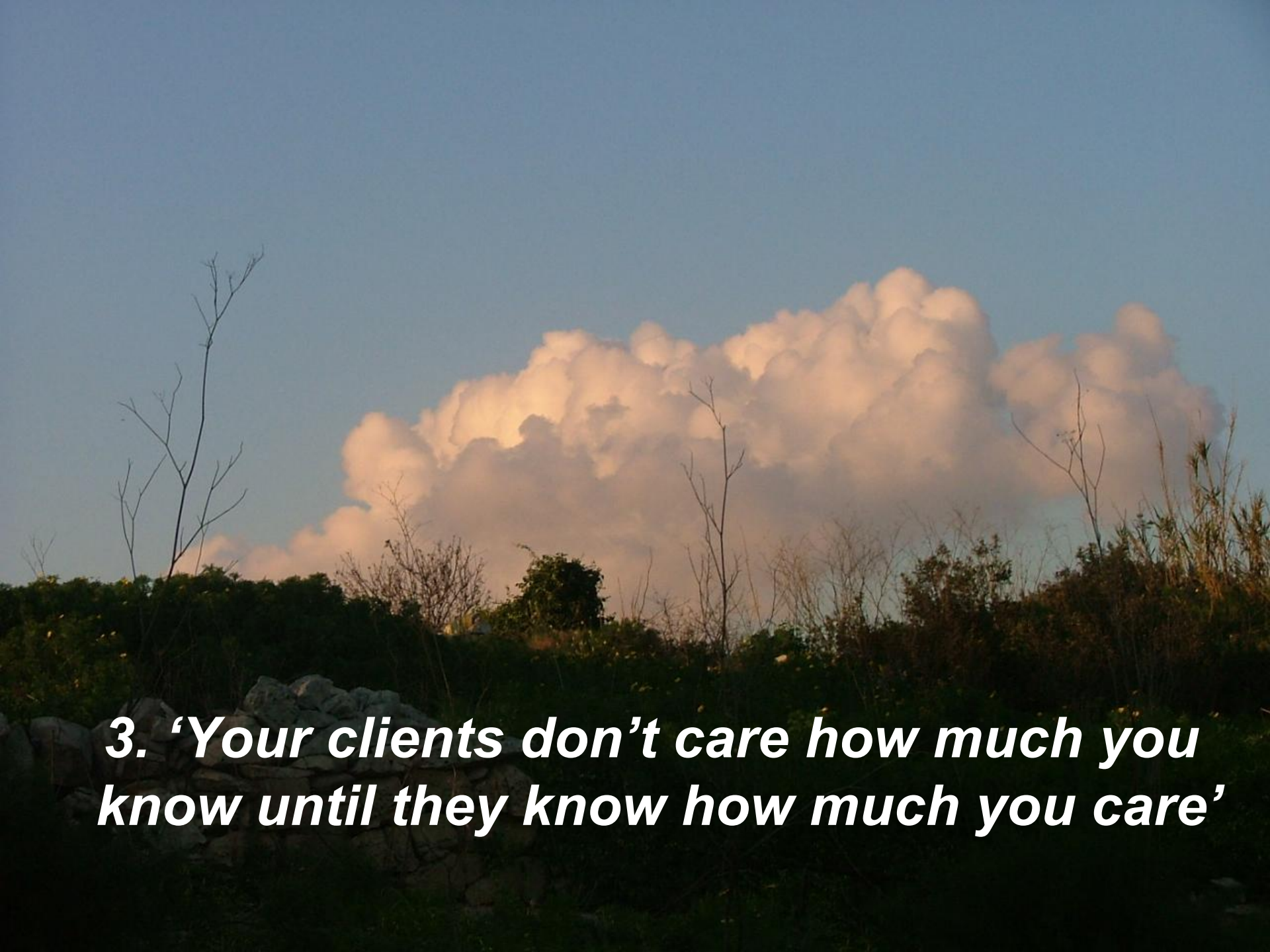
Reflections

1. Research suggests that unless nurses and health care professionals are *in tune* with their *own* spirituality, they would not be in a position to deliver spiritual care effectively.

A photograph of a bright sun setting or rising through a dense forest of trees. The sun is positioned in the lower-left quadrant, creating a strong lens flare and illuminating the surrounding foliage. The trees are dark and silhouetted against the bright light of the sun. The overall scene is serene and natural.

2. Health care professionals may provide holistic care by *delivering **spiritual care*** and also by *providing **care spiritually***.

(Miner-Williams 2006)



3. 'Your clients don't care how much you know until they know how much you care'

Thanks: Greetings from Malta

