

You can give spiritual care

Module 5

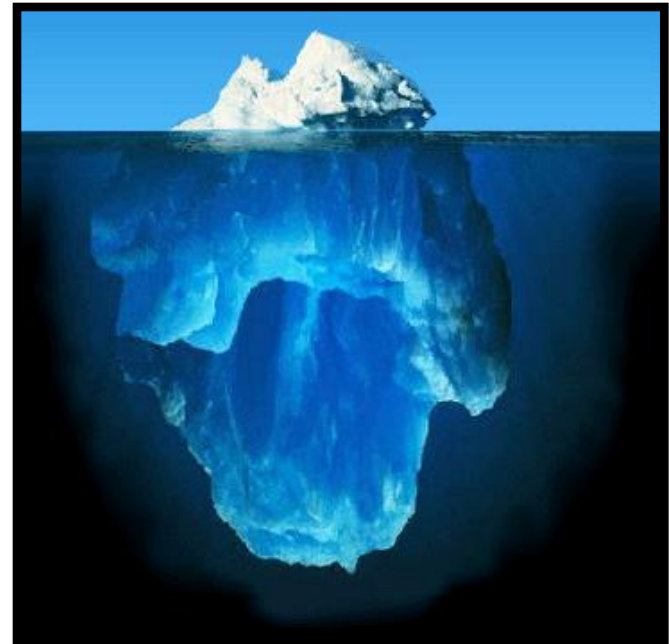
You can give spiritual care

Learning objectives

- what is meant by spirituality
- importance of spiritual support
- how to take spiritual case history
- HOPE checklist
- own feelings

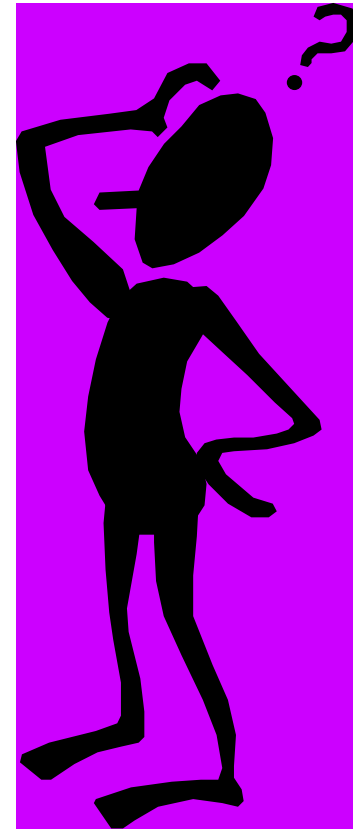
Care for the whole person

- holistic care
 - physical / psychological / social / spiritual
 - open communication
 - symptom control
 - family support
 - terminal care



What is spirituality?

- reflect
- write thoughts / answers
- share

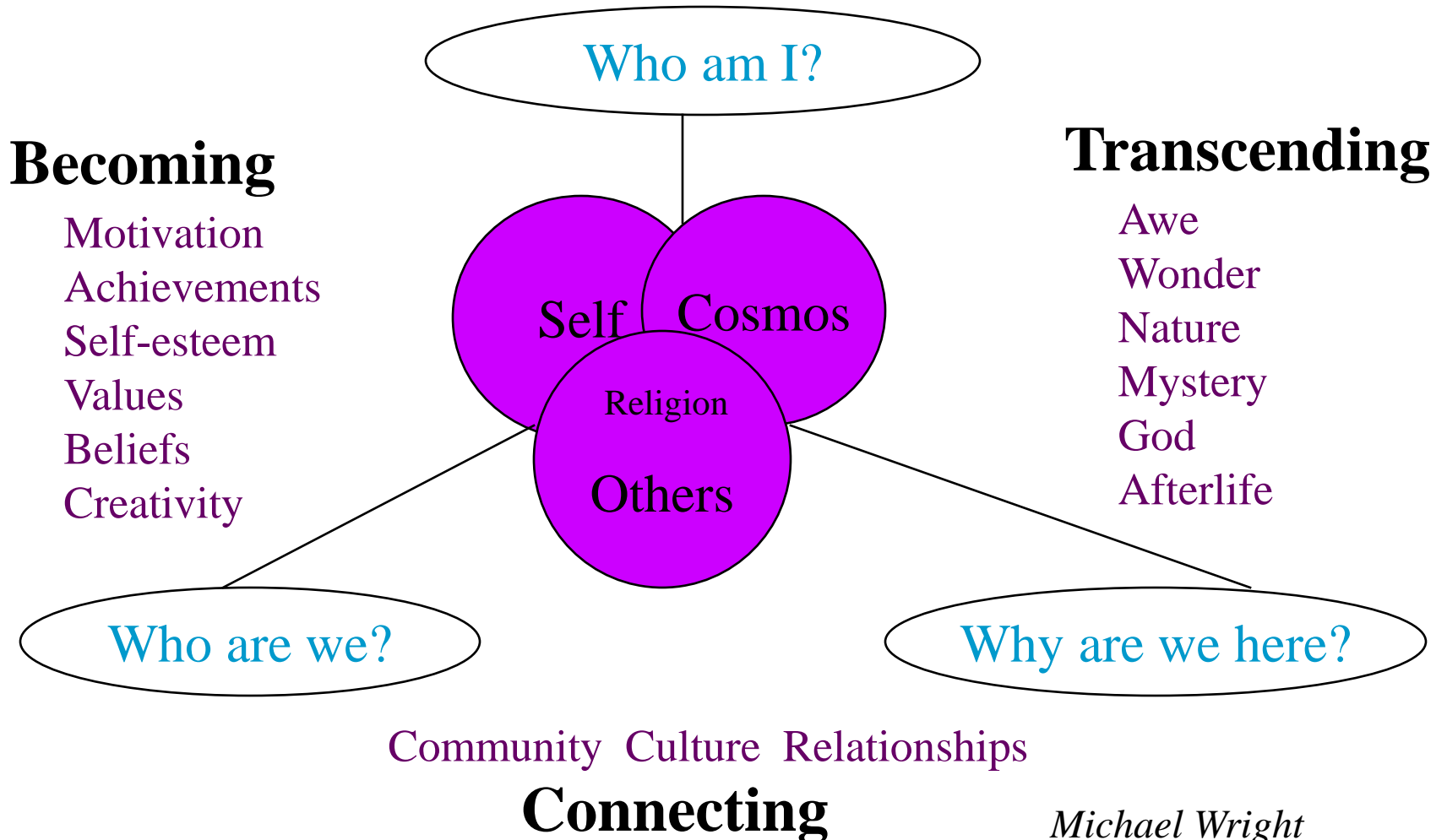


Spirituality

- Meaning
 - Who am I?, Why am I here?, What is life about?
- Transcendence
 - belief in God / spiritual powers / afterlife
- Harmony
 - at peace with others, forgiveness, connectedness

Finding meaning

Journey Suffering Mortality



Michael Wright
Int Ob End Of Life Care

Why is spirituality important?

- How do people show their spiritual pain?
- What questions do people ask?



Total pain

- Spiritual
 - why has this happened to me?
 - what is the meaning of my life?
 - why did God allow this?
 - is there a God who cares?
 - what is the point of it all?
 - am I being punished?
 - what/who has caused this suffering?
 - What will happen after I die?



Spiritual histories

- How do we assess spiritual pain?
- How do we explore a person's spiritual journey?
- What tools have we found helpful?
- What questions can be useful?

Spiritual pain ‘case history’

■ Tools

- awareness of underlying issues
- opening questions
 - What do you have to help you cope?
 - Do you have a faith to support you?
 - Do you feel frightened of the future?
 - Are you at peace with God?
 - What gives you hope / meaning?

Spiritual pain ‘case history’

■ Tools

- reflect answers / questions
- patients pace
- care to avoid religious jargon
- involve other team members if appropriate eg chaplain, faith leader
- grace and wisdom

Spiritual pain ‘case history’

- Tools
 - nurture your own spiritual being
 - respect others beliefs
 - sensitivity
 - explore vocabulary
 - practice

Spiritual support

HOPE checklist

- Hope
 - source of hope, comfort, meaning, peace
- Organised religion
- Personal issues
 - questions, doubts, struggles
- Effect
 - on the way we care and support

Spiritual support

- How do we offer spiritual support?
 - ourselves
 - others
 - health care

Spiritual support

- Our own feelings regarding spiritual care
 - reflection
 - questions
 - exercise

- *The following slides can be used to illustrate the summary slides*

‘Suffering is not;

a problem that demands a solution

a question that demands an answer;

Suffering is;

a mystery that demands a presence.’

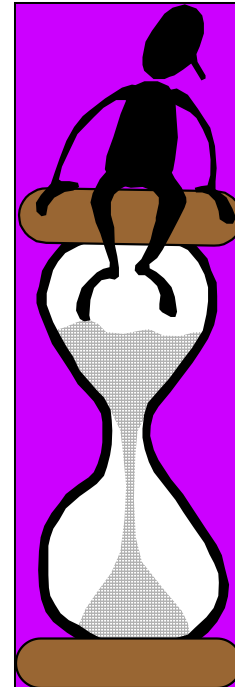
John Wyatt

‘Slowly, I learn about the importance of powerlessness. I experience it in my own life and I live with it in my work. The secret is not to be afraid of it - not to run away. The dying know we are not God. All that they ask is that we do not desert them.’

Sheila Cassidy ; ‘Sharing the Darkness’

‘There is a time to be born and a time to die, a time for sorrow and a time for laughter’

Ecclesiastes 3v2



**‘God whispers to us in our pleasures,
speaks to us in our conscience, but shouts
to us in our pains: it is his megaphone to
rouse a deaf world.’**

C.S.Lewis



**‘He who has a why to his life can bear
with almost any how.’**

Nietzsche



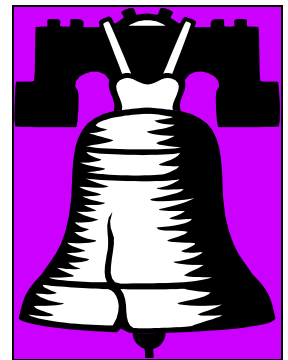
**Man is not destroyed by suffering,
he is destroyed by suffering
without meaning**

Victor Frankl

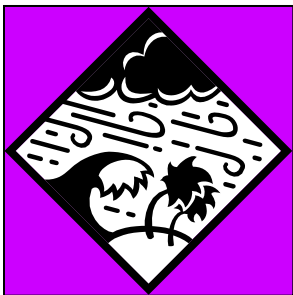


**No man is an Iland, intire of itself;...
any man's death diminishes me,
because I am involved in Mankinde;
and therefore never send to know for
whom the bell tolls; it tolls for thee.**

John Donne 1572-1631



‘Now at the end of this Valley was another, called the Valley of the Shadow of death; and Christian must needs go through it, because the way to the Celestial City lay through the midst of it. Now this Valley is a very solitary place’



John Bunyan ; ‘Pilgrims Progress’

Deep peace of the Running Wave to you

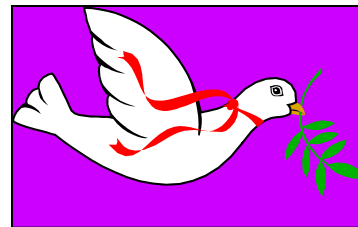
Deep peace of the Flowing Air to you

Deep peace of the Quiet Earth to you

Deep peace of the Shining Stars to you

Deep peace of the Son of Peace to you

Celtic Prayer



- These resources are developed as part of the THET multi-country project whose goal is to strengthen and integrate palliative care into national health systems through a public health primary care approach
 - Acknowledgement given to Cairdeas International Palliative Care Trust and MPCU for their preparation and adaptation
 - part of the teaching materials for the Palliative Care Toolkit training with modules as per the Training Manual
 - can be used as basic PC presentations when facilitators are encouraged to adapt and make contextual



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