

Spiritual Caring in the Ohlone ADN Program

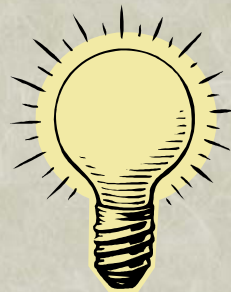
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Spiritual Caring in the Ohlone ADN Program

- ❖ Nursing faculty and students recognize that people are holistic beings = physical, mental, spiritual, emotional
- ❖ “Considering a light bulb analogous to a human, think of the glass, aluminum, and other tangible materials that compromise it as representing the physical dimension; think of the light and warmth the bulb elicits as the psychological; and the electrical current that energizes and ultimately provides the meaning and function for the bulb as the spiritual dimension.” Stallwood & Stoll 1975 as cited by Taylor, E. F. (2002)



*Ohlone's definition of Caring
includes the spiritual component*

- ❖ Caring actions are directed toward the welfare of the patient and family while focusing on health promotion, disease prevention, health restoration and management of chronic disease. This focus addresses the **whole patient, bio-psychosocial and spirituality, and facilitates the movement toward a high level of wellness.** A caring attitude is the respectful deference to others, positive connectedness, professional knowledge and skill and the attentiveness to another's experience.

*Nursing . . . Yesterday . . . Today
. . . Tomorrow*

- ❖ Past—Florence Nightengale, and religious groups who cared for the body & soul (Egyptian priests & priestesses, monks, nuns, etc)
- ❖ Present—Nurses/MD's/Spiritual Experts are researching and publishing the impact of spiritual care on medical conditions
- ❖ Future—An increase in spiritual based treatments and interventions interwoven with medical care for illnesses and diseases.

What is spirituality?

- ❖ Spirituality is the essence of a being that permeates all of life. It is the life force that gives meaning to a how a person understands, views, and lives life. It is characterized by love, caring, compassion, forgiveness, and the interconnectedness with self, others, nature and God/Higher Power/Universal Life Force (Ohlone College ADN curriculum)

Difference between Religion & Spirituality

- ❖ Religion--a system of beliefs and practices that a person can use to express their spirituality. Not required for spirituality
 - Examples
 - Christians—cross, Bible
 - Islam—Qur'an, prayer
 - Jewish—Torah, festivals
 - Buddhism—kharma, Buddha
- ❖ Remember—not all members of a religion practice, express their spirituality the same.

Key Point

- ❖ Don't Assume!
 - Inquire?

Culture/Spirituality

- ❖ Spirituality **can be**
 - . . . determined by culture
 - . . . determined by life experiences unrelated to culture
 - . . . Influenced by both culture and personal experiences that are opposite to the cultural norm.

Spiritual Development

We grow spiritually, just like we grow cognitively, physically, and morally.

- ❖ Review of Fowler's Stages of Faith (1984)
 - **Faith** is defined as universal human phenomenon that leads persons to need and find meaning and understanding of themselves in relation to their world
 - Not necessarily tied to a religion

7 Stages

- ❖ Undifferentiated (infant - toddler) love, hope
- ❖ Intuitive-projective (3-7) fantasy filled
- ❖ Mythic-literal (up 12) sort out fantasy/real
- ❖ Synthetic-conventional (adolescent-adult) incongruities, experiences
- ❖ Individual-reflective-examine owns faith/beliefs apart from childhood
- ❖ Conjunctive-appreciation for past/value self
- ❖ Universalizing-infrequently reached, inclusive of all people/faiths, unshackle society burdens.

Spiritual Health *for Ourselves and Our Patients*

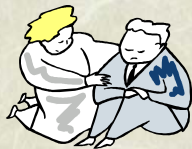
Includes:

Self—meaning & purpose, cope with life, personal dignity, love and be loved, significance, etc

Others—meaning relationship with family, friends, forgiveness, etc.

God/Life Force/Absolute—faith in the unseen, receive support and love, worship and serve, etc

Community—contribute, fellowship, respect, participant of a vital group, etc.



Holistic Caring *Includes Spiritual Care*

❖ Physical—bathing, massage, touch, procedures, etc

❖ Psychological—therapeutic communication, understanding, listening, etc

❖ Spiritual—presencing, empathy, praying or meditating with the patient, etc

- Attending to the spiritual needs of patients is part of our daily nursing care

Spiritual Care in Nursing

- ❖ Roy's Adaptation Model
 - The moral-ethical-spiritual self is part of self-concept mode and adaptation problems in this mode can interfere with ability to heal or promote healing behaviors
 - (Andrews & Roy, 1986, Essentials of the Roy Adaptation Model)
- ❖ Nursing Mandates
 - JCAHO---All clients should be assessed for spiritual beliefs/practices and offered spiritual support
 - International Council of Nurses--Promotes environment in which human rights, values, customs, and spiritual beliefs of the individual, family and community are respected

Concepts of Self-awareness /Nurse Healer

- ❖ Activities
 - Connecting, disconnecting, journeying, transforming
- ❖ Nonverbal/Verbal
 - Empathy!
- ❖ Presencing
 - Being present, being there, being with
- ❖ Caring
 - Wow, its our theme!
 - Potter/Perry (spiritual caring)!

Spiritual Caring & The Nursing Process: Assessment

❖ Assessment

FICA Model (Puchalski, 1996)

Faith (believe, tradition, etc?)

Important (How important to you?)

Community (church, support, involvement?)

Apply/Address (beliefs apply to health? how can we address those needs?)

Nursing Process: Nursing Diagnose

Risk for Spiritual Distress—at risk for an altered sense of harmonious connectedness with all of life and the universe in which dimensions that transcend and empower the self may be disrupted.

Spiritual Distress—disruption in the life principle that pervades a persons' entire being and that integrates and transcends one's biological and psychosocial nature.

Readiness for Enhanced Spiritual Well-Being—process of developing/unfolding of mystery through harmonious interconnectedness that springs forth from inner strengths.

Nursing Process: Interventions

What can I (the nurse) do?? **A LOT!**

Active listening
Bibliotherapy (reading spiritually uplifting materials, including sacred writings)
Caring touch
Dream analysis
Expressive art (music, sculpture, painting, knitting, dance, etc)
Facilitate religious practices & social support
Humor

Journal writing/scrapbook making
Meditation
Nature
Praying with or for clients or assisting clients to pray
Presencing
Story listening, reminiscence, or life review
Collaborate w/ spiritual leaders

cited Taylor, E.F. (2002)



Nursing Process: Evaluation

Patient/client will be

- less anxious
- verbalize feelings, concerns, fears, etc
- report feeling peace
- open to discuss spiritual concerns, issues, etc

✿ Spiritual health is a **PROCESS**

Focus on the client outcome

NOT the nurse's desired outcome.

Spiritual Crisis:

A crisis of illness, suffering, and/or death

Many events in life can create a Spiritual Crisis.

Health care:

Chronic Illness, Life Threatening Trauma and/or Disease, and others

Loss:

of a loved one, perceived self, health, support, and others



Spirituality . . . curriculum & reality

☾ Beyond the curriculum and what our students are learning, we are embracing spirituality on campus.

☾ Celebration Ceremony in remembrance of a fellow Nursing Student

☾ Music, Release of Doves, Encouraging Words

☾ Blessing of our Hands

☾ Nurse's Day 2004



Conclusion

Ohlone's Nursing faculty and students recognize that quality, holistic nursing care includes caring for the spiritual, as well as the physical, emotional and mental needs of our patients

We also recognize to care for our patients requires we first care for OURSELVES!

For more information . . .

- ❖ Puchalski, C. M. (1996). FICA Model George Washington Institute for Spirituality and Health (<http://www.gwish.org/id69.htm>)
- ❖ Taylor, E. F. (2002) *Spiritual Care: Nursing Theory, Research, and Practice.*
- ❖ Ohlone ADN Faculty. (2004). *ADN Curriculum: Professional Theme/Caring Thread*