Why Bother with Spiritual Care?
Holistic Care

- NHS is committed to holistic care
  - Physical, Mental, Social, Spiritual, Religious
  - Priority 5 for the Care of the Dying Person
- Cannot be viewed in isolation
- Needs multidisciplinary team working together
What is spirituality?
Spirituality : what is it?

Spirituality concerns three aspects of life:

- Values
- Meaning
- Relatedness

Spiritual values may be found in secular and in religious societies, groups, and organisations.
CONNECT

with what matters in your life

Chaplaincy Services
Spiritual care for all

Phone (27)14999

Sheffield Teaching Hospitals
NHS Foundation Trust
Spirituality is about…

- Hope and strength
- Trust
- Meaning and purpose
- Forgiveness
- Belief and faith in self, others, and for some this includes a belief in a deity/higher power
- People’s values
- Love and relationships
- Morality
- Creativity and self expression
Indications of Spiritual Need

- Anger - Directed at God or other people
- Bitterness - What have I done to deserve this?
- Regret - I should have been a better person
- Guilt/punishment - I must have done something wrong
- Doubt - Is there really a God, a purpose for existence?
- Fear - I am not sure there is anything after death
- Isolation - everyone/God has abandoned me
- Loss of hope - I see no future
- Questioning/meaning of suffering/life/death
- In denial
- Withdrawn
Spiritual Care is not:

• Just about religious beliefs and practices
• About imposing your own beliefs and values on another
• Using your position to convert
• A specialist activity
• The sole responsibility of the chaplain

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Practising Spiritual Care

• The practice of spiritual care is about meeting people at the point of deepest need
• It is about not just ‘doing to’ but ‘being with’ them
• It is about our attitudes, behaviours and our personal qualities i.e. how we are with people
• It is about treating spiritual needs with the same level of attention as physical needs

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MARK
changes and important moments
Religious Care

**Religion**: Concerning a particular form of spirituality that places human beings in relation to God or the universe.

All religions have specific rituals and rules, customs and practices that govern the way people live and give expression to people’s beliefs.

*For some people, their religion will have a huge impact on how they deal with their illness.*
What do Chaplains do?

• Spiritual and pastoral care
• Religious support
• For patients, families and staff
• For all faiths and none
SEEK meaning and hope
Nursing Care Guideline No. 183
Religious, Spiritual, and Cultural Needs
Examples of where religious, spiritual and cultural views might impact on clinical work

- Diet and fasting
- Needs of relatives
- Attitude to medication
- Palliative care
- Gender issues
- Clothing / Jewellery

- Space for prayer
- Washing
- Birth / Death rites (Last offices)
- Care after death
- Amputation
- Ethical – terminations / withdrawal of care
your spiritual resources
Case 1: Eileen

Eileen is a patient on an orthopaedic ward and has been in hospital for a fortnight. She will not be able to leave the ward at all for at least another four weeks. Her husband died three days ago. She has decided that she doesn’t want the funeral delayed but knows she will not be able to attend. It’s eleven o’clock at night and Eileen is still sat up in her bed with the light on and you can see that she is crying.
Case 2: Aishah

Aishah died a few hours ago. She was a long term patient and had been seen by the Muslim Chaplain regularly and by the generic chaplains occasionally. Her family have been contacted but have not been to visit. A friend had been to visit several times.

Aishah’s family have arrived requesting that her body be released to them immediately so that she can be buried within a day as is the Muslim custom. They are upset that she has been seen by a Christian chaplain and want an Imam called to say prayers for her.
Case 3: Kelly

Kelly is a patient on ITU, who was a passenger in a car in a serious road traffic accident. Kelly has never regained consciousness and life-support is to be withdrawn. Kelly’s family, including partner, young daughter, and parents, are very upset and emotional. They are not religious but they would like to be able to say “goodbye” somehow. A number of your colleagues are also struggling to deal with the tragic situation.
Questions?