

## The Core Essences of Spiritual Caring for Hospice and Palliative Care

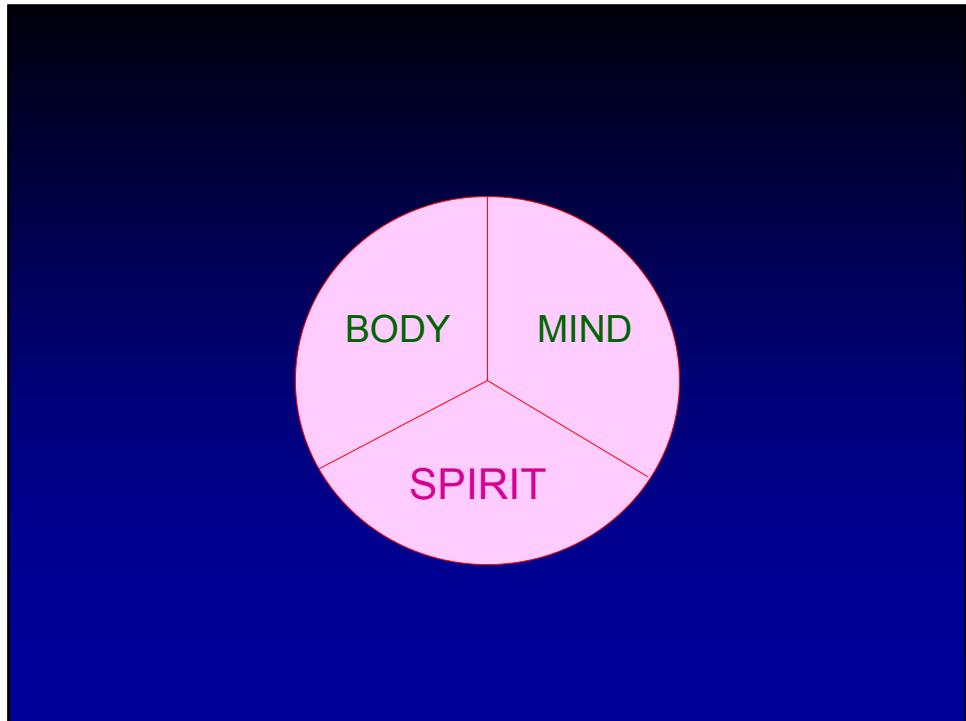
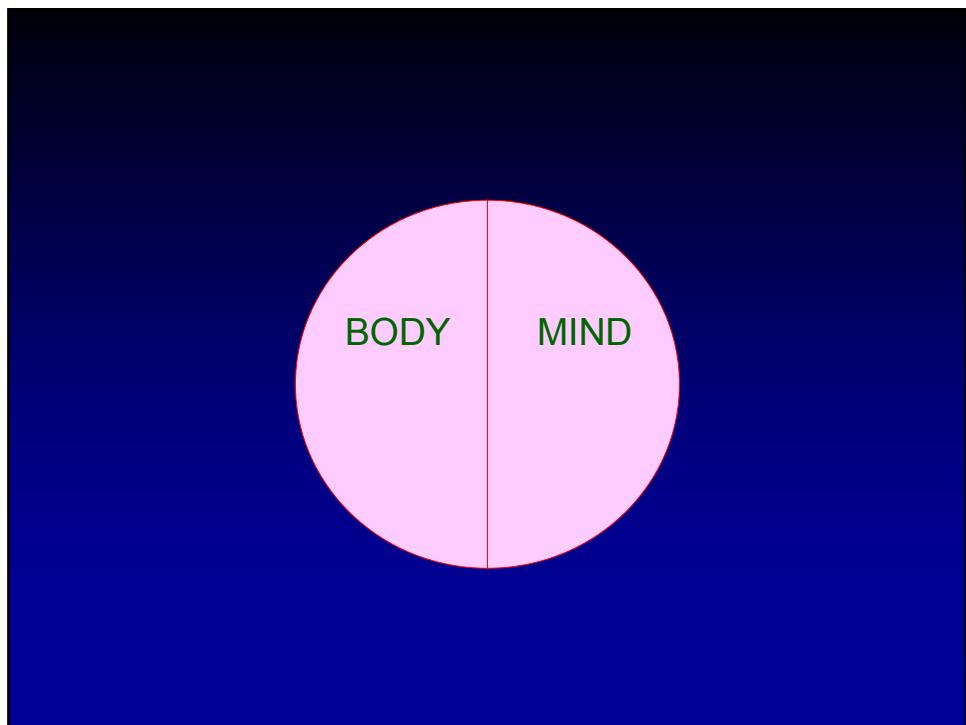
Taiwan, July 15, 2004

Dr Doug Bridge  
Palliative Care Physician  
Royal Perth Hospital and  
Murdoch Community Hospice

### The failure of 20th century medicine

The test of a system of medicine should be its adequacy in the face of suffering: .... Modern medicine fails that test. In fact, the central assumptions on which twentieth-century medicine is founded provide no basis for an understanding of suffering. For pain, difficulty breathing, or other afflictions of the body, superbly yes; for suffering, no.

Eric Cassel, author of  
The Nature of Suffering and the Goals of Medicine



## Education in Taiwan

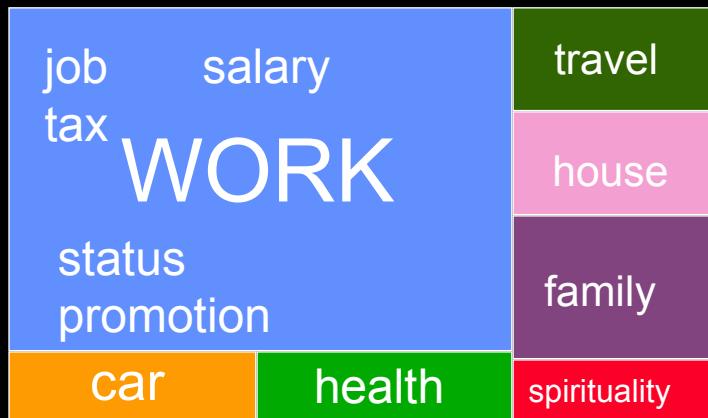
- “Very stressful on young people”
- “Exam-takers are forced to memorize vast amounts of disconnected trivia, which are regurgitated during exams and then forgotten”
- “Students are denied the opportunity to develop creativity and independent thinking”

Republic of China Yearbook 2002

## Finding integration

Left brain	Right brain
Intellectual	Intuitive
Certainty	Mystery
Mind	Spirit
Finite	Transcendent
Cure disease	Heal suffering

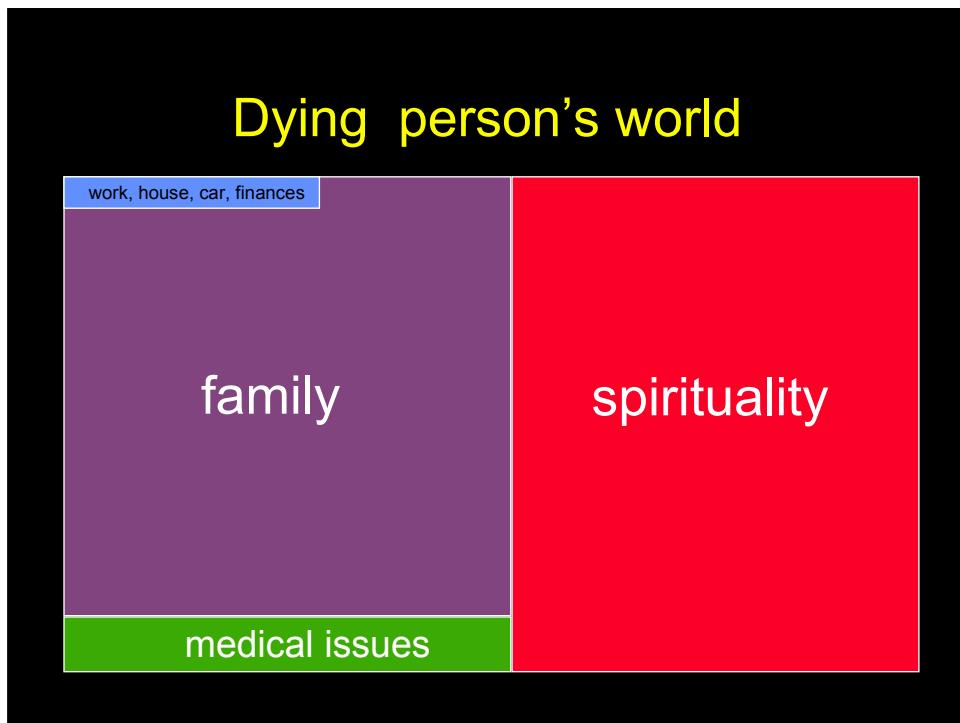
## Healthy person's world



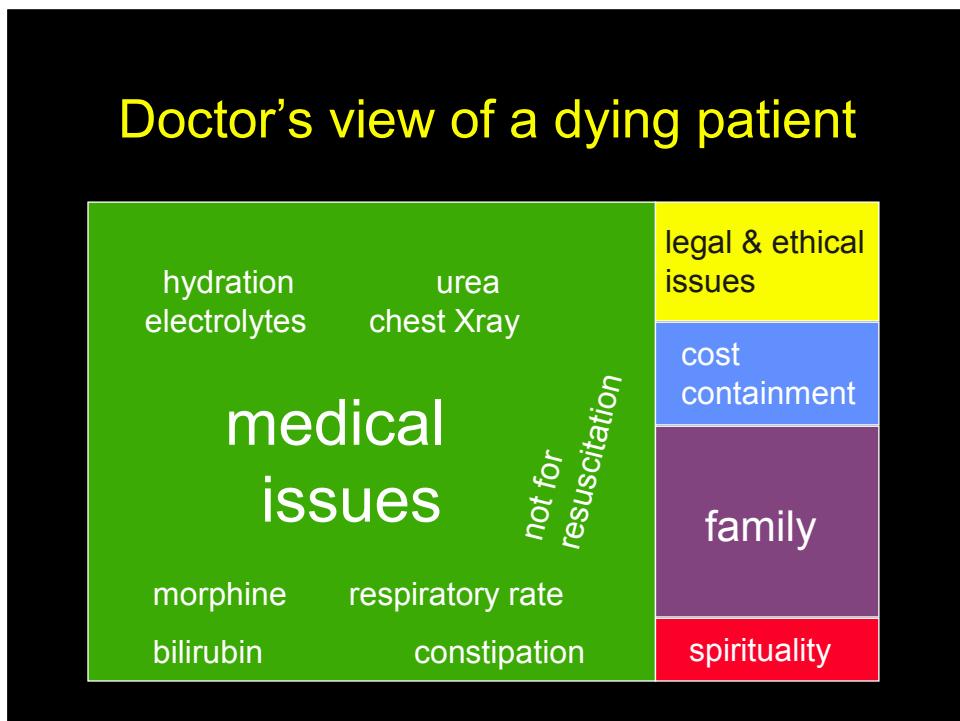
## Sick person's world



## Dying person's world



## Doctor's view of a dying patient



**Journal of Palliative Care 20; 2004: 50-56**

**"A Systematic Review of Religion and Spirituality  
in Three Palliative Care Journals, 1990-1999"**

**Out of a total of 828 articles, 155 addressed  
religion or spirituality. In 22 articles, religion or  
spirituality was the central focus**

### **Spiritual Care**

**Spiritual care involves supporting another's  
quest for meaning, or wholeness, or  
transcendence**

## Core Essences of Spiritual Caring

1. Right preparation
2. Right attitude
3. **Right behaviour**

## Core Essences of Spiritual Caring

1. **Right preparation**
  - Care for your own spirituality
  - Know the patient's story and family
  - Work as a team

Celebration of discipline  
The path to spiritual growth

**The disciplines**

<b>Inward</b>	<b>Outward</b>	<b>Corporate</b>
Meditation	Simplicity	Confession
Prayer	Solitude	Worship
Fasting	Submission	Guidance
Study	Service	Celebration

“Adam”

Acute Myeloblastic Leukaemia for 1 year  
Chemotherapy no longer effective  
Massive peripheral nerve damage, probably  
due to leukaemic infiltration of nerves,  
causing excruciating pain and paralysis  
Against the advice of the haematologist, given  
Bone marrow transplant (Matched  
Unrelated Donor) 2 weeks before

## “Adam”

An analgesic nightmare:  
Methadone 190mg/day iv  
Ketamine 1000mg/day iv  
Lignocaine 2mg/min iv  
Midazolam 150mg/day iv  
Gabapentin 900 mg tds oral  
Nortriptyline oral

## Adam's first music CD

Amazing grace  
(John Newton 1725-1807)

Through many dangers, toils, and snares,  
I have already come;  
'tis grace hath brought me safe thus far,  
and grace will lead me home.

Adam's second music CD

### There is a redeemer

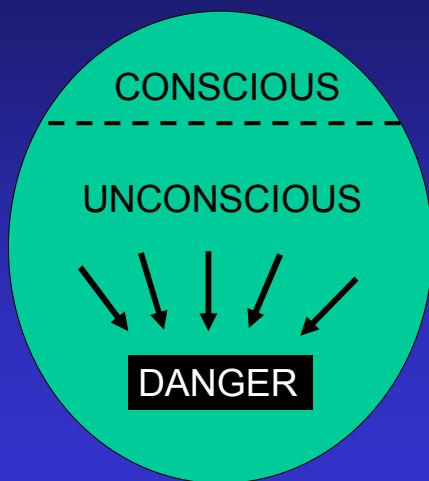
"When I stand in Glory,  
I will see His face,  
And there I'll serve my King forever,  
In that Holy Place."

By Christian musician Keith Green, killed in a plane crash soon after he wrote this song

### Core Essences of Spiritual Caring (2)

1. Right preparation
2. **Right attitude**
  - be respectful and humble – expect to learn from the patient
  - do not lie
  - do not force the truth on a patient in denial
  - include the family and staff in your circle of care

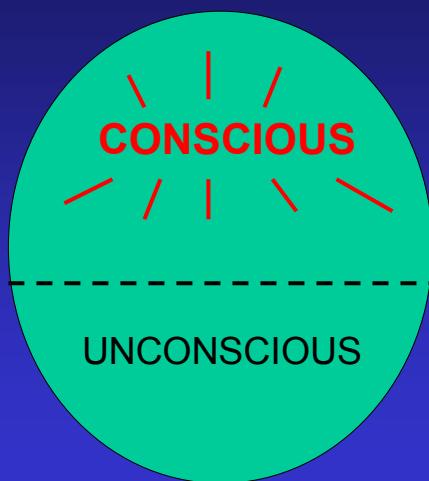
## THE BLACK BOX- DEEP WOUNDS



**DANGER  
DO NOT OPEN**

CONTAINS PAINFUL MEMORIES  
OF PAST WOUNDS

## HEALED WOUNDS



### Core Essences of Spiritual Caring (3)

1. Right preparation
2. Right attitude
3. **Right behaviour**
  - sit with the patient
  - use silence,
  - use touch,
  - have compassion (tears are OK)

Martin Luther King

You have been the veterans of creative suffering.  
Continue to work with the faith that  
unearned suffering is redemptive.

### Sadhu Sundar Singh (1889-1929)

Sundar was raised a Sikh and so had studied intently the holy book of the Sikh religion, the Granth Sahib, and also the holy Hindu sacred book, the Gita. His piety even as a child was known throughout the region.

Sundar's mother died when he was just a teenager, and her death threw the young man into overwhelming grief. He railed at God, even publicly burning the Bibles of the Christian missionaries in the area.

## Sadhu Sundar Singh (1889-1929)

Finally, Sundar's despair led him to plan his own death. For three days and nights he stayed in his room. "If God wants me to live, let him say so," he exclaimed. "Oh God, if there be a God, reveal yourself to me tonight."

His plan was simple and carefully thought out: if God did not speak to him before morning, he would go out to the railway line, lay his head on the rails, and wait in the darkness for the 5am train from Ludhiana to end his misery.

## Sadhu Sundar Singh (1889-1929)

For seven hours he waited in silent meditation. At 4.45am, witnesses Sundar, a bright cloud of light suddenly filled his room and out of the brightness came the face and figure of Jesus.

## Sadhu Sundar Singh (1889-1929)

Sundar had been expecting Krishna or one of his own gods, not Jesus. Yet, he was certain it was Jesus. He spoke to Sundar in Hindustani: “How long are you going to persecute me? I died for you. For you I gave my life. You were praying to know the right way; why don’t you take it? I am the Way.”

## Sadhu Sundar Singh (1889-1929)

As a result of this vision, Sundar’s life was dramatically and irrevocably changed and he was led into one of the most remarkable ministries of the twentieth century.

Source: Richard Foster, *Devotional Classics*. Hodder and Stoughton, London, 1993

## **Viktor Frankl: Man's Search For Meaning**

He who has a *why* to live for can bear  
with almost any *how*.  
Nietzsche

## **Viktor Frankl: Man's Search For Meaning**

“... the uniquely human potential at its best,  
which is to transform a tragedy into a triumph,  
to turn one’s predicament into a human  
achievement.  
When we are no longer able to change a  
situation - just think of an incurable disease  
such as an inoperable cancer - we are  
challenged to change ourselves”.

## Core Essences of Spiritual Caring

The Golden Rule:

Do to others what you would have them do to  
you

(Jesus, Matthew 7:12)

A story

Papa Panov's special day

Leo Tolstoy