

## The Assessment of Spiritual Need

Spirituality conference  
Taichung  
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### Seven assumptions:

1. The underlying spiritual need is for healing which involves integration or making whole
2. All persons are spiritual and contain a divine spark
3. All persons have suffered and been spiritually wounded
4. Suffering is essential for spiritual growth

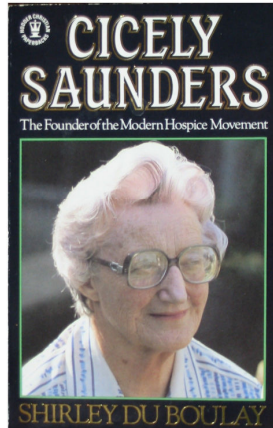
### Seven assumptions:

5. Health care professionals must address their own spiritual needs before they can attend to the spiritual needs of patients and families
6. Spiritual assessment requires time, listening, compassion and awareness of one's own inner self
7. Exploring the patient's genogram (family tree) is essential to an understanding of spiritual needs

### Activity

Everyone will have a different reaction to the "seven assumptions"  
Choose the one that is most interesting to you  
Find a partner and discuss your choice with him/her for 5 minutes

Dame Cicely Saunders  
Hospice pioneer and founder of St Christopher's  
Hospice, London



“The way care is given  
can reach the most  
hidden places and give  
space for unexpected  
development”

Foreward. In Kearney M. *Mortally  
wounded: stories of soul pain,  
death and healing*. New York:  
Scribner, 1996: 14.

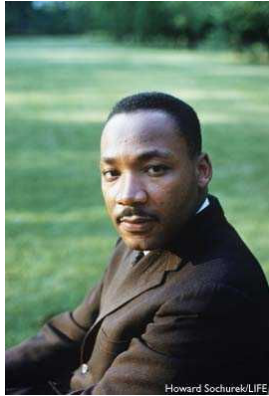
Aleksandr Solzhenitsyn,  
Russian Nobel prize winner for literature 1970



“The line which separates  
good from evil passes  
through the centre of every  
human heart”

from his book *Gulag Archipelago*

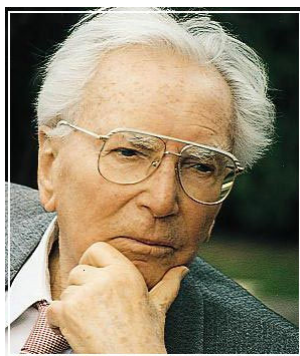
Martin Luther King  
American civil rights leader 1929-1968  
Assassinated aged 39



“Unearned suffering is  
always redemptive”

From his speech, *I have a  
dream*

Viktor Frankl, Austrian psychiatrist and  
author of *Man's search for meaning*



“Even in the situation where  
you have no freedom at all,  
any human being, up to the  
last breath, retains the  
freedom to choose the  
attitude towards this tragic  
situation”

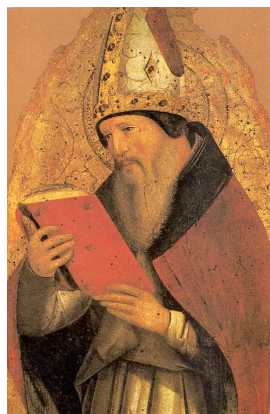
## St Francis of Assisi, Italy, 1182-1226



“For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life”

(three classic spiritual paradoxes at the conclusion to his famous prayer)

## St Augustine, bishop of Hippo, Algeria, North Africa



“Thou hast made us for thyself, O Lord, and our hearts are restless until they find their rest in thee”

*Confessions, 397AD*

## Activity

Choose one of the six quotations from great spiritual teachers.

Discuss it with your partner for 5 minutes



### Taking a spiritual history Dr Christina Puchalski, Washington DC “FICA”

#### **F** Faith, belief, meaning

Do you have spiritual beliefs that help you cope with stress?

#### **I** Importance and Influence

What importance does your faith or belief have in your life?

#### **C** Community

Are you part of a spiritual or religious community?

#### **A** Address/Action in care

How should the healthcare provider address these issues in your healthcare?

## Clinical Practice: The Hope Questions

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- H Sources of hope, meaning, comfort, strength, love, peace and connection
- O Organised religion
- P Personal spirituality practices
- E Effects of medical care on end-of-life decisions

Anandarajah G et al. Amer Family Physician 2001;63:81-89

### Personal “spiritual” questions

What is your biggest concern at the moment?

What do you think is happening to you?

Tell me about your family

What do you need to do before you die?

Would you like to see a  
chaplain/priest/rabbi/Imam?

## Activity

Use the FICA questions to take a spiritual history from your partner for 10 minutes