



SPIRITUALITY

Definition

Spirituality refers to that part of the being human that seeks meaningfulness through intra, inter and transpersonal connection. It generally involves a belief in a relationship with some higher power, creative force, divine being or infinite source of energy.

Spiritual Needs

Needs related to self:

- Need for meaning or purpose
- Need to express creativity
- Need for hope
- Need to transcend life challenges
- Need for personal dignity
- Need for gratitude
- Need for vision
- Need to prepare for and accept death

Needs related to others:

- Need to forgive others
- Need to cope with loss of loved ones

Needs related to ultimate other:

- Need to be certain that there is a god or ultimate power in the universe
- Need to believe that god is loving and personally present
- Need to worship

Needs among and within groups:

- Need to contribute to improve ones community
- Need to be respected and valued
- Need to know what and when to give and take

Spiritual Health

Spiritual health is a way of living a lifestyle that views and lives a life as purposeful and pleasurable, that seeks out life – sustaining and life enriching options to be chosen freely at every opportunity and that sinks its roots deeply into spiritual values and/or specific religious beliefs.

- Pilch (1998)

Indicators Of Spiritual health

- Uncompromised.....
 - Faith
 - Hope
 - Meaning and purpose of life
 - Achievement of spiritual world
 - Feelings of peacefulness
 - Ability to love, forgive, pray, worship
 - Spiritual experiences
 - Participation in spiritual rites and passages, meditation, spiritual reading
 - Interaction with spiritual leaders
 - Expression through song/music, art, writing
 - Connectedness with inner - self and others
 - Interaction with others to share thoughts, feelings and beliefs



SPIRITUAL DEVELOPMENT

0 – 3 years

- Neonates and toddlers are acquiring fundamental spiritual qualities of trust, mutuality, courage, hope and love
- Transition to next stage of faith begins when child's language and thought begin to allow use of symbolism

3 – 7 years

- Fantasy filled, imitative phase when child can be influenced by examples, moods, actions. Child relates intuitively to ultimate conditions of existence through stories and images the fusion of facts and feelings.
- Make-believe is experienced as reality (eg., santaclaus)

7 – 12 years even in adulthood

- Child attempting to sort fantasy and fact by demanding proofs or demonstrations of reality.
- Stories are important to finding meaning and organizing experience.
- Child accepts stories and believes literally
- Ability to learn the beliefs and practices of the culture, religion

Adolescence

- Experience of the world now beyond the family unit and spiritual beliefs can aid understanding of extended environment
- Generally conform to the beliefs of those around them; begin to examine beliefs objectively, especially in late adolescence

Young Adulthood

- Development of self identity and world view differentiated from those around them.
- The individual forms independent commitments, lifestyles, beliefs and attitudes.
- Begins to develop personal meaning for symbols of religion and faith

Middle adulthood

- Newfound appreciation for the past; increased respect for inner voice; more awareness of myths, prejudices, and images that exist because of social background.
- Attempts to reconcile contradictions of mind and experience and to remain open to others' truth.

Mid – Late Adulthood

- Able to believe in and live with a sense of participation in a non exclusive community.
- May work to resolve social, political, economic, or ideological problems in society.
- Able to embrace life, yet hold it loosely

Concepts Related To Spirituality

- Religion
- Faith
- Hope
- Transcendence
- forgiveness



Spiritual Distress

- Refers to challenge to the spiritual wellbeing or to the belief system that provides strength, hope and meaning to life
- Factors causing distress are :
 - Physiological problems
 - Treatment related concerns
 - Situational concerns

Characteristics of Spiritual Distress

- Expresses lack of hope, meaning and purpose in life, forgiveness of self
- Expresses being abandoned by or having anger towards god
- Refuses interaction with friends, family
- Sudden changes in spiritual practices
- Requests to see a religious leader
- No interest in nature, reading spiritual literature

Spiritual Practices Affecting Nursing Care


- Holy days
- Sacred writings
- Sacred symbols
- Prayer and meditation
- Beliefs affecting diet and nutrition
- Beliefs related to healing
- Beliefs related to dress
- Beliefs related to birth
- Beliefs related to death

**NURSING
MANAGEMENT**



ASSESSING

- Nursing history
- F – faith or beliefs – what spiritual beliefs are most important?
- I – implications or influence – how is your faith affecting the way you cope now?
- C – community - is there a group of like – minded believers?
- A – address – how would you like the health care team to support you spiritually?

- Clinical assessment:
 - Environment
 - Behaviour
 - Verbalization
 - Affect and attitude
 - Interpersonal relationships
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DIAGNOSING

- Spiritual issues
 - Spiritual distress
 - Readiness for enhanced spiritual well being
 - Risk for spiritual distress
- Religious issues
 - Impaired religiosity
 - Risk for impaired religiosity
 - Readiness for enhanced religiosity
- Spiritual or religious distress as etiology
 - Fear
 - Chronic or situational low self esteem
 - Disturbed sleep
 - Ineffective coping
 - Decisional conflict

PLANNING

- Help client fulfill religious obligations
- Help client draw on and use inner resources more effectively to meet the present situation
- Help the client maintain or establish a dynamic personal relationship with a supreme being in the face of unpleasant circumstances
- Help the client find meaning in existence and the present situation
- Promote a sense of hope
- Provide spiritual resources otherwise unavailable

IMPLEMENTATION

- Providing presence
 - Supporting religious practices
 - Assisting clients with prayer
 - Referring clients for spiritual counseling
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EVALUATING

- Checking for the effectiveness of rendered care

THANK YOU

