

# SPIRITUAL CARE AND LDL

## Have you thought about it?

A quick guide to get you started

### INTRODUCTION

Spirituality involves acknowledging and nurturing the uniqueness of each person. Dimensions of spirituality are complex and can be expressed in a variety of ways. This can be through a person's relationships, life stories, their meaning and purpose in life, their beliefs, hopes and faith or through nature or the arts.<sup>2</sup> Spirituality is not just about religious practices or beliefs.<sup>4</sup> In the New Zealand context, Te Whare Papa Wha epitomises the importance of the four domains of care – Te taha whanau (the family), Te taha Hinengaro (the mind and emotions), Te taha Tinana (the physical aspect) and Te taha Wairua (the spiritual dimension). The house (whare) stands strong if all four domains of wellbeing are nurtured and balanced.<sup>3-5</sup>

### LDL GOAL

**Goal 3.1:** The patient is given the opportunity to discuss what is important to them at this time, e.g. their wishes, feelings, faith, beliefs and values.

**Goal 3.2:** The relative or carer is given the opportunity to discuss what is important to them at this time, e.g. their wishes, feelings, faith, beliefs, values.

### ASSESSMENT: Patients/relatives or carers

Irrespective of any previous discussions, it is important to readdress conversations at this time to identify the spiritual needs and spiritual history of the person and their family, and offer support now, at the time of the person's death, or after their death.<sup>1</sup>

Here are some suggested prompt questions that may help begin your conversations with patients, their relatives, or carers

- How have you made sense of the challenges and stresses that have occurred in your life?
- What matters to you most?
- Which faith or spiritual practices are important to you?
- What are the most important things to you in life?
- Are you part of a community that offers support?
- Who or what gives you strength at this time?
- Who brings you comfort?
- What is giving you most anxiety at the moment?
- What memories are troubling you?
- Would you like to talk about those?
- Who can bring you a sense of peace with those?

## MANAGEMENT

### Approach

- Active Listening
- Space and Environment
- Privacy
- Compassion
- Welcoming

“Spiritual Care is not about giving the solution...”

### Teamwork

- Family and community members
- Referral to appropriate MDT members (Chaplain, Spiritual advisor, social worker, counsellor or massage therapist)
- Senior nurse

### Resources

- Relationships
- Belongings and places that hold a personal meaning
- Music/art
- Icons/spiritual symbols
- Pets
- Religious texts, prayers or readings

### Self-Management

- Awareness this may bring up your own issues and challenges
- Don't be afraid to access additional support e.g. chaplain, colleagues or clinical supervision
- Be mindful not to put your own beliefs on to that of the patient/resident or family
- Keep on exploring and learning, access journals, books, websites and reflect on your own practice

## EVALUATION

Accurately document and report as required your assessment, changes and actions, ensuring you have recorded the evaluation of any management measures used.

### LOCAL PALLIATIVE CARE CONTACT:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Email \_\_\_\_\_

#### REFERENCES:

1. Pulchaski CM (2012). *Spirituality is an essential domain of palliative care: caring for the whole person*. Progress in Palliative Care. 20(2), 63-65.
2. Spencer-Adams S. (2011). *Incorporating spirituality in end-of-life nursing care*. End of Life Journal with St Christophers. 1(3), 1-8.
3. Boxall J. (2010) *Palliative Care Factsheet 4: Spiritual Care*. Hospital Palliative Care Service, Wellington.
4. Royal College of Nursing. (2011) *Spirituality in Nursing Care: a pocket guide*.
5. Mason, Durie (1982). *Te Whare Tapa Wha Model*. Downloaded from [www.careers.govt.nz](http://www.careers.govt.nz). Careers New Zealand 2012.

Developed by: National LDL Office, New Zealand (Working Group in alphabetical order): J Collins, A Gray, B Marshall, A Parker and J Pickthorne.

Created: June 2013 and adapted by Lake Taupo and Rotorua Community Hospices 2015.