


### Spirituality & Palliative Care

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- Palliative Care focuses intentionally on the whole person of the patient (and family).



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“Spirituality ...refers to the way individuals seek and express **meaning and purpose** and the way they experience their **connectedness** to the moment, to self, to others, to nature, and to the significant or sacred.”

Puchalski & Ferrell, et al: *Improving the Quality of Spiritual Care as a Dimension of Palliative Care: The Report of the Consensus Conference*. Journal of Palliative Medicine, volume 12, number 10, 2009.

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- Meaning/Purpose




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- Connection / Relationships




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- Who provides spiritual care?

All members of the Palliative Care Team

The professional chaplain is the spiritual care specialist and other members of the team are generalists.

Puchalski & Ferrell

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- Spiritual Screening

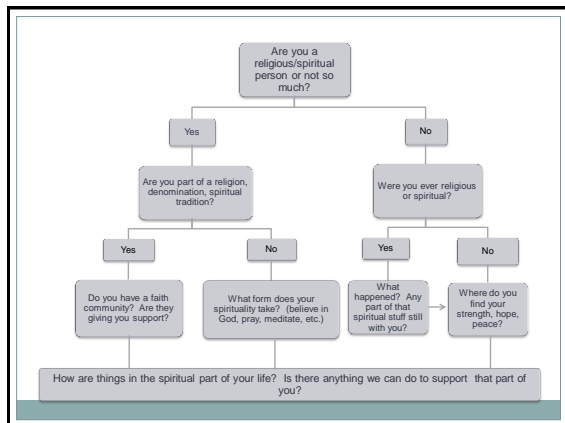
-Recommended for all Palliative Care pts.  
Puchalski & Ferrell

-Involves simple questions, asked in the course of an overall pt/family screening:

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- Spiritual screening questions:
  - Are you spiritual, religious, or not so much?
  - What/who gives meaning to your life?
  - Who are your "go to" people?
  - What/who lifts your spirits?
  - Are you at peace?



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- From "What's the matter with the pt?" to "What matters to the pt?"

What matters to you?

- "What do you do with what you learn?"

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- Benefits of attending to spirituality

Many people are open to spiritual care from their medical providers but don't get it.

Balboni TA, et al. Religiosity and spiritual support among advanced cancer patients and associations with end-of-life treatment preferences and quality of life. J Clin Oncol. 2007 Feb 10;25(5):555-60.

It can deepen the relationship between patient and clinician and build trust.

Balboni et al. Provision of Spiritual Support to Patients with Advanced Cancer by Religious Communities and Associations with Medical Care at End of Life. JAMA Internal Med 2013. 173 (12): 1109-1117

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- Benefits of attending to spirituality

Spiritual support provided by physicians and members of the healthcare team is associated with better quality of life at EoL, increased hospice use, and decreased use of intensive care.

Balboni, et al Provision of Spiritual Care to Patients With Advanced Cancer: Associations With Medical Care and Quality of Life Near Death, J Clinical Onc, January 20, 2010 vol. 28 no. 3, 445-452

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Triggers for Referrals to the Chaplain

- Spiritual screening was not done and chaplain should follow up to assess needs/resources
- Spirituality and/or religious faith important to patient/family
- Pt nearing end of life
- Transition to comfort-focused care
- Pt is fearful re: death, dying
- Pt/family not coping well with diagnosis
- Religious issues or conflicts with clinical recommendations
- Pt/family report lack of peace, hope

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Triggers for Referrals to the Chaplain

- Signs, symptoms of spiritual distress, spiritual pain:
  - Unable to find sources of meaning, hope, love, peace, comfort, strength, and connection.
  - "Why is this happening to me?"
  - "I feel like I'm being punished for something."
  - "I'm afraid of dying."
- Anytime your intuition tells you a chaplain might be helpful

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- Spirituality should be considered a patient vital sign. Just as pain is screened routinely, so should spiritual issues be a part of routine care. Puchalski, Ferrell

