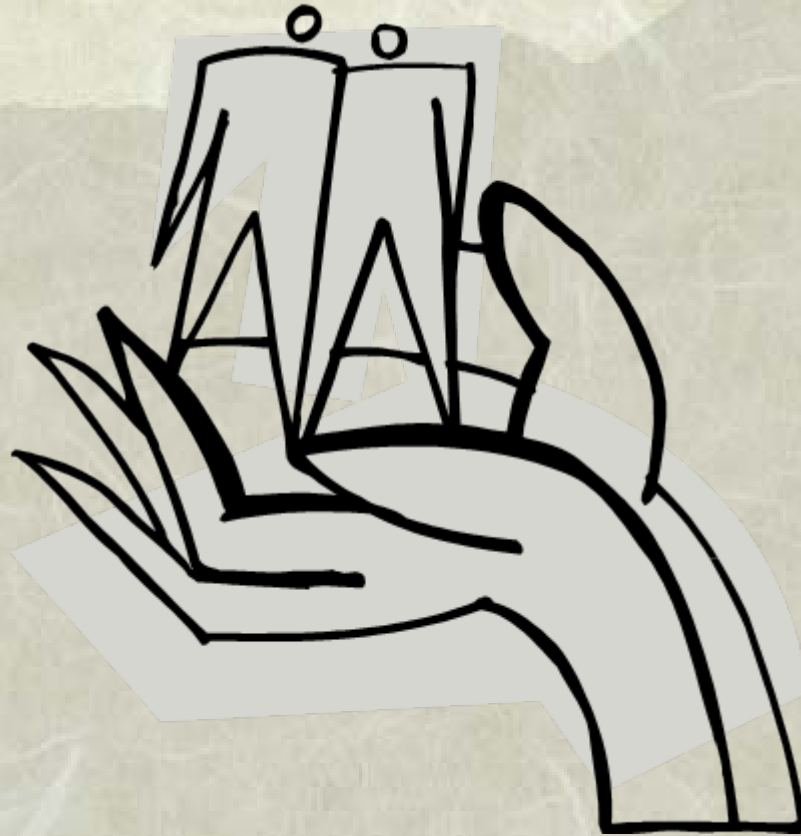


Spiritual Assessment of the Surgical Oncology Patient

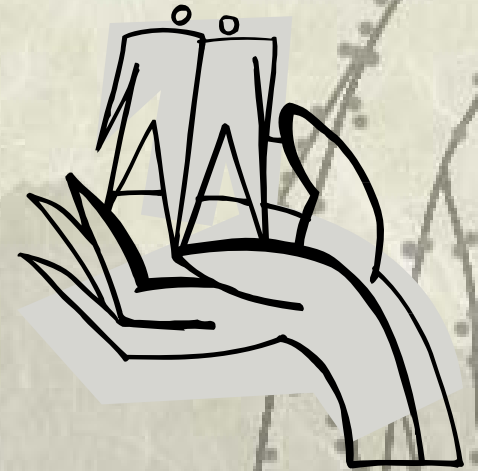


Karen Craig

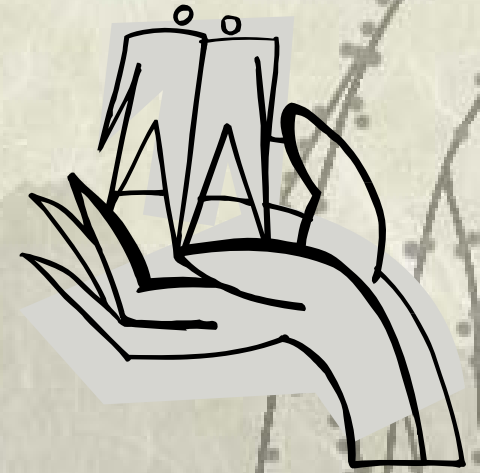
May 2006

Outline

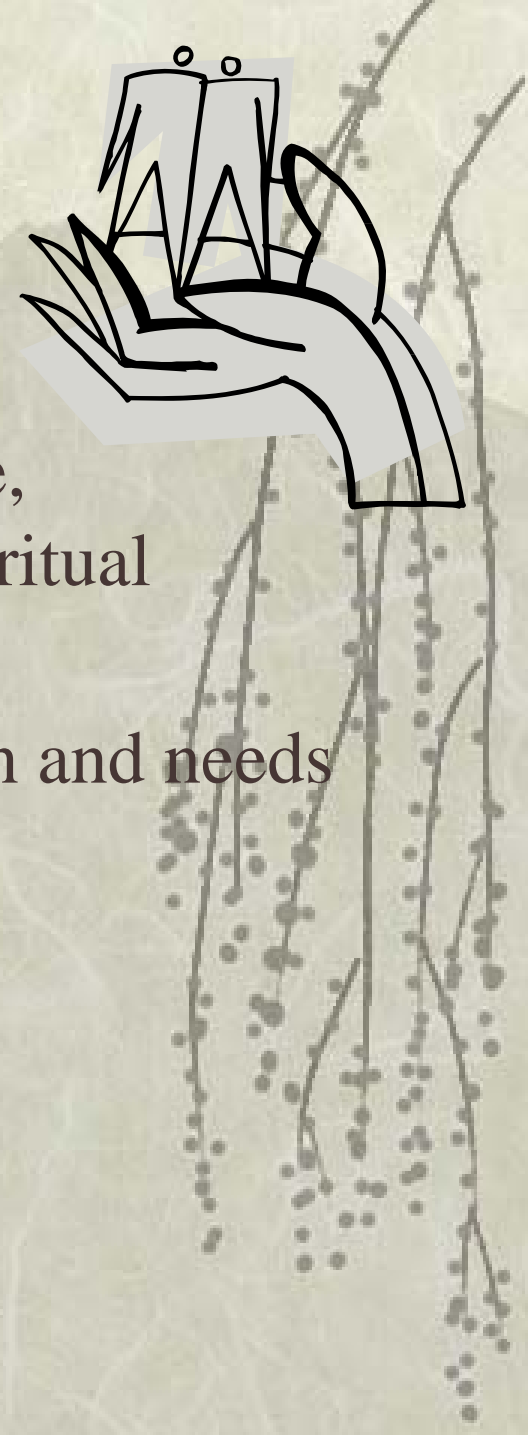
- ❖ Spirituality versus Religion
- ❖ Conceptual Framework
- ❖ Setting /Participants
- ❖ Chart Audits
- ❖ Focus Groups
- ❖ Barriers to Spiritual Assessment
- ❖ Spiritual Assessment Guide
- ❖ Implementation/Evaluation
- ❖ Limitations
- ❖ Conclusions
- ❖ Implications for Nursing



Spirituality



- ❖ Component of quality of life
- ❖ Core of each individual's existence
- ❖ Personal quest for meaning and purpose in life, hopefulness, inner strength, and sources of support
- ❖ Need to find answers to questions about the meaning of life, illness and death
- ❖ Centers around relationships with others, self & God



- ❖ Spiritual needs include self-acceptance, relationships with others, hope and spiritual reflection
- ❖ Umbrella concept under which religion and needs of the spirit are found

Religion



- ❖ Belief system and the manner in which it is expressed individually or in groups
- ❖ May be in the form of worship, rituals or sacraments
- ❖ Refers to faith, beliefs and practices that nurture a relationship with a superior being, force or higher power

Quality of Life



- ❖ Quality of life (QOL) is a subjective concept that is multidimensional and dynamic, it's a person's sense of well-being that stems from satisfaction or dissatisfaction with important areas in one's life
- ❖ Domains include physical, social, psychological, and spiritual
- ❖ QOL changes with time
- ❖ Ferrell's conceptual framework provided the foundation for examining how spirituality impacts QOL

Conceptual Framework: Quality of Life

(Adapted from Ferrell, Hassey Dow, Ly, & Gulasekaram, 1995)

Physical Well-Being

Functional ability

Sleep, rest, pain, appetite,
cognitive impairment,
sense of control

Psychological Well-Being

Seeking a sense of control
Anxiety, body image, uncertainty,
sexuality, and fear of recurrence

Quality of Life

Social Well Being

Roles/relationships at
work & home
Sexual function
Finances

Spiritual Well Being

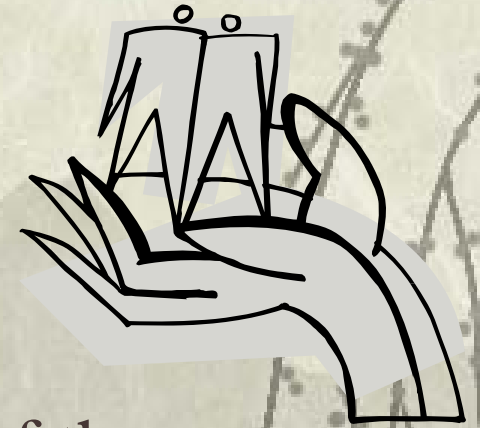
Personal values
Uncertainty
Religion
Hopefulness

Setting/Participants



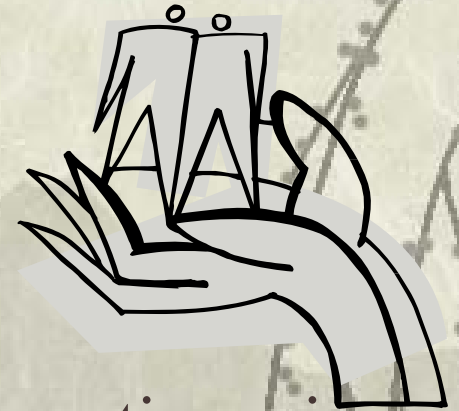
- ❖ Setting: 2 adult surgical units
- ❖ Participants: 11 surgical oncology nurses (3 university prepared, remaining 8 attended college), experience ranged from less than 2 years to more than 10
- ❖ Expedited approval

Chart Audits



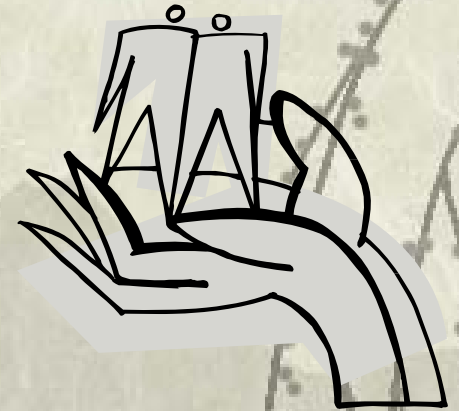
- ❖ Prevalence of the problem
- ❖ 24 chart audits completed

Focus Groups



- ❖ Content of questionnaire included years of nursing experience, personal meaning of spirituality, whether spiritual assessment was performed, barriers and ways to facilitate assessment

Barriers to Spiritual Assessment



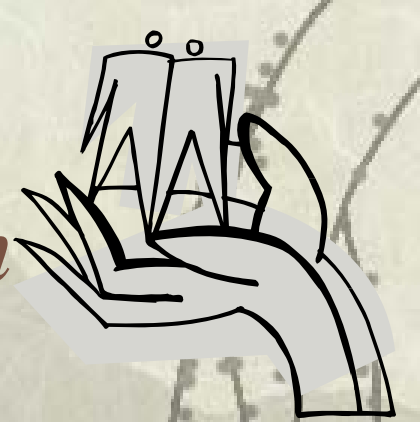
- ❖ Personal nature of spirituality
- ❖ Lack of awareness of one's own spirituality
- ❖ Limited formal education
- ❖ Confusion surrounding the difference between spirituality and religion
- ❖ Lack of time
- ❖ Lack of knowledge and skills in spiritual assessment
- ❖ Emphasis on physical symptoms

Spiritual Assessment Guide



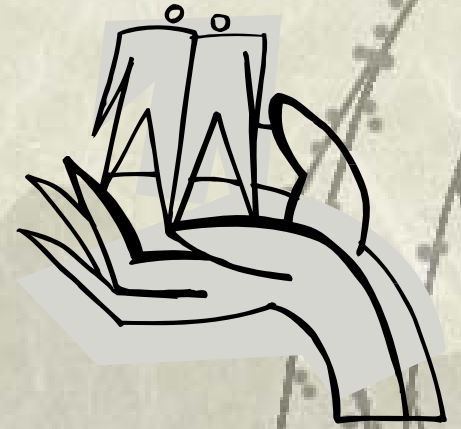
- ❖ Do you belong to a faith community?
- ❖ When caring for patients who are faced with difficult times such as being in hospital or having a serious illness, I have noticed that many experience a wide variety of feelings or emotions. How are you feeling today?
- ❖ In the past, how have you managed difficult or challenging times? When or from whom do you get your strength?
- ❖ If appropriate, reason for referral.

Implementation/Evaluation



- ❖ One month pilot
- ❖ 17 guides completed, wide variety of information gathered
- ❖ Average time: 10-60 minutes
- ❖ Provided key questions to initiate spiritual assessment
- ❖ Reasons for not using the guide: lack of time; uncomfortable with approaching the topic; and for some, spirituality still remained a mystery

Limitations



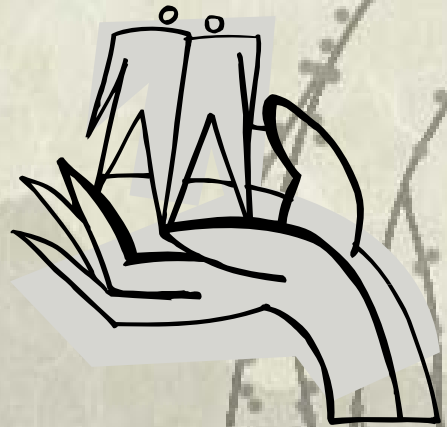
- ❖ Number of completed questionnaires
- ❖ Dual role of project co-coordinator
- ❖ Lack of generalizability

Conclusions



- ❖ Holistic nursing practice includes spiritual domain
- ❖ Spiritual care involves listening, being present, providing patients the time for spiritual or religious practices, and making referrals to other health care professionals
- ❖ Nurses may need a guide to assist them to engage in spiritual assessment
- ❖ With use of the guide, nurses facilitated patients' spiritual journeys by supporting them in meeting their spiritual needs

Implications for Nurses



- ❖ Nursing curriculum
- ❖ Focus groups
- ❖ Education sessions

Thought for the Day



- ❖ ‘Nurses have the distinct privilege and honor of accompanying patients on their unique life journeys. If nurses open themselves to understanding and valuing the profound nature of patients’ experiences with life threatening illness, nurses will earn life lessons of triumph despite tragedy, bravery in the face of fear, and laughter in the face of tears’ (Albaugh, 2003).