

WHAT IS SPIRITUALITY?

Spirituality is a dynamic and intrinsic aspect of humanity through which persons seek ultimate **meaning, purpose**, and **transcendence**, and experience **relationship** to self, family, others, community, society, nature, and the significant or sacred.

Spirituality is expressed through



beliefs



values



traditions



practices

Puchalski et al. 2014



WHAT IS SPIRITUAL CARE?

Spiritual care is the provision of



assessment



counselling



support



ritual

in matters of a person's beliefs, traditions, values and practices enabling the person to access their own spiritual resources.

Spiritual Health Association

www.spiritualhealth.org.au



Spiritual Health Association

SPIRITUAL CARE PRACTITIONERS

WHO ARE THEY?

- 🌿 Qualified and credentialed members of the interdisciplinary care team
- 🌿 Work across diverse beliefs, cultural perspectives, and spiritual practices
- 🌿 Work to meet the spiritual needs of patients, family members, caregivers, and health care staff.

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WHAT DO THEY DO?



Conduct spiritual needs assessment

Gathering and evaluating in-depth information regarding the patient's spirituality, cultural and emotional needs and resources.

Balboni et al. 2017

Offer meaningful rituals



Assist with spiritual/religious practices.

Advocate Health Care, 2014



Offer counselling, guidance and education

In-depth review of a person's life journey, personal or familial counsel, ethical consultation, mental health support, end of life care and guidance in matters of beliefs, traditions, values and practices.

Balboni et al. 2017

Support patient and staff spiritual wellbeing



Companionship of person(s) confronted with profound human issues of death, dying, loss, meaning and aloneness, emotional support and advocacy, enabling conversation to nurture spiritual wellbeing and healing, establishing relationship, hearing the person(s) narrative.

Independent Hospital Pricing Authority, 2019