



Spiritual Health Association



Background

Spiritual Care Week started in 1983 when the US National Association of Catholic Chaplains passed a resolution to establish a Pastoral Care Week. By the early 90's the celebration spread across the USA to the rest of the world, including Australia.

The celebration of Spiritual Care Week provides an opportunity for spiritual care practitioners and organisations to show case their work and advocate for the role of spiritual care within the health settings.

The theme for 2021 Spiritual Care Week is *Advancing Spiritual Care Through Research*. Research has become the catalyst to make the subjective objective, the invisible visible, the intangible tangible and fosters appreciation and legitimacy from those who do not work in spiritual care. Research assists us to measure what good spiritual care does for patients, their families, and the interdisciplinary team within our health settings. Hence, research allows spiritual care practitioners and providers to be more efficient and strategic, creating leverage and advocacy towards the sustainability of the profession.

What are the infographics about?

Spiritual Health Association (SHA) has produced two infographics aiming to introduce and demystify the role of spiritual care and its benefits to patients, family members and organisations. The target audiences include health care workers, patients, and families. The two infographics address the following questions and areas:

Infographic 1

- What is spirituality?
- What is wellbeing?
- How does spirituality affect our well-being?
- WHO definition of well-being that is inclusive of spiritual health dimension.
- Evidence on practicing spirituality and how it brings a sense of meaning, purpose, and connection to our lives.

Infographic 2

- What is spiritual care?
- Why is spiritual care important?
- What are the benefits of spiritual care?
- Evidence of positive spiritual care experience expressed by patients and health care staff.



How to use the infographics

We hope the resource provides you with a taster to engage your target audiences in a more in-depth dialogue about the important work that you are doing. Some ideas you may consider, such as:

- Creating a learning platform about Spiritual Care around the Spiritual Care Week. Specifically:
 - Identify the current electronic channels within your organisations or departments (e.g., intranet, newsletters, mailing lists) that are relevant for promotion of the infographics.
 - Arrange a conversation with your Communications department to find ways to promote the infographics.
- Organising an on-line educative event (e.g., a forum, panel, guest speakers) to engage relevant staff and stakeholders to:
 - Further explain the key concepts, practice and benefits of spiritual care contributing to the health outcomes and well-being of patients.
 - Demonstrate your case studies that provide insight into how spiritual care practitioners assess spiritual and religious needs of patients and families, make decisions about appropriate interventions, and show how outcomes directly connect to and result from the spiritual care.

How to speak to the infographics

- Use the provided power-point presentation to expand each key question demonstrated in the infographics with more explicit evidence and resources documented on the notes' functionality.
- To learn more about the provision of spiritual care in health settings, outcomes of spiritual care, and evidence-based spiritual care framework, contact Dr Cuong La, Research & Policy Leader at research@spiritualhealth.org.au to get access to the power-point slides that was presented at the 2021 Spiritual Care Australia Conference.

Want to do more? Here are more suggestions

- Sign up with your hospital library and learn about how to use search engines to locate latest evidence of spiritual care.
- Refer to the following sites to get updated with latest evidence:
 - [Publications](#) from Spiritual Health Association
 - [List of recommended reading](#) by Canadian Association for Spiritual Care
 - [Transforming Chaplaincy Hub](#) that serves as a search engine for research and training materials
 - [European Research Institute for Chaplains in Healthcare \(ERICH\)](#) where you can find spirituality-related research and training courses and events in Europe



Guide for the 2021 Spiritual Care Week

- [Chaplaincy Innovation Lab](#): based at Brandeis University, launched in October 2018 to bring chaplains, theological educators, clinical educators, and social scientists into conversation about the work of chaplaincy and spiritual care.
- Learn how to read a scientific paper

Guiding prompts for reading a scientific paper

1. What is the research aiming to discover? Are its aims relevant to you and your context?
2. What type of research has the author done? Qualitative/quantitative? Survey/Interviews/Observations/Focus groups?
3. Did the author take ethical issues into consideration? Did they seek approval from an ethics committee?
4. How does the author explain the design of his/her study? How would you explain their approach?
5. What does the author say about how and why the participants were selected? What do you think of the selection criteria?
6. What does the author say about how he has data was collected and analysed?
7. How would you sum up the substance of this article (in one or two sentences)?
8. What are the main findings of the research? Does the evidence support the author's findings?
9. Did anything strike you as odd or wrong?
10. What are the strengths and weaknesses of this research?
11. How does this research relate to what we already know about the subject?
12. How valuable is the is the research?
13. What will you take from the research that will assist your team in relation to evidence-based practice?

For further information, read here:

[Understanding Health Research · How to read a scientific paper](#)

10 questions to help you make sense of Qualitative research
[CASP-Qualitative-Checklist-2018 fillable form.pdf \(b-cdn.net\)](#)

