

# *The Role of Spiritual History in Patient Care*

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# Learning objectives

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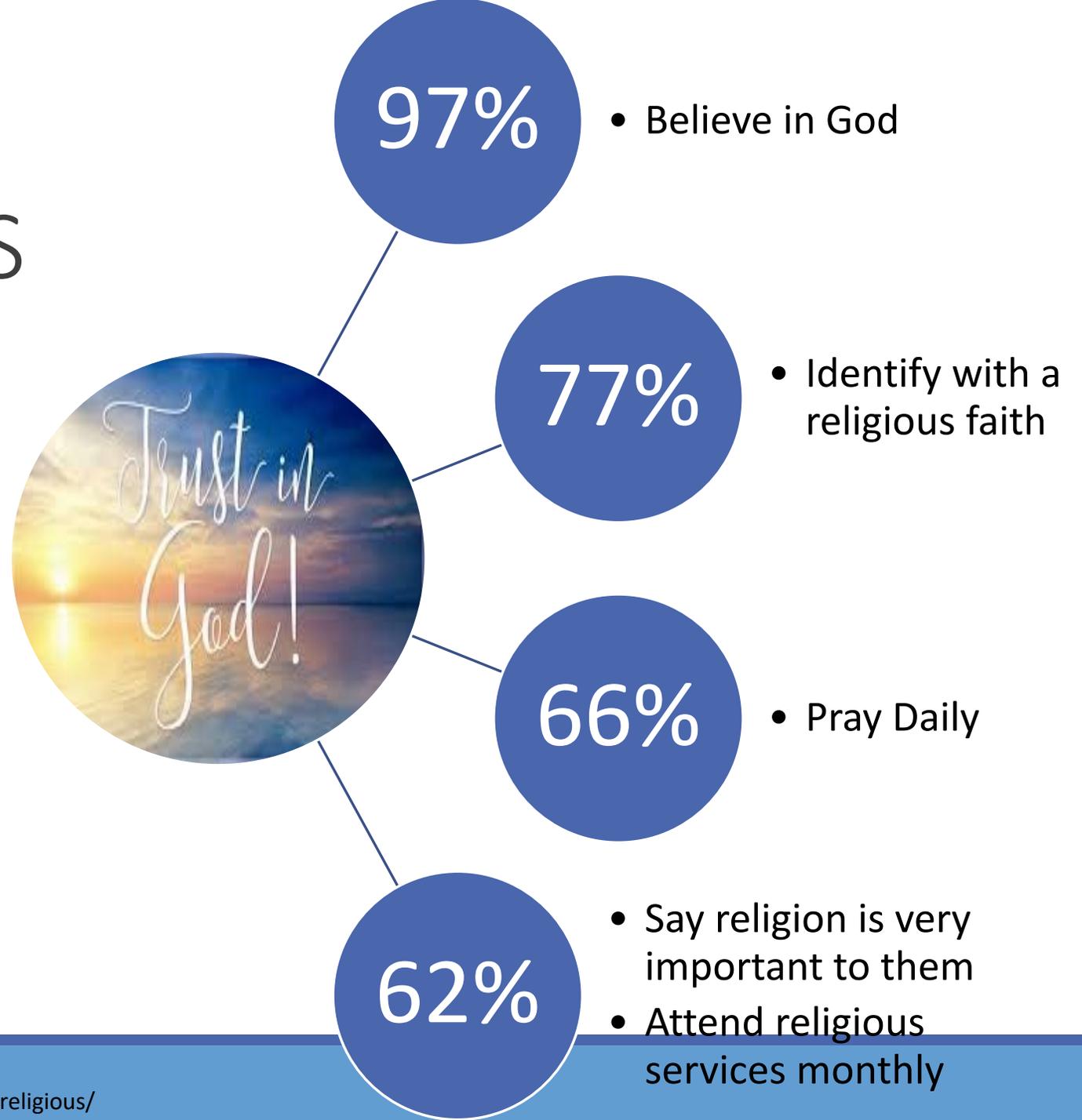
After participating in this presentation, the learner will be able to:

1. Briefly describe the data to support the impact that spirituality makes on patient health outcomes
2. Recognize how pharmacists can use a patients spirituality to a therapeutic benefit
3. Discuss what is the benefit of and how to take a spiritual history
4. Apply concepts learned in a simulated patient spiritual history taking exercise

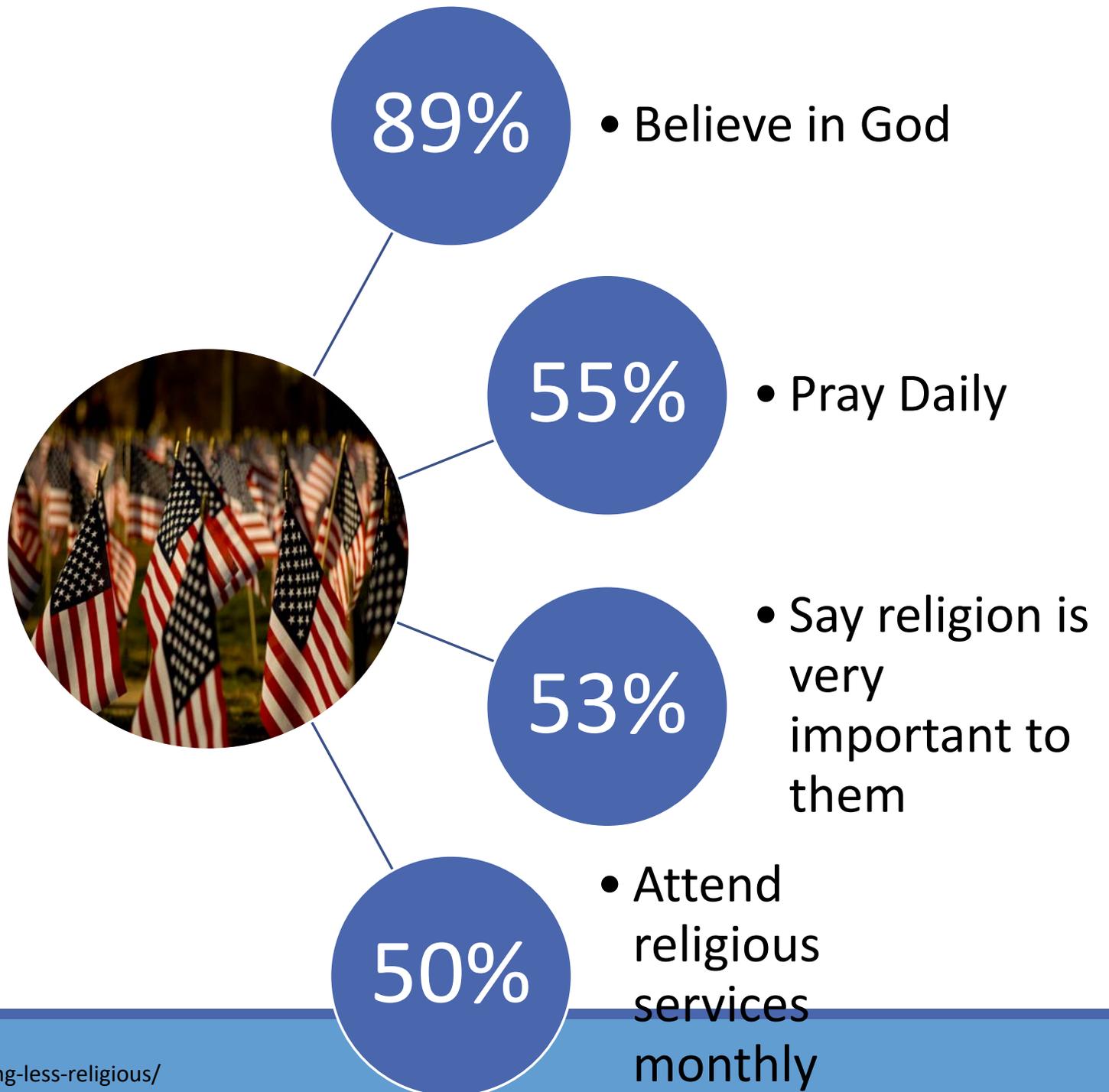
The data to support

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# Identifying as Religious in the US



# Religion in the whole US population



## Most Americans Experience Regular Feelings of Spiritual Peace and Well-Being

% of U.S. adults who feel a deep sense of \_\_\_\_\_ weekly or more often

	Spiritual peace and well-being			Wonder about the universe		
	2007 %	2014 %	Change	2007 %	2014 %	Change
<b>Total</b>	<b>52</b>	<b>59</b>	+7	<b>39</b>	<b>46</b>	+7
<b>All affiliated</b>	<b>56</b>	<b>64</b>	+8	<b>39</b>	<b>45</b>	+6
<b>Christian</b>	<b>56</b>	<b>65</b>	+9	<b>38</b>	<b>45</b>	+7
Protestant	60	68	+8	39	45	+6
<i>Evangelical</i>	68	75	+7	41	48	+7
<i>Mainline</i>	47	56	+9	37	43	+6
<i>Historically black</i>	65	73	+8	37	42	+5
Catholic	47	57	+10	34	42	+8
Orthodox Christian	45	53	+8	35	47	+12
Mormon	71	81	+10	40	49	+9
Jehovah's Witness	77	82	+5	49	62	+13
<b>Non-Christian faiths</b>	<b>51</b>	<b>52</b>	+1	<b>51</b>	<b>51</b>	-
Jewish	38	39	+1	40	42	+2
Muslim	64	64	-	53	56	+3
Buddhist	55	59	+4	57	55	-2
Hindu	49	40	-9	39	33	-6
<b>Unaffiliated</b>	<b>35</b>	<b>40</b>	+5	<b>39</b>	<b>47</b>	+8
Atheist	28	31	+3	37	54	+17
Agnostic	31	37	+6	48	55	+7
Nothing in particular	36	42	+6	38	43	+5
<i>Religion not important<sup>1</sup></i>	29	36	+7	36	41	+5
<i>Religion important<sup>1</sup></i>	44	50	+6	40	45	+5

Source: 2014 Religious Landscape Study, conducted June 4-Sept. 30, 2014. Q14a/b.

# Spirituality

“Good mental health”

VS.

“Search for the Transcendent”

VS.

“Deeply Religious”

[http://assets.pewresearch.org/wp-content/uploads/sites/12/2016/01/PF-2015-11-03\\_RLS-II-SS.png](http://assets.pewresearch.org/wp-content/uploads/sites/12/2016/01/PF-2015-11-03_RLS-II-SS.png)

Koenig, HG. *Spirituality in Patient Care. Why, How and What. Third edition.* Templeton Press. 2013

Pargament KI. The Psychology of Religion and Spirituality? Yes and No. *Int. J. Psychol. Relig.* 9:3-16. 1999.

Evidence to support

Barriers and Boundaries

Positive health outcomes

The bringing of peace

Social support

Increased quality of life

Extremes in religious practices

Refusal of therapies

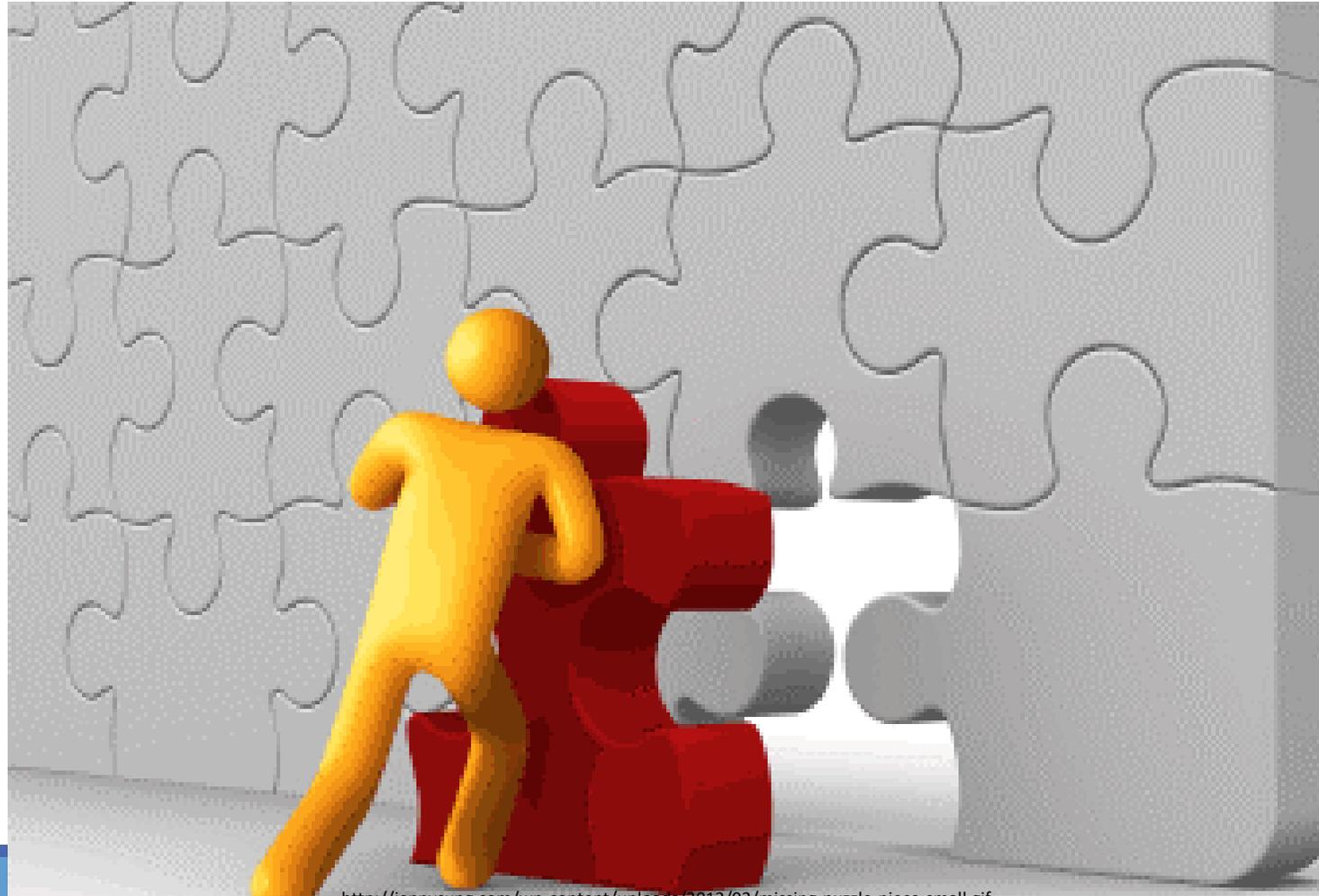
Associated negative feelings

Use of spiritual/  
religious data collected

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# Goal: better understand our patient

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# Evidence of need

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Lack of family support

Increased isolation

Decrease skills in face to face communication

Increase stress on secular social support systems:

- Loss of community
- Loss of personal relationships
- Decreased community resources



# Best practice guidance

American Association of Medical Colleges, American Psychiatric Association, American Nurses Association, American Association of Colleges of Nursing, National Association of Social Workers

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## Accreditation Council for Pharmacy Education

- Cultural Awareness
- Exploration of the potential impact of cultural values, beliefs, and practices on patient care outcomes.

## Center for the Advancement of Pharmacy Education

- 3.3. Patient Advocacy (Advocate)- Assure that patients' best interests are represented.
- 3.5. Cultural sensitivity (Include) - Recognize social determinants of health to diminish disparities and inequities in access to quality care.
- 4.1. Self-awareness (Self-aware)– Examine and reflect on personal knowledge, skills, abilities, beliefs, biases, motivation, and emotions that could enhance or limit personal and professional growth.

## Joint Commission

# Why pharmacists?

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Second most trusted profession

High access to patients

Access to medical records/documentation ability

Trained in patient communication

Practicing at the top of our license

Build rapport

Create an impact for the good



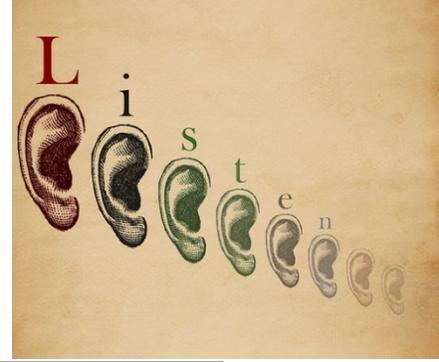
# The Spiritual History

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# Why do a history:

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- Understand role religion/spirituality play in patient coping
- Understand religion/spirituality as a source of stress
- Recognize negative effects of religion on patients health
- Know patient's religion/spirituality beliefs as they relate to medical care
- Be aware of social network supporting religion/spirituality beliefs
- Identify religion/spirituality needs that may impact health



# Addressing spiritual needs requires:

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Active listening

showing respect for patient beliefs

supporting patient beliefs

providing appropriate referral

providing spiritual care

# Spiritual history should have the following

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- Be brief
- Easy to remember and give
- Questions need to be effective
- Should focus on patient beliefs

# SPIRITual History

## S. SPIRITUAL BELIEF SYSTEM

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What is your formal religious affiliation?

Name or describe your religions belief system.

## P. PERSONAL SPIRITUALITY

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Describe the beliefs and practices of your religion or spiritual system that you personally accept.

Describe the beliefs and practices you do not accept.

Do you accept or believe... (specific tenet of practice)?

What does your spirituality/religion mean to you?

What is the importance of your spirituality/religion in daily life?

# SPIRITual History

## I. INTEGRATION WITH A SPIRITUAL COMMUNITY

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Do you belong to any spiritual or religious group or community?

What is your position or role?

What importance does this group have to you?

Is it a source of support? In what ways?

Does or could this group provide help in dealing with health issues?

## R. RITUALIZED PRACTICES AND RESTRICTIONS

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Are there specific practices that you carry out as part of your religion/spirituality (prayer, meditation, etc.)?

Are there certain lifestyle activities or practices that your religion/spirituality encourages or forbids? Do you comply?

What significance do these practices and restrictions have to you?

Are there specific elements of medical care that you forbid on the basis of religious/spiritual grounds?

# SPIRITual History

## I. IMPLICATIONS FOR MEDICAL CARE

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What aspects of your religion/spirituality would you like me to keep in mind as I care for you?

Would you like to discuss religious or spiritual implications of health care?

What knowledge or understanding would strengthen or relationship as physician and patient?

Are there any barriers to our relationship based on religious or spiritual issues?

## T. TERMINAL EVENTS PLANNING

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As we plan for your care near the end of life, how does your faith impact on your decisions?

Are there particular aspects of care that you wish to forgo or have withdrawn because of your faith?

# FICA: Taking a spiritual history

## F. FAITH AND BELIEF

Do you consider yourself spiritual or religious?

Do you have spiritual beliefs that help you cope with stress

What gives your life meaning?

## I. IMPORTANCE

What importance does your faith or belief have in our life?

Have your beliefs influenced how you take care of yourself in this illness?

What role do your beliefs play in regaining your health?

# FICA: Taking a spiritual history

## C. COMMUNITY

Are you part of a spiritual or religious community? Is this of support to you and how?

Is there a group of people you really love or who are important to you?

## A. ADDRESS IN CARE

How would you like me, your healthcare provider, to address these issues in your healthcare?

# The HOPE questions

## H. SOURCES OF HOPE, MEANING, COMFORT, STRENGTH, PEACE, LOVE AND CONNECTION

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We have been discussing your support systems. I was wondering, what is there in your life that gives you internal support?

What are your sources of hope, strength, comfort and peace?

What do you hold on to during difficult times?

What sustains you and keeps you going?

For some people, their religious or spiritual beliefs act as a source of comfort and strength in dealing with life's ups and downs; is this true for you?

Was it ever? If the answer is “Yes,” ask: What changed?

## O. ORGANIZED RELIGION

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Do you consider yourself part of an organized religion?

How important is this to you?

What aspects of your religion are helpful and not so helpful to you?

Are you part of a religious or spiritual community? Does it help you? How?

# The HOPE questions

## P. PERSONAL SPIRITUALITY/PRACTICES

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Do you have personal spiritual beliefs that are independent of organized religion? What are they?

Do you believe in God? What kind of relationship do you have with God?

What aspects of your spirituality or spiritual practices do you find most helpful to you personally? (e.g., prayer, meditation, reading scripture, attending religious services, listening to music, hiking, communing with nature)

## E. EFFECTS ON MEDICAL CARE AND END-OF-LIFE ISSUES

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Has being sick (or your current situation) affected your ability to do the things that usually help you spiritually? (Or affected your relationship with God?)

As a doctor, is there anything that I can do to help you access the resources that usually help you?

Are you worried about any conflicts between your beliefs and your medical situation/care/decisions?

Would it be helpful for you to speak to a clinical chaplain/community spiritual leader?

Are there any specific practices or restrictions I should know about in providing your medical care? (e.g., dietary restrictions, use of blood products)

*If the patient is dying:* How do your beliefs affect the kind of medical care you would like me to provide over the next few days/weeks/months?

# Faith: spiritual history-taking made easy

## F: FAITH / SPIRITUAL BELIEFS

Do you have any particular faith, religious or spiritual beliefs?

What gives your life meaning?

What helps you cope in times of stress or illness?

## A: APPLICATION

In what ways do you apply your faith in your daily life?

Do you belong to a particular church or community?

Is prayer or meditation important to you?

# Faith: spiritual history-taking made easy

I: INFLUENCE / IMPORTANCE OF FAITH IN LIFE,  
IN THIS ILLNESS AND ON HEALTH CARE  
DECISIONS.

T: TALK / TERMINAL EVENTS PLANNING

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How do your faith and spiritual beliefs influence your life? Are they important to you?

How do your faith and spiritual beliefs influence you in this illness? Have they altered your attitude or behavior? Has this illness influenced your faith?

Do your beliefs influence or affect your health care decisions that would be helpful for me to know about?

Do you have anyone you can trust to talk to about spiritual or religious issues?

Do you have any specific requests if you were to become terminally ill?  
(E.g. terminal care options, living will or end of life requests.)

# Faith: spiritual history-taking made easy

H: HELP

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Is there any way I or another member of the health care team can help you?

Do you require assistance or help with prayer?  
(E.g. facilities or accompaniment)

Would you like to speak to a chaplain?

Would you like to discuss spiritual issues or your beliefs with your doctor?

# Joint Commission guidance

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Who or what provides the patient with strength and hope?

Does the patient use prayer in their life?

How does the patient express their spirituality?

How would the patient describe their philosophy of life?

What type of spiritual/religious support does the patient desire?

What is the name of the patient's clergy, ministers, chaplains, pastor, rabbi?

What does suffering mean to the patient?

What does dying mean to the patient?

What are the patient's spiritual goals?

Is there a role of church/synagogue in the patient's life?

How does your faith help the patient cope with illness?

How does the patient keep going day after day?

What helps the patient get through this health care experience?

How has illness affected the patient and his/her family?

# GOD:

G: GOD

May I ask your faith background?

Do you have a spiritual or faith preference?

Is God, spirituality, religion or spiritual faith important to you now, or has it been in the past?

O: OTHERS

Do you now meet with others in religious or spiritual community, or have you in the past?

If so, how often?

How do you integrate with your faith community?

# GOD:

D: DO

What can I do to assist you in incorporating your spiritual or religious faith into your medical care?

Or, is there anything I can do to encourage your faith?

May I pray with or for you?

LORD METHOD

R: RELIGIOUS STRUGGLES OR RELATIONSHIP

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Love: Has this illness caused you to question God's love for you?

Abandon: Has this illness led you to believe God has abandoned you? Have you asked God to heal you and He hasn't?

Punish: Do you believe God or the devil is punishing you for something?

# Single question

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Do you have any spiritual needs or concerns related to your health?

Non-religious: ask how they are coping, what gives life meaning, social support

# Practice

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Pair up, use one of the provided histories or make up your own. Start sharing!

Goal is to complete the history in 6 minutes or less

Take 4 minutes to discuss how it went, areas to improve

Meet back in 20-25 minutes

# You have just experienced a “Spiritual History”

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Which method did you use?

What did you like about this method?

What would you change?

Are you comfortable asking these questions?

Are you comfortable sharing your responses if asked?

# More reflections

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Reflect back on the last time your health history was taken

- Were these questions asked?
- Would you have liked them asked?
- How did you feel during the history taking?

Reflect on a time when you were ill or hospitalized

- Did your faith or spirituality make a difference?
- Did your religious group/Church make a difference in your recovery?
- Did the religion of your provider make a difference?

# Praying for/with our patients

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# Everything has its time

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“To every thing there is a season, and a time to every purpose under the heaven:..... A time to rend, and a time to sew; a time to keep silence, and a time to speak;”

**Ecclesiastes 3:1 and 7, King James Version (KJV)**

# Questions

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**You are a piece of the puzzle  
of someone else's life.  
You may never know  
where you fit, but others  
will fill the holes in their lives  
with pieces of you.**

**~ Bonnie Arbon**

**[www.wearemomo.com](http://www.wearemomo.com)**

