

SPIRITUALITY AND HEALTH: A NURSING PERSPECTIVE

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OBJECTIVES

- **Describe the relationship of spirituality and health.**
- **Describe ways to promote your own and your client's health through spiritual practices.**

DEFINITIONS

SPIRITUALITY

- **“A sense of harmonious interconnectedness between self, others/nature, and Ultimate Other which exists throughout and beyond time and space.”** (Delgado, p 158)

HEALTH

- **“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”** (WHO, 2004)

CONSEQUENCES OF SPIRITUAL CONNECTIONS

□ INNER PEACE

- Satisfaction from non-material or spiritual things.

- Sense of well-being

□ SUCCESSFUL ADAPTATION/HEALTH

CHARACTERISTICS OF SPIRITUALITY



- **BELIEF SYSTEM**
- **SEARCH FOR PURPOSE**
- **CONNECTEDNESS**
- **TRANSCENDENCE**

HEALTH



- **JUDEO CHRISTIAN DEFINITIONS OF HEALTH**
- **EASTERN PERSPECTIVE OF HEALTH**

FIVE DIMENSIONS OF HEALTH



- PHYSICAL HEALTH
- MENTAL HEALTH
- SOCIAL FUNCTIONING
- ROLE FUNCTIONING
- GENERAL PERCEPTIONS OF WELL-BEING

RESEARCH ON SPIRITUALITY AND HEALTH

- **Spirituality and Health Outcomes** (Meisenhelder & Chandler, 2002)
- **Spirituality and Healthy Lifestyle Behaviors** (Boswell, 2006)
- **The Prevalence of Prayer as a Spiritual Self-care Modality in Elders** (Dunn, K. & Hargas, A., 2000)
- **Spirituality and Autonomic Cardiac Control** (Berntson, G., Norman, G., Hawkley, L. and Cacioppo, J. (2008)

Spiritual Care

- Spiritual Care: Sr M. Hubert (1963) has described spiritual care as simply using human means to assist a patient to recognize a personal unique meaning to life, to strengthen the person's relationship with God, and to help bring an appreciation of spiritual values into the patient's awareness.
- “Spiritual care nursing is an intuitive, interpretive, altruistic, and integrative expression that is contingent on the nurse’s awareness of the transcendent dimension of life but that reflect the patient’s reality.”(Hickman, p. 23)

SPIRITUAL CARE GIVING



- ASSESSMENT
- NURSING DIAGNOSES
- NURSING INTERVENTIONS
- TECHNIQUES FOR SPIRITUAL CARE GIVING

SPIRITUAL CARE AND INTERVENTIONS

- Being Present
- Active Listening
- Prayer
- Reminiscence
- Social Support
- Journaling
- Meditation
- Guided Imagery



**BE STILL
AND KNOW
THAT I
AM GOD**

SELF CARE PRACTICES



- BREATH PRAYERS
- BOUNDARIES
- MENTORS/SPIRITUAL DIRECTORS



INTEGRATION OF SPIRITUALITY AND
HEALTH IN THE COMMUNITY:

**PARISH/FAITH COMMUNITY
NURSING**



QUESTIONS?