

Spiritual Care Community of Practice

Introduction



Facilitator:
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Presenters:
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Date: June 28, 2023

Territorial Honouring



The Palliative Care ECHO Project

The Palliative Care ECHO Project is a 5-year national initiative to cultivate communities of practice and establish continuous professional development among health care providers across Canada who care for patients with life-limiting illness.

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The Palliative Care ECHO Project is supported by a financial contribution from Health Canada. The views expressed herein do not necessarily represent the views of Health Canada.



LEAP Core

- Interprofessional course that focuses on the essential competencies to provide a palliative care approach.
- Taught by local experts who are experienced palliative care clinicians and educators.
- Delivered online or in-person.
- Ideal for any health care professional (e.g., physician, nurse, pharmacist, social worker, etc.) who provides care for patients with life-threatening and progressive life-limiting illnesses.
- Accredited by the CFPC and Royal College.



Learn more about the course and topics covered by visiting

www.pallium.ca/course/leap-core

Overview of Sessions

Session #	Session Title	Date/ Time
Session 1	Introduction	June 28, 2023 from 1-2pm ET
Session 2	Supporting Existential Reflection and Meaning-Making Part 1	September 19, 2023 from 1-2pm ET
Session 3	Supporting Existential Reflection and Meaning-Making Part 2: Supporting Grievors following a medically assisted death	October 25, 2023 from 1-2pm ET
Session 4	Spirituality, Grief and Bereavement with a focus on traumatic loss	November 22, 2023 from 1-2pm ET
Session 5	Reinventing Ritual, Narrative Presence, and the Spiritual Nature of the Grief Journey	December 13, 2023 from 1-2pm ET

Welcome and Reminders

- Please introduce yourself in the chat!
- Your microphones are muted. There will be time during this session when you can unmute yourself for questions and discussion.
- You are welcome to use the chat function at any time to ask questions and add comments.
- Remember not to disclose any Personal Health Information (PHI) during the session.
- This session is being recorded and will be emailed to registrants within the next week.

Disclosure

Relationship with Financial Sponsors:

Pallium Canada

- Not-for-profit
- Funded by Health Canada

Disclosure

This program has received financial support from:

- Health Canada in the form of a contribution program
- Generates funds to support operations and R&D from Pallium Pocketbook sales and course registration Fees

Facilitator/ Presenter:

Diana Vincze: Nothing to disclose.

Sheila Atkinson: Nothing to disclose.

Oceanna Hall: Nothing to disclose.

Christine Enfield: Nothing to disclose.

Peter Barnes: Nothing to disclose.

Disclosure

Mitigating Potential Biases:

- The scientific planning committee had complete independent control over the development of course content

Introductions

Facilitator

Diana Vincze

Palliative Care ECHO Project Manager, Pallium Canada

Presenters

Sheila Atkinson, RP, MDiv

Certified Spiritual Care Practitioner (CASC), Registered Psychotherapist (CRPO),
Grief Support Coordinator, Pathways Grief Support Program, Paediatric Advanced Care Team (PACT), SickKids, Toronto, ON

Oceanna Hall, M.Ed, M.Div, RCH

Spiritual Health Practitioner
M.Div., M.Ed., RCH, Certified CASC Clinical Specialist
End of Life, Palliative, MAiD and Bereavement
Spiritual Health Practitioner, Island Health Authority,
Saanich Peninsula Hospital Vancouver Island, BC

Christine Enfield, M.Div.

Spiritual Health Practitioner, Tertiary Palliative Care Unit,
Covenant Health, Edmonton, Certified Spiritual Care Practitioner
(CASC/ACSS)

Peter Barnes, D.Min, CCC, SEP

Psychospiritual Therapist
Spiritual Pathways, Private Practice. CASC/ACSS (certified)
CCPA (certified)

Support Team

Aliya Mamdeen

Program Delivery Officer, Pallium Canada

Poll

What is your professional background?

Session Learning Objectives

- Understand a broad definition of spirituality, spiritual needs and spiritual health.
- Understand the importance of spiritual health in holistic health care using the Two-Eyed Seeing Indigenous Wisdom and Western Medical framework.
- Appreciate the significance of spiritual health assessments.
- Appreciate key role of spiritual health professionals within Interprofessional Care Teams.

Definition of Spirituality, Spiritual Needs and Spiritual Health



Spirituality: We are all spiritual beings

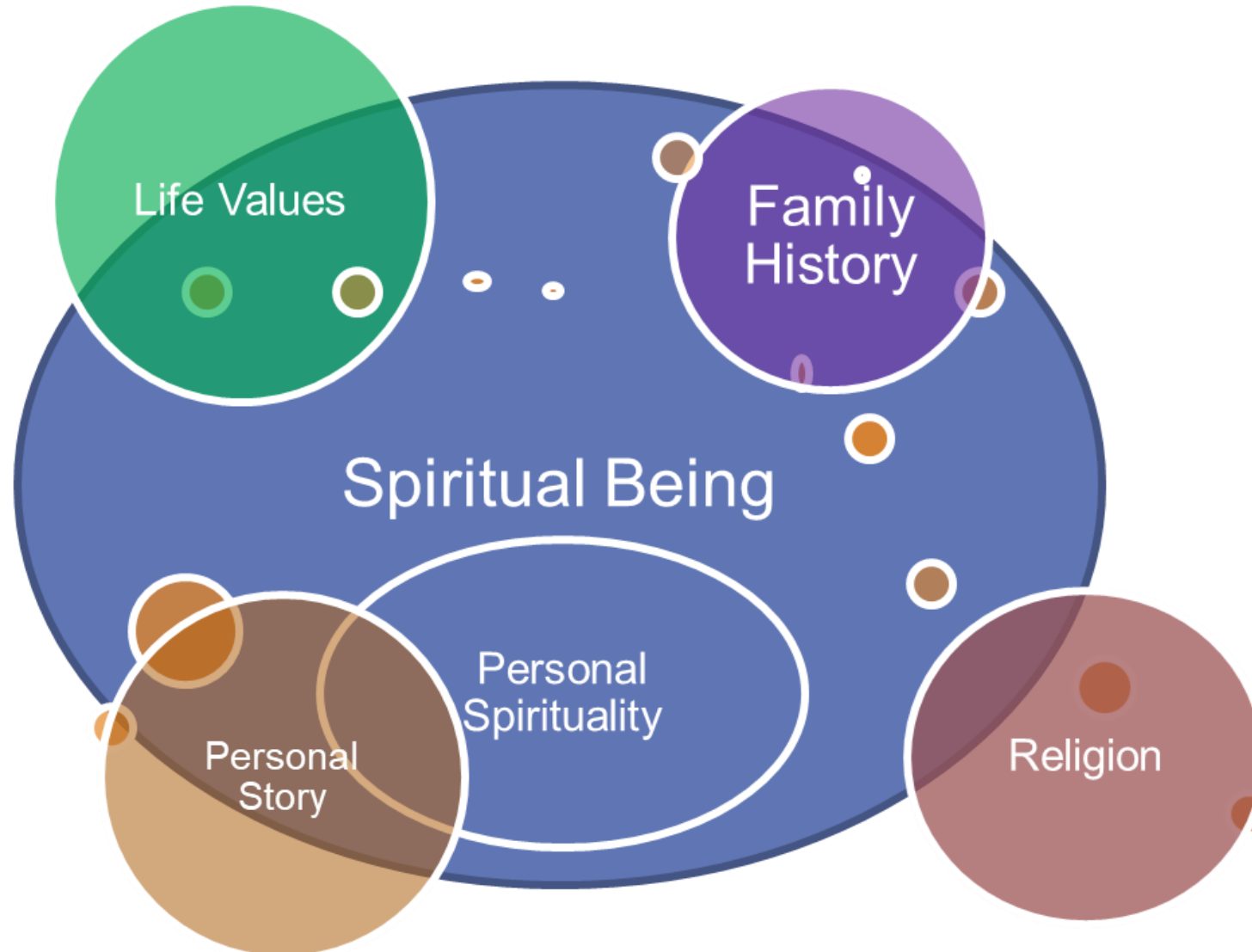


- We are all spiritual beings.
- Because we are spiritual beings:
 - We think about passion and purpose, what matters most to us.
 - We wonder about meaning and try to make sense of things - hard and beautiful things..
 - We are drawn to connection and relationship.
- Some of us name and express our spirituality.
- Some people express their spirituality in individual ways.
- Some express it in a practice, belonging to a community.
- Religion is one way that some people express their spirituality.
- Many ways of expressing our spirituality, engaging soul-nurturing practices.

Expressing our Spirituality

<p>Reflection</p> <p>Silence</p> <p>Prayer</p> <p>Meditation</p> <p>Listening</p> <p>Journaling</p> <p>Spiritual Reading</p> <p>Walking in the Woods</p> <p>Energy Work (E.g. Reiki)</p> <p>Looking at the Mountains</p> <p>Canoeing</p> <p>Enjoying Beauty</p> <p>Listening to Music</p> <p>Music, Drumming</p> <p>Going to a Holy Place</p>	<p>Drawing or Painting</p> <p>Belonging to Faith Group</p> <p>Dance & Movement</p> <p>Writing a Poem</p> <p>Talking with a Friend</p> <p>Crying</p> <p>Spiritual Direction</p> <p>Yoga, Tai Chi</p> <p>Walking by Water</p> <p>Habits of Prayer & Reading</p> <p>Breathing</p> <p>Laughing</p> <p>Gratitude</p> <p>Struggling with meaning</p> <p>Questioning suffering</p>	<p>Loving</p> <p>Giving/Receiving</p> <p>Acts of Kindness</p> <p>Acceptance</p> <p>Standing up for Truth</p> <p>Worship</p> <p>Confession</p> <p>Acts of Social Justice</p> <p>Being “in” Nature</p> <p>Being in Community</p> <p>Compassion</p> <p>Helping Others</p> <p>Family Time</p> <p>Close Relationships</p>
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Spiritual Being & Spiritual Identity



Definition of Spirituality

“Spirituality is the aspect of humanity that refers to the way individuals seek and express meaning and purpose and the way they experience their connectedness to the moment, to self, to others, to nature, and to the significant or sacred.”

Geneva International Definition 2013



Spirituality in Palliative Care and Bereavement

- Illness and death and loss are spiritual experiences, often a spiritual crisis.
- People who are faced with crisis or loss often ask deep questions - for many this is the first time they have reflected on spiritual or existential questions.
- These wonderings and questions often express spiritual needs.
 - Crisis of passion and purpose, what matters most to us.
 - Wondering about meaning and trying to make sense of things.
 - Impact of a critical life experience or loss on connections and relationships.
- Examples from grieving parents:
 - 4 voices

Spiritual Health & Responding to Spiritual Needs

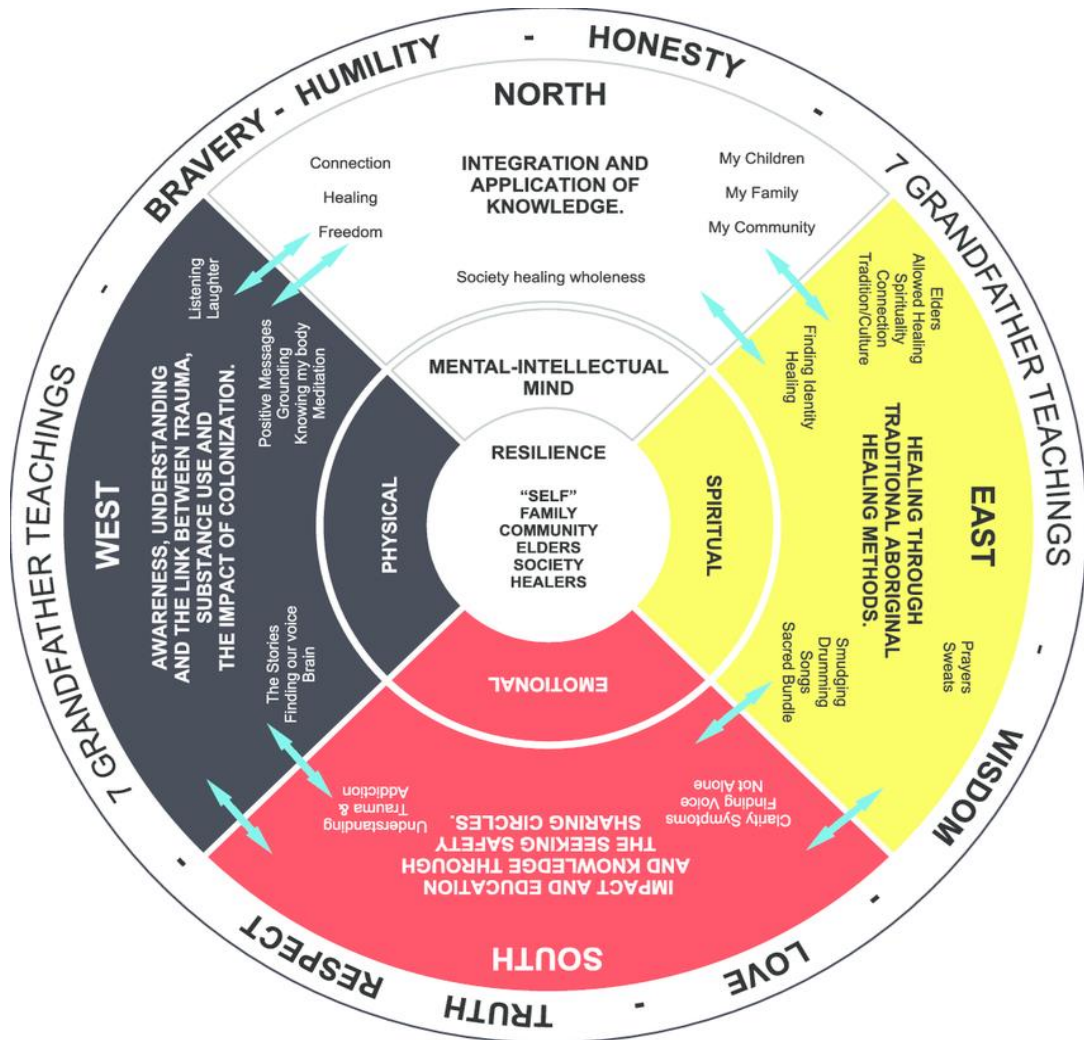
- Many models for spirituality within health care.
- If we assume we are all spiritual beings, then we all have spiritual needs, and the need for spiritual health to be addressed (though some may not perceive or name those needs).
- How will we understand the spiritual needs of our patients/clients?
 - Listen for language that is about meaning, making sense of things.
 - Listen for language that is about emotional pain, purpose, passion, values, connection.
 - Listen for spiritual or religious language.
 - Read the room, watch for symbols of a person's spirituality or spiritual identity or spiritual distress.

Importance of Spiritual Health in Holistic Health Care - Honouring Indigenous Wisdom, Using a Two-Eyed Seeing Approach



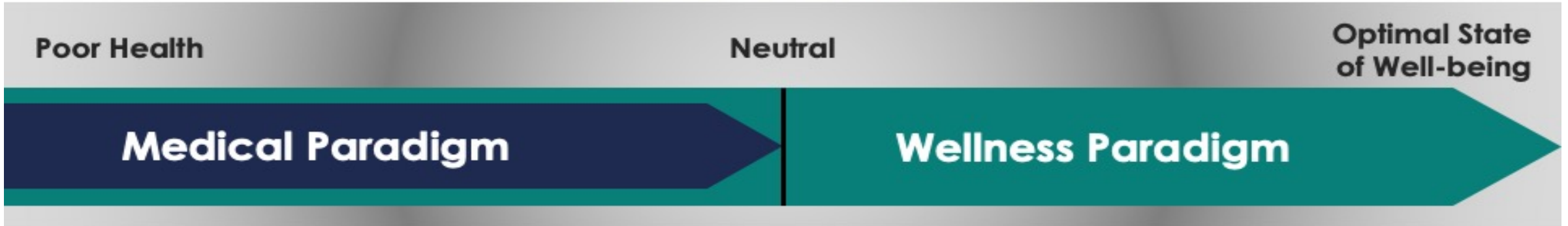
Spirituality has always played a role in holistic care across cultures

INDIGENOUS



Holistic Health is about caring for the whole person — providing for your physical, mental, spiritual, cultural and social needs. It's rooted in the understanding that all these aspects affect your overall health and well being, and being unwell in one aspect affects you in others.

Wellness Continuum



Reactive	Feel better	Thrive	Proactive
	Treat & cure illness	Maintain & improve health	
	Corrective	Preventive	
	Episodic	Holistic	
	Clinical responsibility	Individual responsibility	
	Compartmentalized	Integrated into life	

Source: Global Wellness Institute, adapted from Dr. Jack Travis

Significance of Spiritual Health Assessments



Foundations for Spiritual Assessment

- Relationship Building
- Healing Presence

Relationship Building

- Active Listening
- Compassion
- Empathy
- Acceptance



Healing Presence

- You cannot do healing presence—you become healing presence, expressing it gently yet firmly in various ways:
 - Listening, holding, talking, being silent, being still, being in your body, coming home to yourself, being receptive...
- You can deepen your healing presence by:
 - Slowing down, doing only one thing at a time, reminding yourself regularly to come back to the present moment.
- You can deepen your healing presence by being:
 - Appreciative, forgiving, humble, kind.

Miller, EJ and Cutshall, SC. 2001. *The art of being a healing presence. A guide for those in caring relationships*. Willogreen Publishing.

Spiritual Assessment Tools

- FICA, Spiritual History Tool: F: Faith or Beliefs; I: Importance and Influence; C: Community; A: Address
- <https://gwish.smhs.gwu.edu/programs/transforming-practice-health-settings/clinical-fica-tool>
- SACR-D: S – self-awareness, A – assessing the patient, C – compassionate presence, R – referring for additional spiritual support, and D – dialogue,
- <https://www.tandfonline.com/doi/abs/10.1179/1743291X12Y.0000000015>
- Inter-professional Spiritual Assessment Tool: Community; Meaning & Hope; Personal Spirituality / Religious practice; Struggles.
- <https://journals.sagepub.com/doi/abs/10.1177/1542305020949443?journalCode=pcca>
- Narrative Approach to Spiritual Assessment: Hope; Belonging, Creativity, Meaning and Purpose; Trust

Key Role of Spiritual Health Professionals within interprofessional care teams



Holistic Care Requires Holistic Team Approach

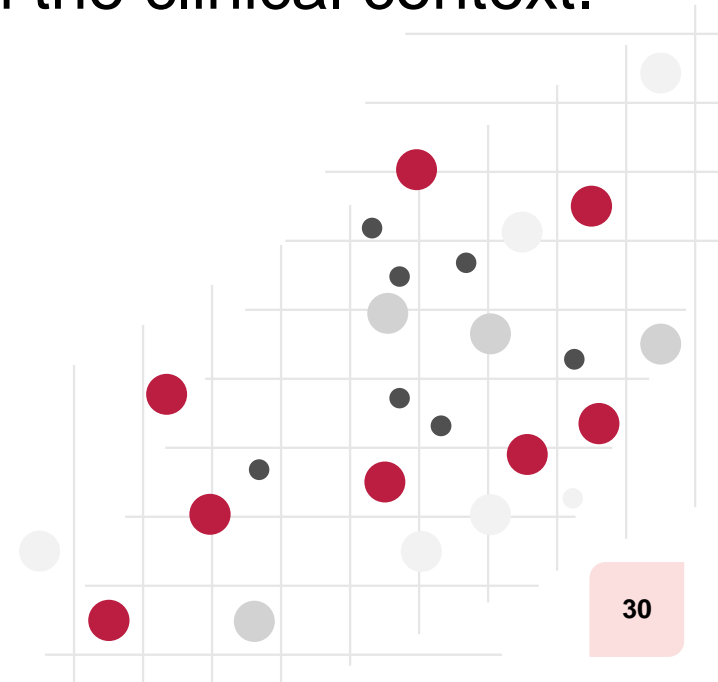
Palliative care is an approach that improves the quality of life of patients (adults and children) and their families who are facing problems associated with life-threatening illness. It prevents and relieves suffering through the early identification, correct assessment and treatment of pain and other problems, **whether physical, psychosocial or spiritual.**

Palliative care is explicitly recognized under the human right to health. It should be provided through **person-centered** and **integrated health services** that pay special attention to the **specific needs and preferences of individuals.**

World Health Organization on Palliative Care
[Palliative care \(who.int\)](#) (Accessed 22 June 2023)

What do SHPs contribute to teams?

- TIME → development of trust relationship → deepen **shared understanding of the person**, including spiritual needs and care plan to enhance patient and family-centred care.
- Develop the capacity of the team to assess for and address spiritual needs.
- “Walk between worlds” - draw attention to the spiritual in the clinical context.



What do SHPs contribute to teams?

- Ensure any specific cultural, spiritual, or religious requests for EOL are **shared** with the team e.g. care of the body at death within context of relationship with pt/family.
- Available to hold space/pray/facilitate ritual/be compassionately present/provide grief and bereavement support before, during and **immediately after death**.
- Support and resource the team in difficult and complex cases - indirectly and directly.
- Model transparency and humility in spiritual self-care and development.

Question:

Do you feel Spiritual Care is an important part of your current role?



Session Wrap Up

- Please fill out our feedback survey, a link has been added into the chat.
- A recording of this session will be emailed to registrants within the next week.
- Thank you for your participation!

Thank You



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