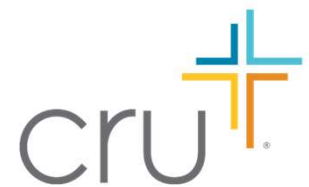


Connecting Your Faith & Your Healthcare Career Together

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Faith in Medicine

She is the sum
of her unnecessary operations.

She is a human soup.
She totters in the rocky boat of bedtime
reciting prayers to let her sleep.
She doesn't sleep and hasn't slept in years.

She lies
awake and dreams up possibilities
of corporal crisis.
The millions of them crowd her blown-glass mind,

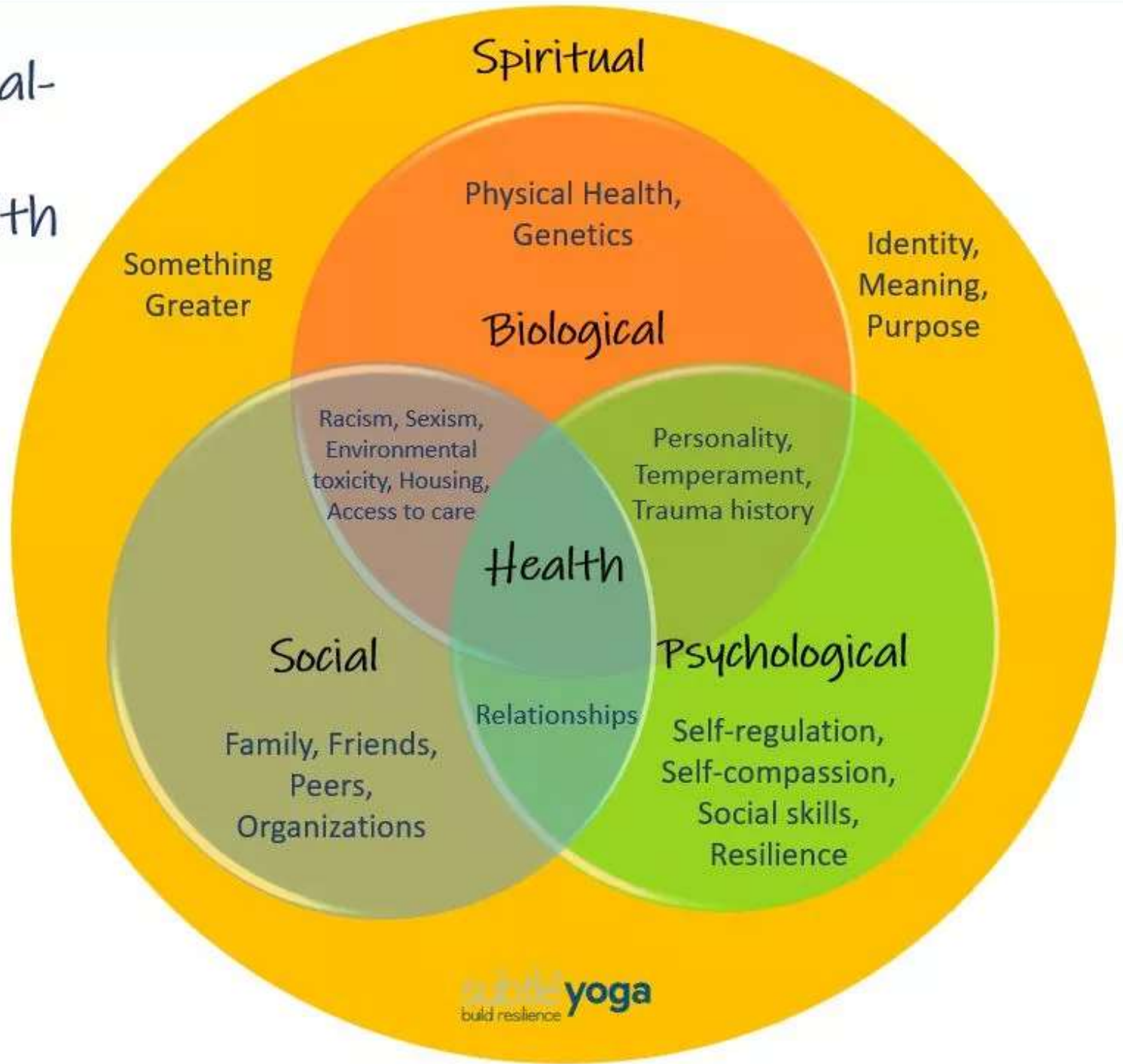
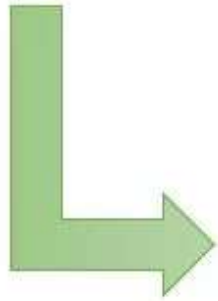
scamper, tussle, chew,
exhausting her and canceling the good
that any rest could do.
The morning breaks, but she is broken more,

more than some blood-tinted skyline,
more than that small china cup she touched
the day before.

Jack Granath

Disclosures

Biopsychosocial- spiritual Model of Health



A bit of perspective...

Response

Things You Like?
Things You Don't Like?
Concerns?
Questions?

Professional Views

The majority (75%) of surveyed physicians agree that religion and spirituality is important to patients for coping and for giving them a positive state of mind

Curlin FA et al. Physicians' Observations and Interpretations of the Influence of Religion and Spirituality on Health. Arch Intern Med. 2007;167:649-654

Patient Views

- * “Spiritual care is frequently desired by patients in serious illness as part of medical care, with estimates ranging from **50% to 96%** of patients wanting spiritual care.”
- * “Spiritual needs are infrequently addressed in medical care of seriously ill patients, with patient-reported spiritual care from medical teams ranging from **9% to 51%**.”

Balboni et al. Spirituality in Serious Illness and Health. JAMA. 2022.

Is Faith Good Medicine?

A 2 year longitudinal study of elderly hospitalized patients...

PATIENTS WHO:

- * wondered whether God had abandoned them
- * questioned Gods love for them
- * decided the devil made this happen
- * felt punished by God for their lack of devotion

→ **16%-28% higher mortality during a 2-year period following hospital discharge.**

Arch Int Medicine 2001

Response

Things You Like?
Things You Don't Like?
Concerns?
Questions?

Appropriate Whole Person Care How?



Spiritual History Questions

1. With this illness, what keeps you going?
What is your source of strength?
2. Has any of this been scary/stressful for you?
How?
3. How has this illness affected the way you see yourself?
4. How has this illness affected the way you view and interact with God?
5. What in your life is most meaningful to you?

Practice!

Response

Things You Like?
Things You Don't Like?
Concerns?
Questions?



No Interest

Searching

Receptive

**Mature
Christian**

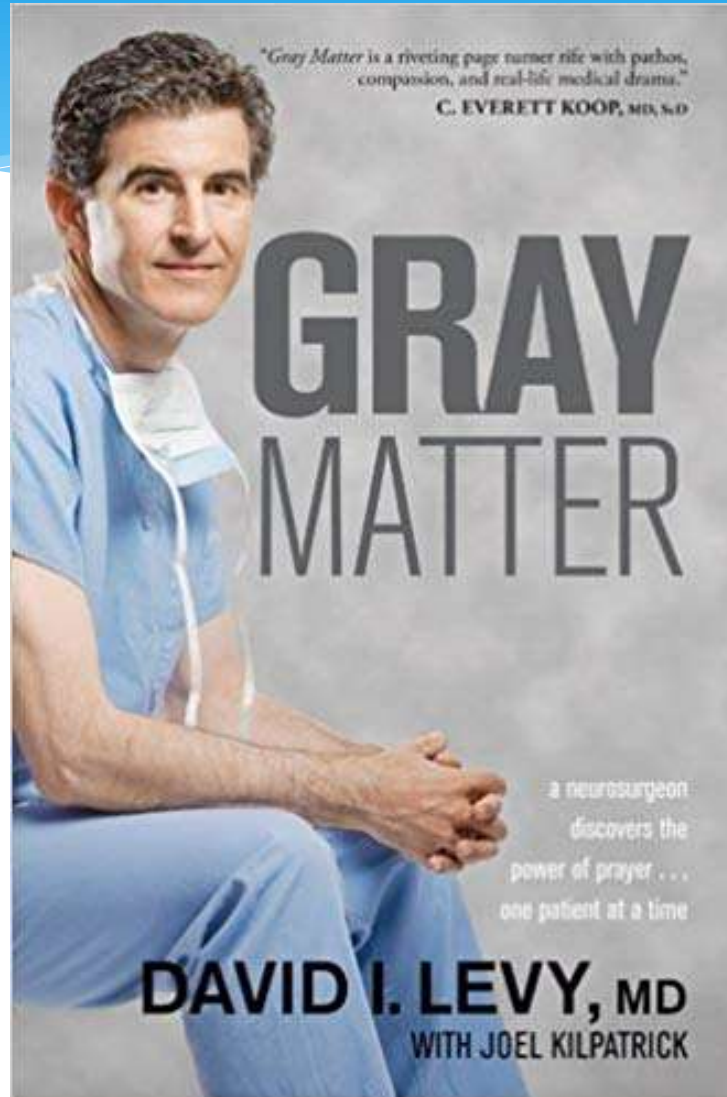


1 Thessalonians 4:9-12

- * “My Father is always at His work to this very day, and I, too, am working...
- * I tell you the truth, the Son can do nothing by Himself,
- * He can do only what he sees His Father doing,
- * Because whatever the Father does the Son also does.
- * For the Father loves the Son and shows him all He does.

John 5:17, 19-20





Whole Person Care How?



Whole Person Care

Approach your patients with:

Permission

Respect

Sensitivity

Spiritual Interventions

- NOT a covert way of proselytizing
- Goal: know loved, precious, forgiven, self-worth
- Objectives:
 - Past: experience forgiveness
 - Present: self-worth, love, acceptance and achievement
 - Future: courage and hope
- Initial therapy—words of encouragement
 - Validate
 - Neutralize self-judgment and self-condemnation

Spiritual Interventions

Encouragement

Spiritual Interventions

Encouragement

Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.

Matthew 11:28-30

Spiritual Interventions

Encouragement

Prayer

Empathy

Connection



No Interest

Searching

Receptive

**Mature
Christian**



Using the SpHx Interview and Diagnostic/Transition Questions

Assessing Spiritual Needs



Addressing Spiritual Needs

When patients tell me they would like to know God better, I'm sometimes able to take a few more minutes to explain from Christian perspective how one can connect with God in a more meaningful way. It takes about 5 minutes.

Bridging to the Gospel

**Would it be helpful to you to read
through this information?**

**If you get tired, uncomfortable or
want to stop the visit, please tell
me. I can stop at any time.**



Response

Things You Like?
Things You Don't Like?
Concerns?
Questions?

Taking a SpHx? Good Medicine for Provider?

Caring about the patient is also what gives joy and fulfillment to the practice of medicine & is why many of us chose this profession.

Its absence, especially in this pressured health care environment, can rapidly lead to dissatisfaction, emotional exhaustion, and burnout.

Practicing whole-person medicine is the best kind of care both for those who receive it and those who give it.

-So Med J 2004 Dec; 97 (12): 1194-1200

Heart & Intentionality

- ⦿ Pray!
 - For opportunities, for boldness, and for your patients
- ⦿ Be sensitive to the patients and to the Holy Spirit
- ⦿ Let God lead
- ⦿ Listen to the patient!
- ⦿ Remember why we're doing this!
- ⦿ Keep doing it!

Next Steps

Interest in the relationship between spirituality, religion, and clinical care has increased in the last 15 years, but clinicians need more concrete guidance about this topic.

-Chest. 2009 Jun;135(6):1634-42

Q & A

Small Group Discussion

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