



Providing Excellent and Compassionate Care to
Our Clients, Their Families, Our Coworkers and Ourselves
During the COVID – 19 Pandemic.

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Emotional, Spiritual, & Compassionate Care

Session 6: Dealing with Suffering and Spirituality

- Reviewing information concerning hospice palliative care and suffering.
- Working with spiritual themes.
- Spiritual Assessment Tools
- Working with suffering clients and family members.

Spiritual Domain

- Meaning, value
- Existential, transcendental
- Values, beliefs, practices, affiliations
- Spiritual advisors, rites, rituals
- Symbols, icons

Canadian Hospice Palliative Care Association
From 'A Model to Guide Hospice Palliative Care''

What Dying People Want

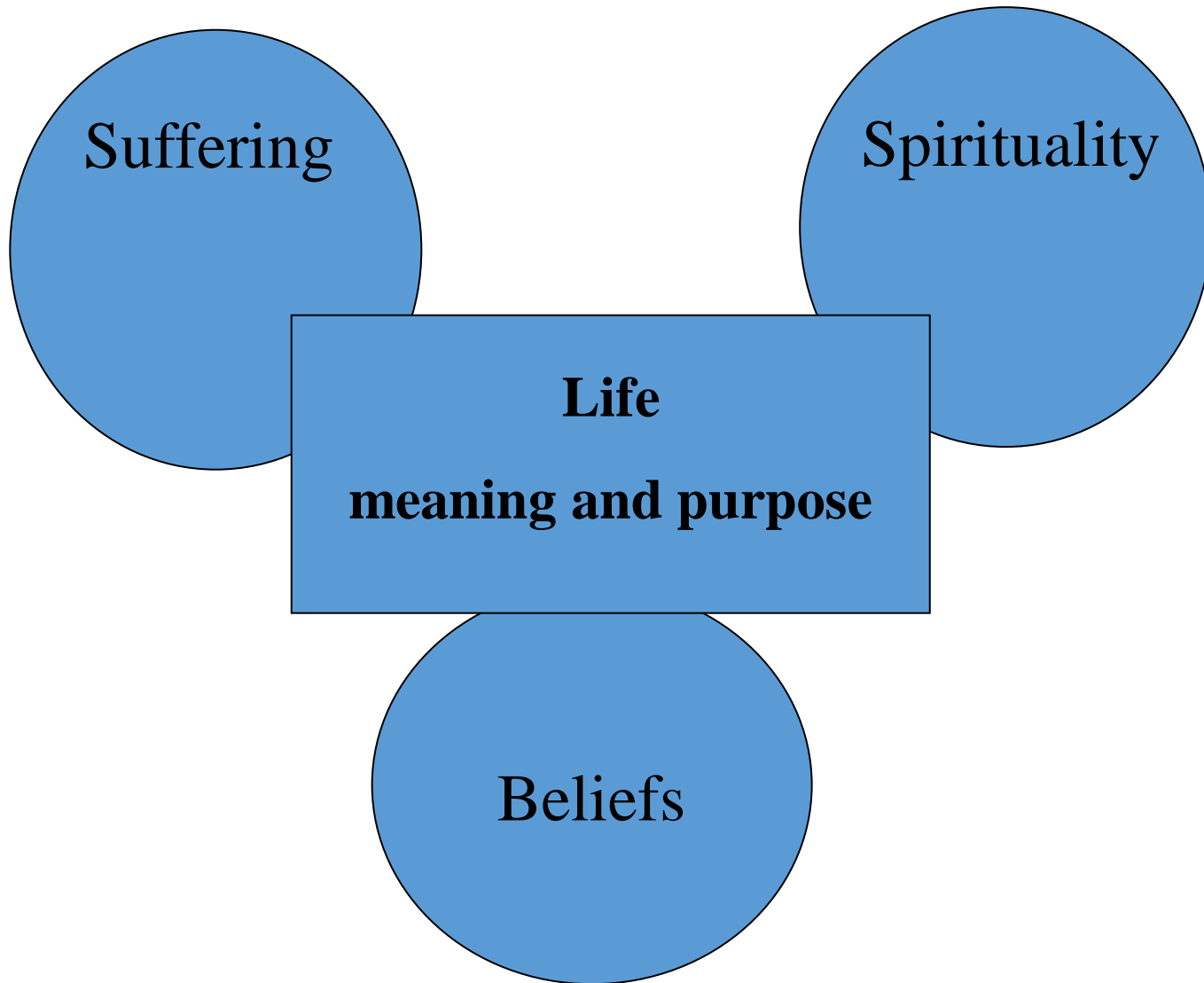
Relationships and interdependency

- A sense of connection to themselves
- A connection to those they love and who love them
- A connection to something greater than themselves

Dr. David Kuhl 'Facing Death, Embracing Life'

The Trinity Model – Lorraine Wright

Spirituality, Suffering, and Illness – Ideas for Healing



Spirit and Soul

The English word *spirit* comes from the Latin – spiritus – meaning *breath*.

The word soul is derived from the Greek word which refers to *vital breath* –
from the depth of your person

Speaking about the soul of a person refers to their *vital breath* – that which makes them ultimately unique.

Care

Care root word is *kara*, which means “lament”

- *to grieve, to experience sorrow, to cry out with.*
- an invitation to enter into someone else’s pain before doing something about it.

Caring is a ‘partnership’

- where one person reveals their pain, brokenness and vulnerability to another.
- Through a relationship of trust, they work together towards healing and wholeness.

Suffering

Suffering occurs when an impending destruction of the person is perceived and continues until the threat of disintegration has passed or until the integrity of the person can be restored in some way.

Eric Cassell

SUFFER

Sorrow

Unfair

Fretting

Fear

Emotional Emptiness

Ruminating

Spirituality, Suffering, and Illness – Ideas for Healing
Lorraine Wright
F.A. Davis Company, Philadelphia - 2005

Aspects of Spiritual Pain

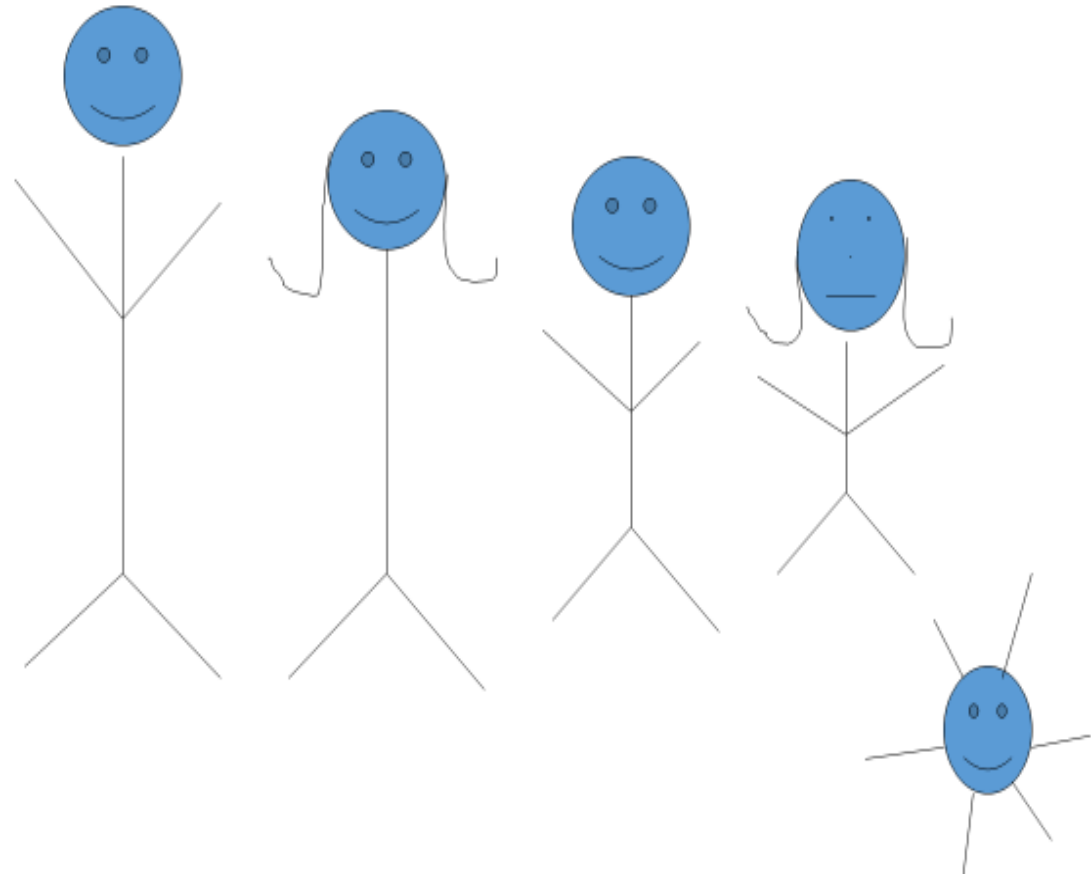
- Abandonment
- Anger
- Betrayal
- Despair
- Fear
- Guilt
- Meaninglessness

Suffering & Spirituality

The Depths

The Outcomes

Meaninglessness.....Significance
Isolation.....Relationship
Powerlessness.....Empowerment
Chaos.....Reorganization
Loneliness.....Presence
Emotional Hurt.....Reconciliation



Open and Invite Mnemonic

Open and Invite Open (i.e., open the door to conversation)

- May I ask your faith background?
- Do you have a spiritual or faith preference?
- What helps you through hard times?

Invite (i.e., invite the patient to discuss spiritual needs)

- Do you feel that your spiritual health is affecting your physical health?
- Does your spirituality impact the health decisions you make?
- Is there a way in which you would like for me to account for your spirituality in your health care?
- Is there a way in which I or another member of the medical team can provide you with support?
- Are there resources in your faith community that you would like for me to help mobilize on your behalf?

I HOPE FOR” End-of-Life Spiritual Needs Assessment Tool®

- Individual’s Cultural Practices With Respect to Medical Care
- Hope Meaning and Purpose
- Overview of Emotional, Psychological, and Social Needs
- Physical and Medical Needs
- Ethical Decision Making Concerns
- Faith/Belief Practices and Needs
- Organized Religion and Religious Activities
- Rituals and Spiritual Practices

The HOPE Questions for a Formal Spiritual Assessment in a Medical Interview

H: Sources of hope, meaning, comfort, strength, peace, love and connection

O: Organized religion

P: Personal spirituality and practices

E: Effects on medical care and end-of-life issues

FICA Spiritual History Tool

Faith and belief: - Do you have spiritual beliefs that help you cope with stress?

- If the patient responds "no," consider asking:
what gives your life meaning?

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

Community: - Are you part of a spiritual or religious community?

- Is this of support to you, and how?

Address in care: - How would you like me to address these issues in your health care?

SPIRIT Model

SPIRIT emphasizes:

- **S**piritual belief system
- **P**ersonal spirituality
- **I**ntegration with a spiritual community
- **R**ituals and restrictions spirituality requires for health care
- **I**mplications of spirituality and religion for medical care
- **T**erminal events planning (end-of-life issues)

Spiritual Care at a Time of Crisis

Spiritual care is to devote
presence,
attention,
and **respectful assistance**
to helping people to **discern**
what is the **meaning** in their life now,
in this new **environment of pain;**
and how they seek to live out that **meaning**
as the recovery unfolds.

Spirituality

Spirituality seeks connection through
belief systems
and **relationships**
to something beyond or
greater than oneself
to find **meaning** and **purpose**
in ones life.

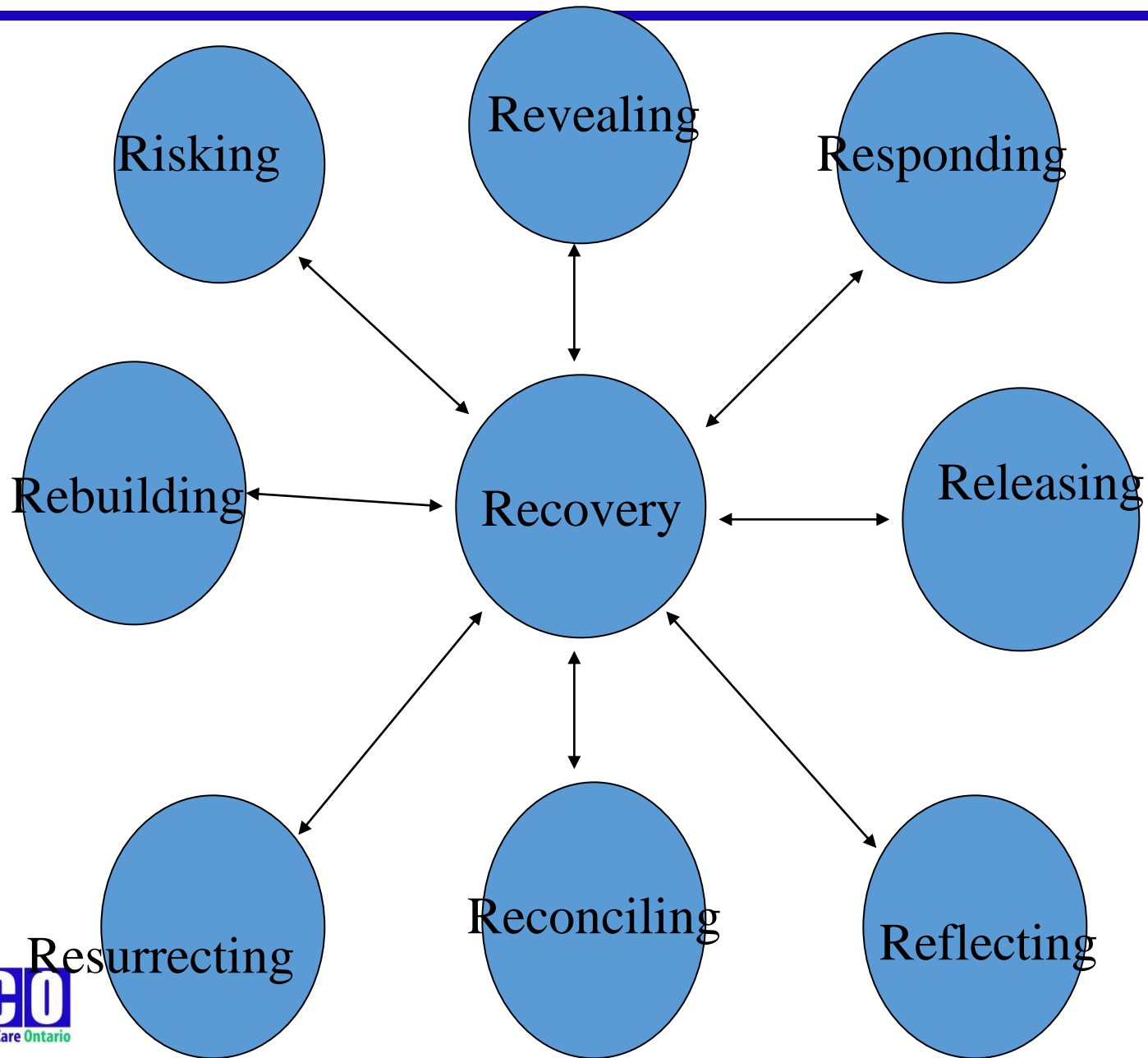
Emotional and Spiritual Care Committee
National Voluntary Organizations Active in Disaster 2004

Sources of Spiritual Strength

- Forgiveness
- Hope
- Presence
- Silence
- Trust
- Story Telling
- Prayer
- Rituals
- Church

The Eight Rs of Trauma Recovery

Spiritual Crisis – Surviving Trauma to the Soul – J. McBride

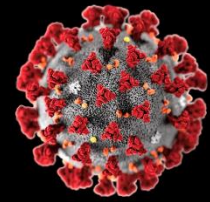


“The stuff of healing is story writing and story telling.
Tell the story of the death and you begin to acknowledge it.
Tell it 10 times and you begin to let it enter your heart.
Tell it over and over again and
you find it becoming a part of who you are.”

Dr. Alan Wolfelt

In meditation, go deep in the heart.
In dealing with others, be gentle and kind.
In speech, be true.
In ruling, be just.
In business, be competent.
In action, watch the timing.

Book of Tao



Weekly webinars
See website for
topics

COVID-19 SPECIFIC CONVERSATION GUIDES:

- Proactive Goals of Care (GOC) conversations
- GOC conversations for a person with mild/mod COVID-
- GOC conversation for a person with severe COVID-19
- Phone conversations with families of a dying person

OTHER COVID RESOURCES:

- Palliative symptom management suggested order set for LTC
- Advance Care Planning guides for patients and SDM
- Sample letter from LTC facilities to families and residents

ALWAYS AVAILABLE:

- Advance Care Planning, Goals of Care and Consent resources for healthcare providers (conversation guides, e-learning modules)
- Person-Centred Decision-Making Toolkit

NEW