

Spiritual Care Skills that Staff should have

All front line staff should be able to:-

- sensitively broach spiritual care with patients/relatives and/or significant others, inform them of support available & identify any spiritual/religious support required
- document any spiritual/religious support identified with actions taken.
- employ active listening, empathy and compassion
- recognise their own
 - i. strengths and limitations,*
 - ii. professional & personal boundaries,*
 - iii. support needs*
- Reconcile personal spirituality with the varied needs and beliefs of others

Knowledge about Spiritual Care

Staff should be aware of

National documentation about spiritual care

- RCN Spirituality Survey 2010
- NICE quality statement 6 re: end of life spiritual care
- Marie Curie competencies for spiritual/religious care
- NHS England 2015 Chaplaincy Guidelines

Local help and documentation

- Multi-faith Resource for Healthcare Staff - available on the Chaplaincy pages of KNet. Contains information about various faiths and traditions particularly customs around birth, illness and dying
- KGH Chaplaincy Team
The Chaplains are usually on site Monday to Friday 0800 - 1700 and Sunday 0800 - early afternoon.
office telephone 2609
e mail chaplaincy@kgg.nhs.uk
- At all times they are available on-call via the hospital switchboard



Kettering General Hospital
NHS Foundation Trust

Chaplaincy Team

Spirituality

Spirituality

Spirituality is a difficult concept to describe in a few words, but all of us are Spiritual beings.

We all have a personality and the ability to respond to things around us. All of us have different ambitions, interests, standards, ways of relaxing, and so on. These together make up our personality / Spiritual Nature.

For some people Religion plays an important part in their lives, but religion and spirituality should not be confused. All of us are Spiritual Beings, but not everybody is Religious.



We all know what it means to be in High Spirits and similarly we understand what it means to be in Low Spirits



As Health Care Professionals we have a duty to care for the Spiritual as well the Physical needs of our patients. To lift the spirits of those who are feeling low.

Spiritual Distress

Spiritual distress can show itself in a number of ways

- Anger
- Frequent complaining
- Restlessness
- Anxiety
- Tears
- Guilt
- Withdrawal
- Sudden religious leanings or abandonment of such.



Staff should be able to identify, assess and respond to symptoms and signs of spiritual distress



The most important thing you can do to help someone who is Spiritually Distressed is simply to be there - to sit alongside them and hear their pain.

The Hospital Chaplaincy Team are available to be with people - religious or not. We are active listeners and hope to encourage people and try to lift their spirits.

Spiritual Care at the End of Life

All dying patients have their own individual care plan - the KGH document "Guidance to implement care for a dying patient and their family / friends". The care plan has a section about Spiritual Care and this should be completed by nursing staff. Notes about things that are important to the patient need to be recorded and this is a way the family can be involved by talking about their loved one. For example if a patient derives pleasure from a particular type of music that could be noted and if possible a radio be tuned to an appropriate station.

Always offer the help of a Hospital Chaplain. The Chaplains are available on-call 24/7. In addition to offering last rites and / or prayers for the patient they are available to spend time with the family comforting them and answering any questions.