EMBRACING HOLISTIC CARE through PRACTICE, EDUCATION RESEARCH

TENTH REGIONAL ASIAN CONFERENCE CICIAMS
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SPIRITUALITY in the NURSING PROFESSION
[ Standing on Holy Ground ]
LIFE OUTSIDE THE WOMB BEGINS........
We Are Born With Only One Heart
Even in death the Spirit lives on...
WHO ARE NURSES?
How did it all begin…
Where did it all begin and why ???
What is it to nurse and to care?
NURSING…

• Various forms of nursing in every culture

• "mothers" as first care givers

• Wet Nurse and Dry Nurse
• Developed in 15th Century into idea of looking after/advising another: “nourishing” in broadest sense which is to promote the quality of life

• Originally “nuns” and “military” provided nurse-like services
• 17th century. . . considered a low job

• 18th century. . . with Florence Nightingale... respectable profession

• 19th century, Agnes E Jones & Linda Richards established Quality Nursing Schools in the USA and Japan
• 20\textsuperscript{th} century. . . New Zealand regulated nurses nationally: adoption of the **Nurses Registration Act** on 12 Sep 1901 and N Carolina in USA passed a nursing licensure law in 1903

• 21\textsuperscript{st} century. . . Today in the practice of nursing there emerges a clear need, not only for the theory and training in clinical skills... **BUT**...
• for the inevitable and essential need to attend to the

1. emotional needs
2. psychological needs
3. social needs

integrating all these with the individual’s unconscious spiritual needs
SPIRITUALITY and NURSING

• Historically and inextricably interwoven

• Spiritual nursing is provided for EVERYONE, irrespective of age, religion and culture
SPRITUALITY and NURSING

• Spiritual nursing includes whatever gives meaning, worth and value to the mind and body, effecting and affecting the healing process!

• Every human / patient has a “spirit-ual” nature waiting to be touched by the “nurse”, “friend,” “companion”
SPIRITUALITY IN NURSING PROFESSION

Nurses are becoming more

• conscious of the need to embrace a more holistic view of life

• aware of patients’ spiritual needs
Nurses are becoming more

- open to recognising “patients” as persons to be appreciated with dignity

- alert to listening, respecting and valuing each patient!
SPIRITUALITY

• an integral component of healing
• is at the heart of our well-being
• is a life force
  ✓ giving HOPE
  ✓ promoting HEALING
  ✓ involving FAMILY and FRIENDS
  ✓ tending to FULLNESS OF LOVE, and MEANINGFUL LIFE
RELIGION

• Separate from “spirituality” yet related!
• A set of beliefs and traditional practices involving rituals
• An expression of spiritual belief: a framework of rituals, codes and practices
• A sense of the “otherness” or power of a supreme being
CONCEPT OF SPIRITUALITY IN NURSES

• nurses have spent many hours holding a dying patient’s hand, re-assuring he/she will not die alone

• nurses’ mode of “being with” has a positive effect on the healing process

• nurses realize people with near-death experiences do become more “spiritual”
POSSIBLE REASONS

• Nurses have the assumption this domain should be dealt with by pastoral workers: that “spirituality = religion!”
POSSIBLE REASONS

• Most nurses feel inadequately equipped in their training to attend to this

• Constraints of time hinder nurses “being with” the person / patient to give holism
Other possible reasons:

- We may have been taught that ‘spiritual things’ are a private matter
- We may be afraid that our own spiritual values may be challenged
- We may never come to grips with spiritual values in our own life
So why hold back in offering spiritual care?
SPIRITUAL CARE is both effective and affective

- reduces the demand for pain medication
- shortens hospital stays
- eases conflict situations
SPIRITUAL CARE

• narrows the gap between hospital experience and the rest of person’s life

• raises levels of physical and mental well-being
JESUS, COMPASSIONATE HEALER

BIBLICAL PERSPECTIVES
How does Jesus Christ bring healing to the sick?

How are respect, dignity and sanctity of all human life to be practised in health care?
Jesus stopped and ordered the man to be brought to him. asked him, "What do you want me to do for you?" "Sir" he replied "let me see again" Jesus said to him, "Receive your sight. Your faith has saved you."

Jesus heals the blind man
...Simon’s mother-in-law was suffering from a high fever... Leaning over her he rebuked the fever and she immediately got up and began to wait on them.

Jesus was in one of the towns when a man appeared, covered with leprosy. Seeing Jesus he fell on his face and implored him, “Sir if you want to, you can cure me” Jesus stretched out his hand, touched him and said, “Of course I want to! Be cured!”

Luke 5: 12-14
But taking her by the hand he called to her, ‘Child, get up’. And her spirit returned and she got up at once. Then he told them to give her something to eat.

Luke 8: 49-56
A woman was there who for 18 years had been possessed by a spirit that left her enfeebled; she was bent double and quite unable to stand upright...Jesus called her over...laid His hands on her. At once she...

Care givers are invited to be the Hope and Courage of the unwell

Spiritual Care enriches both
• the one in need of care
• the one who provides care?
HOW CAN WE BE WITH THEM?

• Build a trusting relationship
• Allow person to experience our caring, gentleness, honesty and love
• Provide an environment of safety
• Slip into person’s aura of energy
• Enhance person’s capacity to “let go”, surrendering to the healing process
SIMPLE AND EFFECTIVE SPIRITUAL CARE MODES

• “BEING WITH” Presence
• USE OF OUR FIVE SENSES:
  ✓ to listen
  ✓ to see with respect and to nurture
  ✓ to let them taste the music within
  ✓ to communicate and be with in prayer
  ✓ to touch
LISTENING TO THEIR STORIES
ASSURANCE AND HOPE
YOU ARE NOT ALONE
QUALITY TIME
CARING CONVERSATIONS
HEALING POWER
OF TOUCH

“TOUCH” as a sacrament
The blanket is warm and the rocker don’t squeak; Your visits are welcome, you’re here twice a week. You greet me with kisses on forehead and cheek But why don’t you touch me?
I know I need help for to keep myself clean;
Escorted to bathroom, the hairdresser seen;
My meals on a tray, and with nursing between.
But why don’t you touch me?
I once was a girl, child of pleasure and fun.
I once was well loved, happily married to one
Who would kiss and hug and caress me undone.
I loved when he touched me.
I know that you’re busy with lots to do and see. But I’ve feelings within that don’t happen to be A bit different than those always in me. How I wish you would touch me.
WHAT “TOUCH” DOES

• bring up feelings and emotions which need to be looked at
• allow the experience of person being “treasured” loved and cared through loving nurturing touch
• give complete attention
• minister to your self as a carer!
YOU ARE PRECIOUS IN GOD’S SIGHT
WE ARE ALWAYS HERE JUST FOR YOU!
The Nursing Profession stands on Holy Ground
Nursing exists in the aura of love and life
Spirit is the breath of life in all things
Spirituality in the nursing profession is the very ground of “Being” and “Being-ness”.