Assessing Spiritual & Emotional Wellbeing in Residential Aged Care

Wellbeing and meaning in the final phases of life

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Today's Scope

- Spirituality and religion in final phases of Aging
- Literature Review
- The nature of the Spiritual
- The nature of Assessment
- Charting the ground ahead

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My context and goals

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The Starting Place

- Residential Aged Care
- Pre-cognitive decline
- Not intentionally Palliative
- ?Outliers
  - CALD community
  - Unresolved war or narrative Trauma
  - Current experience with Chronic Illness
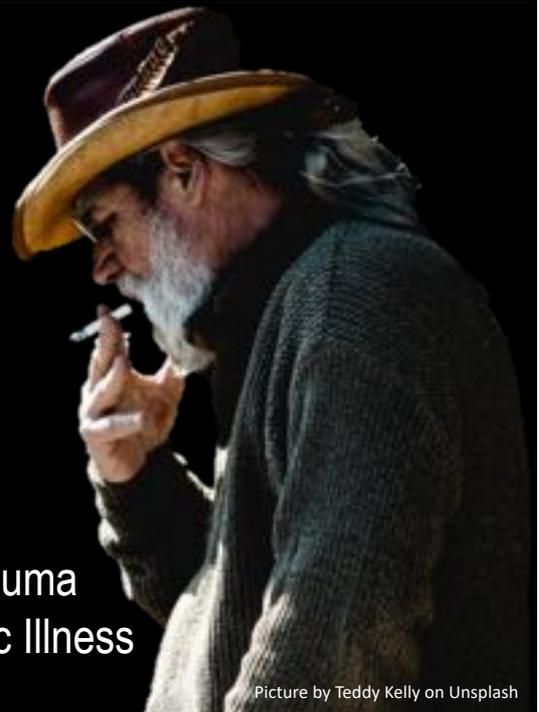
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Psychosocial development…

	Stages	Psychosocial Crisis	Radius of Significant Relations
I	Infancy	(HOPE) Basic Trust vs. Basic Mistrust	Maternal Person
II	Early Childhood	(WILL) Autonomy vs Shame, Doubt	Parental Persons
III	Play Age	(PURPOSE) Initiative vs Guilt	Basic Family
IV	School Age	(COMPETENCE) Industry vs Inferiority	Neighbourhood, School
V	Adolescence	(FIDELITY) Identity vs Identity confusion	Peer Groups and Outgroups: Models of Leadership
VI	Young Adulthood	(LOVE) Intimacy vs Isolation	Partners in friendship, sex, competition, cooperation
VII	Adulthood	(CARE) Generativity vs Stagnation	Divided Labour and shared household
VIII	Old Age	(WISDOM) Integrity vs Despair/Disgust	"Mankind" "My Kind"
IX	Completion	All first eight stages (however, now Dystonic (negative) first, then Syntonic (positive))	

Erickson 1998

Understanding Religion & Spirituality

2009 Consensus Conference Definition

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.

Puchalski et.al. 2014

Understanding Religion & Spirituality

2012-13 Consensus Conference Refinement

"Spirituality is a dynamic and intrinsic aspect of humanity through which persons seek ultimate meaning, purpose, and transcendence, and experience relationship to self, family, others, community, society, nature, and the significant or sacred. Spirituality is expressed through beliefs, values, traditions, and practices."

Puchalski et.al. 2014

Understanding Religion & Spirituality

According to Reed (1992), aspects of an individual's spirituality include hope, generativity, inner meaning, mystical experience, and religious behaviors.

Berggren-Thomas, Griggs 1995

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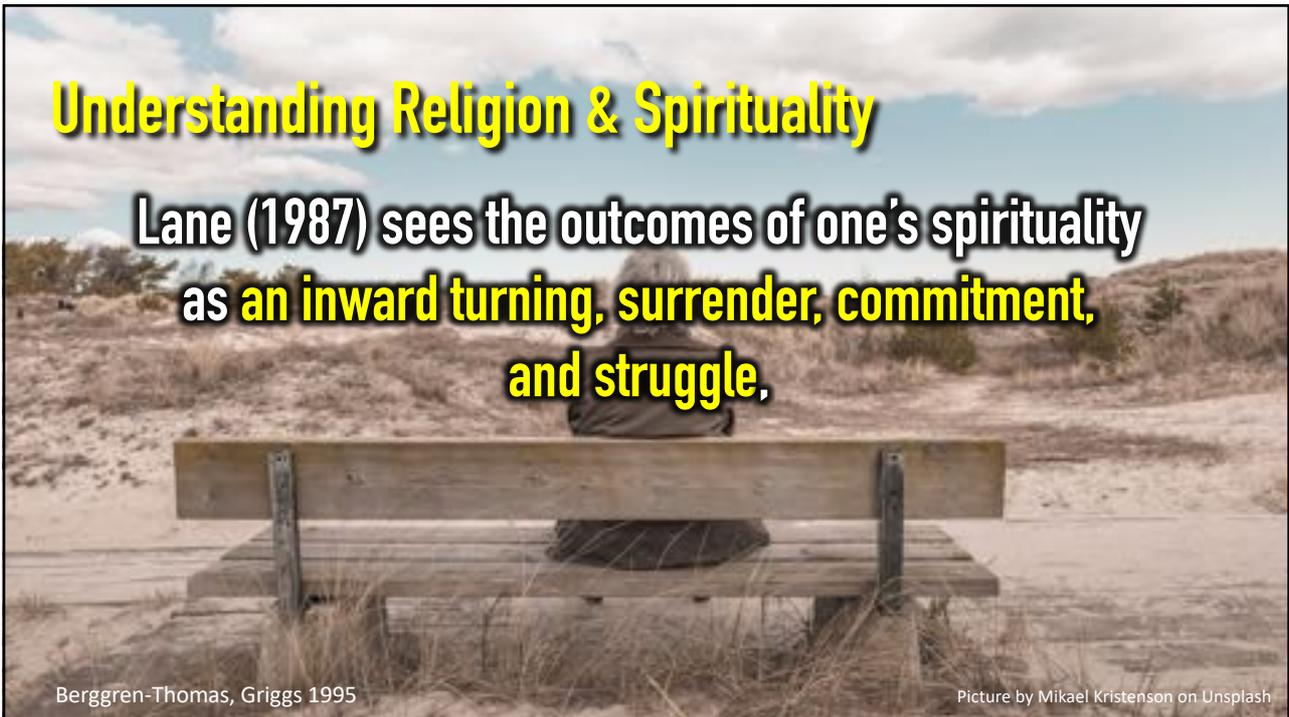
Understanding Religion & Spirituality

Lane (1987) sees the outcomes of one's spirituality as an inward turning, surrender, commitment, and struggle,

Berggren-Thomas, Griggs 1995

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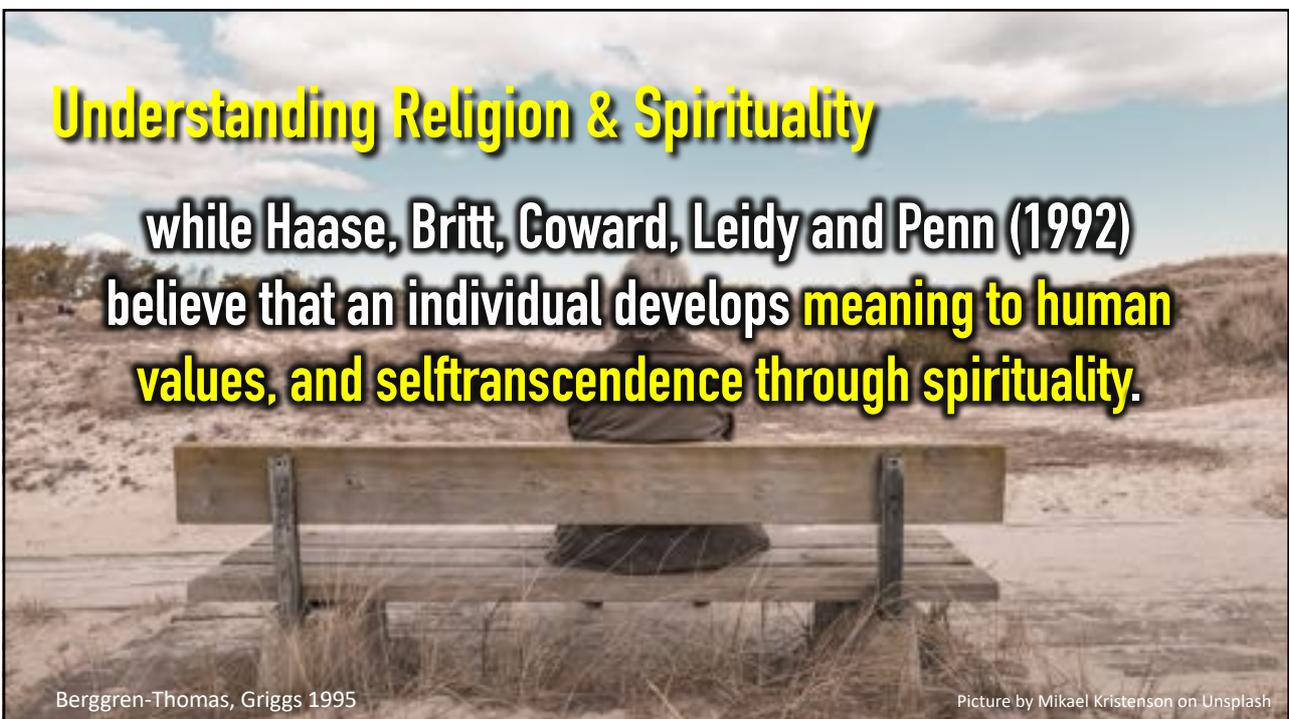
Understanding Religion & Spirituality

while Haase, Britt, Coward, Leidy and Penn (1992) believe that an individual develops meaning to human values, and selftranscendence through spirituality.

Berggren-Thomas, Griggs 1995

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Understanding Religion & Spirituality

Others define spiritual needs as a person's
need for identity, meaning, love, hope,
forgiveness, and creativity
(Clark, 1991; Peterson, 1985; Stoll, 1989).

Berggren-Thomas, Griggs 1995

Picture by Mikael Kristenson on Unsplash

Understanding Religion & Spirituality

Although researchers define spirituality and its
manifestations in slightly different terms, the common
themes of connectedness to self, others, and a higher
being; an ability to transcend one's self, space, and
time; and a generativity or creativity
are seen throughout the literature.

Berggren-Thomas, Griggs 1995

Picture by Mikael Kristenson on Unsplash

Understanding Religion & Spirituality

In essence, our spirituality has to do with our characteristic style of relating and has to do with five dimensions:

1. Relationship with *transcendence*
2. Intra-personal (relationship with *self*)
3. Inter-personal (relationship with *another*)
4. Corporate (relationships *among people*)
5. Spatial (relationship with both *place and things*)

Lartey 2003

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Understanding Religion & Spirituality

'Spirituality' is a slippery word, one that is both difficult to define with precision and subject to a wide variety of understandings. In many circles today, it is associated with vague feelings of purposefulness or serenity and disassociated from religion, especially from religious community. Even in religious environments, however, 'spirituality' is often understood as vague emotion without substantive content, or as an experience that can neither be validated nor challenged.

Bash 2004

Understanding Religion & Spirituality

I hold to an idiopathic view of spirituality, namely, that in relation to spiritual experience, human beings are unique and that it is usually inappropriate to develop an analytical taxonomy that presupposes that the spiritual experience of people can be identified by universal norms or generic categories. I therefore propose a wholly subjective – and therefore non-scientific – description of spiritual experience. Thus, spiritual experience is what each person says it is, and the task of nurses is to identify and respect that person's expression of their spiritual experience and to offer them appropriate support.

Bash 2004

The challenge

How do we quantify an "unscientific" faith-based expression that is dynamic, not only between faith systems, but even down to the individual's expression and engagement with that system?

Picture by Cristian Newman on Unsplash

Conceptual Framework of Health-related Spirituality
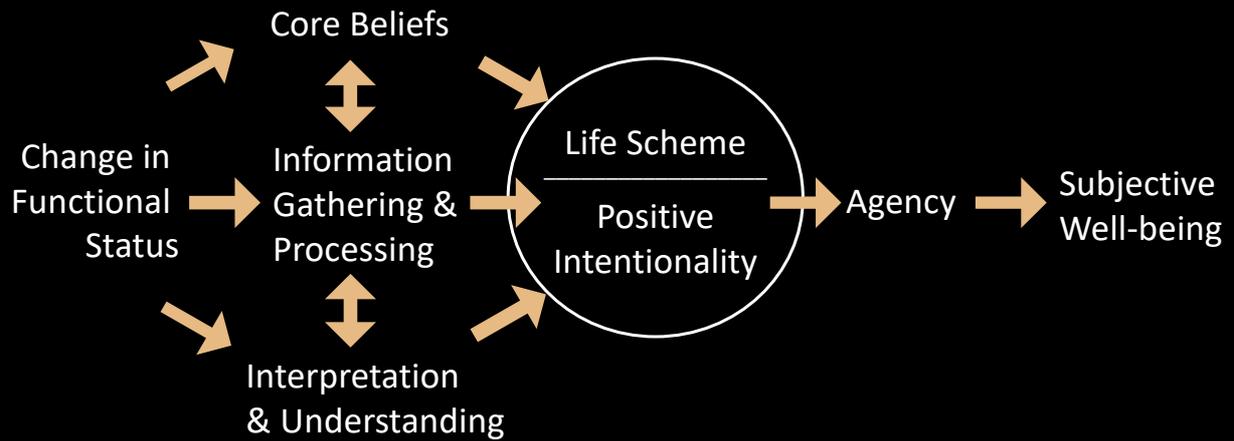
Daaleman, Cobb, Frey. 2001
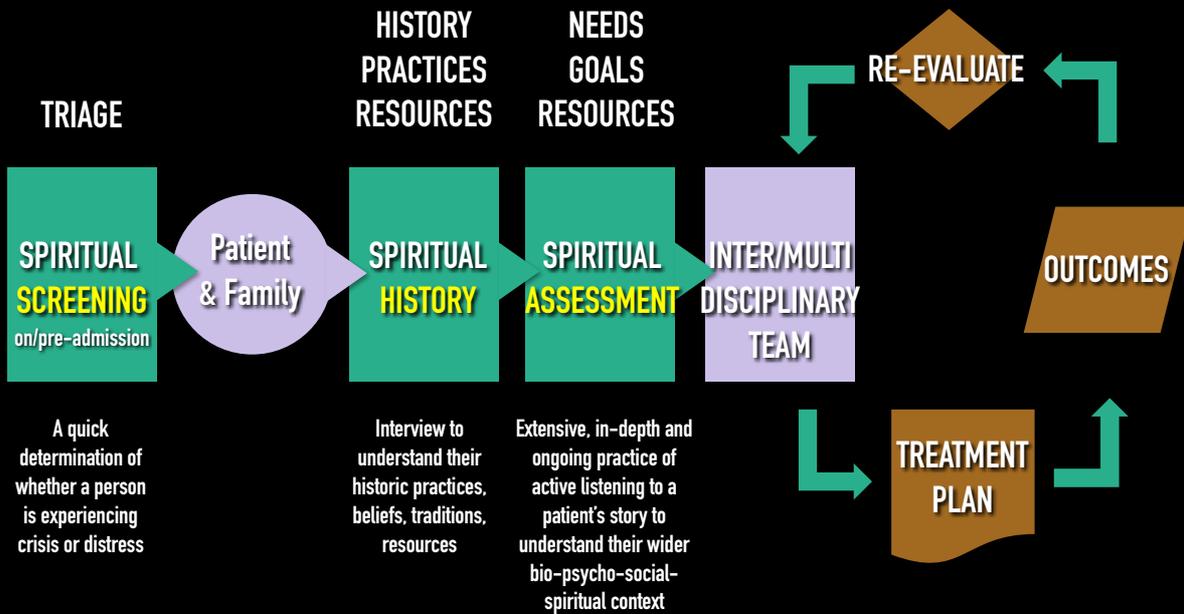
Puchalski *et.al.* 2009 and 2010

SPIRITUAL SCREENING

Designed to provide initial information about whether a patient is experiencing spiritual distress or a possible spiritual crisis and whether a more in-depth spiritual assessment is indicated.

SPIRITUAL HISTORY

A broader set of questions to capture salient information about spiritual needs and resources. This permits the clinician to understand how spiritual concerns could either complement or complicate the patient's overall care.

SPIRITUAL ASSESSMENT

An in-depth, ongoing process of evaluating the Spiritual needs, hopes and resources of persons to whom we provide care... Employs a multidimensional view of spirituality including spiritual beliefs, behaviours, emotions, relationships and practices

Fitchett in Cobb, Puchalski, Rumbold (2012); LaRocca-Pits (2009)

			SCREENING	HISTORY	ASSESSMENT
Guidelines for Spiritual Assessment	Stoll	1979		X	
Meaning in Life Scale	Spitzer	1980		X	
Spiritual Wellbeing Scale	Paloutzian	1991		X	
7x7 Model	Fitchett	1993		X	X
INSPIRIT	Vande-creek, Ayres, Basham	1995		X	
SPIRITual History Tool	Maugans	1996		X	
FICA	Puchalski	1996		X	
HOPE	Anandarajah	2001		X	
BELIEF	Dobbie et.al	2003		X	
Spirituality Scale	Delaney	2003/5		X	
Spiritual Needs Assessment	Galek	2005	X		
Spiritual Self Assessment Index	Stranahan	2008	X		
FACT (Four FACTS – 2015)	LaRocca-Pitts	2008		X	x
SHALOM	Fisher	2010		X	
Religious Involvement Inventory	Gow	2011		X	
Daily Spiritual Experiences Scale	Underwood	2011		X	
RCOPE	Pargament	2011			X
SNAP	Sharma	2012		X	
FACIT-sp	Peterman	2014		X	X
Quality of Spiritual Care Scale	Daaleman	2014		X	
iCaring Brief Assessment	Hodge	2015		X	
Spiritual Assessment System	Bryson	2015			X
ConnecTo	Fletcher	2016	X	x	

7x7 Model

HOLISTIC ASSESSMENT	SPIRITUAL ASSESSMENT
Medical (Biological) Dimension	Beliefs and Meaning
Psychological Dimension	Vocation and Obligations
Family Systems Dimension	Experience and Emotions
Psycho-Social Dimension	Courage and Growth
Ethnic, Racial, Cultural Dimension	Rituals and Practice
Social Issues Dimension	Community
Spiritual Dimension	Authority and Guidance

Fitchett 2002

Brief RCOPE

POSITIVE Religious Coping Subscale	NEGATIVE Religious Coping Subscale
1. Looked for a stronger connection with God	8. Wondered whether God had abandoned me
2. Sought God's love and care	9. Felt punished by God for lack of devotion
3. Sought help from God in letting go of Anger	10. Wondered what I did for God to punish me
4. Tried to put my plans into action with God	11. Questioned God's love for me
5. Tried to see how God might be trying to strengthen me	12. Wondered if my Church had abandoned me
6. Asked forgiveness for my sins	13. Decided the Devil made this happen
7. Focussed on religion to stop worrying about problems	14. Questioned the power of God

Pargament et.al. 2011)

Four FACTS

- FACTS (about current medical/clinical situation)
- FEELINGS (about current medical situation)
- FAMILY/FRIENDS (connections)
- FAITH (personal faith, belief, worldview, practice)
- Other F's: Fun, Finances, Function/Fit, Fame/fortune, Future

- FACT – **FAITH, ACTIVE, COPE, TREATMENT**

LaRocca-Pitts 2015

FACIT-sp (Functional Assessment of Chronic Illness Therapy – Spiritual Wellbeing)

1. I feel peaceful
2. I have a reason for living
3. My life has been productive
4. I have trouble feeling peace of mind
5. I feel a sense of purpose in my life
6. I am able to reach down deep into myself for comfort
7. I feel a sense of harmony within myself
8. My life lacks meaning and purpose
9. I find comfort in my faith or spiritual beliefs
10. I find strength in my faith or spiritual beliefs
11. My illness has strengthened my faith or spiritual beliefs
12. I know that whatever happens with my illness, things will be okay.

Peterman, Fitchett, Brady, Hernandez, Cella (2002)

Spiritual Assessment System

1. **Sources of personal meaning:**
   - (i)   carbon-self;..(20 questions)
   - (ii)   social-self;..(22 questions)
   - (iii) self-awareness..(27 questions)

2. **Disease empties life of meaning where it exists on those three arms.**

3. **Spiritual healing rebuilds meaning on those three arms.**

4. **A "systems" approach to healing maintains the human element of medicine.**

Bryson (2015)

Taxonomy of Triggering Issues

- Loss of Identity
- Fear/Dread
- Anger
- Depression

- Existential Concerns
- Abandonment by God
- Anger at God
- Relationship with God
- Conflicted belief System
- Despair/Hopelessness
- Grief/Loss
- Guilt/Shame
- Reconciliation
- Isolation
- Religious/Spiritual Struggle

- Power Imbalance
- Helplessness
- Loss of Purpose (Agency)
- Loss of Independence
- Disenfranchisement
- Loss of Privacy

Brunjes 2010   Puchalski 2009   My anecdotal experience
Picture by Mari Lezhava on Unsplash

Taxonomy of Triggering Issues

Spiritual anguish can be considered in terms of

THE PAST   (painful memories, guilt),

THE PRESENT   (isolation and anger)

THE FUTURE   (fear, hopelessness)

Brunjes 2010

GUILT/SHAME   FEAR/ANXIETY

PAST   PRESENT   FUTURE

ANGER/ABANDONMENT   HOPELESSNESS/HELPLESSNESS

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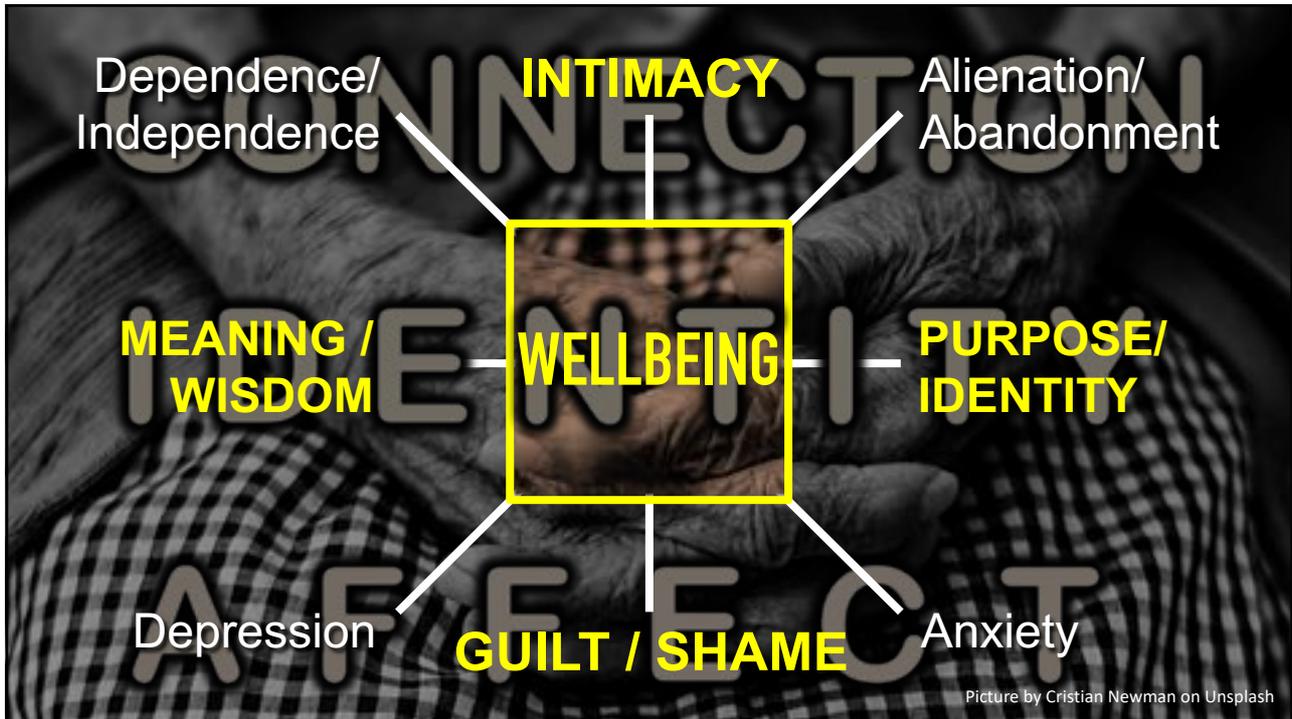
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