



Tips on Addressing Spiritual Issues in End of Life Care

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Spirituality and End of Life

- “Turning ship around”
- History—studies
- Spirituality?
- Benefits
- How to?—Tips
- Resources

Spirituality and Medicine

- History of Care⁶
- 87% of religion “very/somewhat important”
- 79% faith *aids* in recovery
- 56% faith *helped them* recover
- 77% physicians *should* consider spiritual needs
- 48% want physicians to pray with them¹

Spirituality and Medicine

- Coping strategies with *positive* effects on emotional well-being; ability to cope
- Ranked 2nd on National Inpatient Priority Index 1998-2003 ff¹
- Hospitalized terminally ill, higher levels of spirituality than non-terminally ill.⁵

Spirituality and Medicine

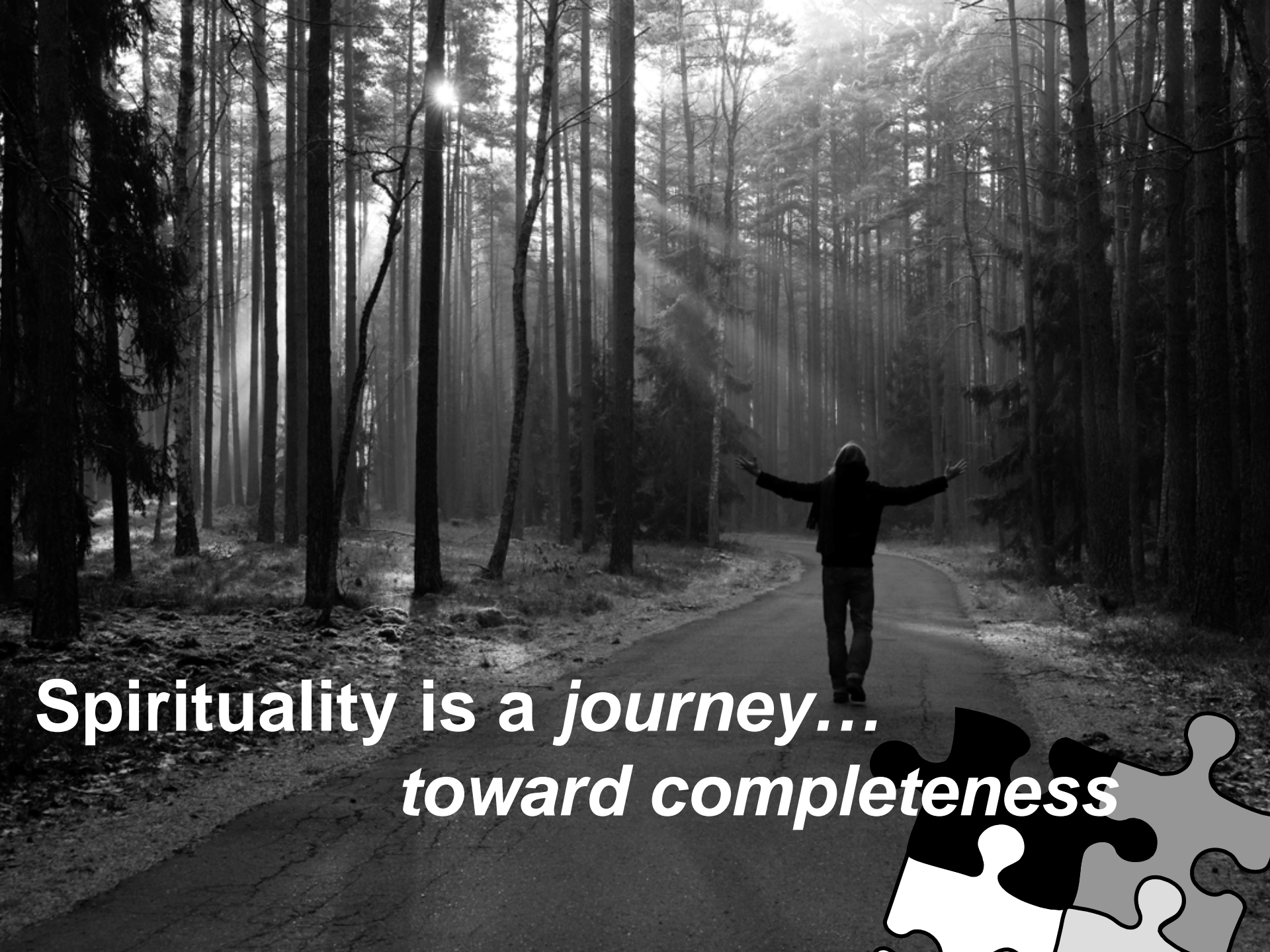
- 85% increased trust in physician⁷
- Doctors to be warm and caring¹¹
- Improved relationships; ability to cope with disease and hospitalization
- *Affects* health and hospital financial outcomes and overall patient satisfaction²

What is SPIRITUALITY?



**Spirituality is an aspect of
*every human being***



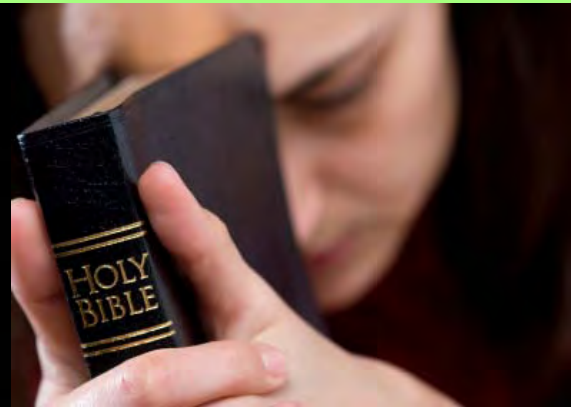


**Spirituality is a *journey...*
*toward completeness***



Spirituality is sometimes...

seeking to connect with the divine



Spirituality is the search for...

LOVE
FORGIVENESS
HOPE
WISDOM
TRUTH
FAITH
GIVING

and more...

**Spirituality is *affirming who we are*
as human beings...**



Spirituality is being *fully alive* in ways that are meaningful...



Spirituality is being *fully human*:

Mind



Body



Spirit





Exploring Spirituality Takes...

What are the benefits?

- Holistically aware
- Deepen relationships/trust
- Lower costs/LOS
- Decreased anxiety and depression
- Increased emotional coping
- Positive physiological responses
- Help for coping with disease and hospitalization²

...More benefits

- Healing
- Acceptance
- Goals, legacy
- Reconciliation
- Hope

How to...

- Assessment tool
- Listening skills
- Cases
- Resources

Tip #1: It starts with *me!*

- “Physician, heal thyself”
- Spirituality/mortality
- My wishes?
- Head to heart
- Conversation

Tip #2: Spiritual History

FICA[©]—a *screening* tool³

- **F** — faith and belief
- **I** — Importance
- **C** — Community
- **A** — Address/Action in care

asap

Tip #3: Listening

- “Up?”^A
- Two ears and *one* mouth
- Assume?
- Normalize
- Open-ended?

Cases

- The “daughters”: Who’s agenda?
- The “DO Resuscitate Doctor”: Who’s need?
- “I am ready to go to heaven”: Listening skills
- ALS: Patient wishes
- All aboard!: *Success story*

Resources

The Chaplain

- Male / Female
- Layperson / Ordained
- Faith
- Professional



Further Resources

- People / Books
- Music
- Educational
- Mediation
- Support Groups



Remember!

- NEVER too early
- NOT about you!
- FICA
- Refer
- Feelings?

