What is your definition of "spiritual care?" How does it differ or accord with the description given in the topic readings? Explain

Spiritual care to me means meeting the spiritual or religious needs of a patient as he/she is dealing with an illness, whether it is assisting them with physical healing or emotional healing. To be able to administer this spiritual care, we as nurses need to remember and be aware that patients come from different backgrounds, cultures and religions and with this comes different beliefs and practices.

When it comes to the topic readings I think my definition is close to the definition given which is to provide spiritual care as an integral part of caring for the patient as a whole with religion and spiritual care being a part of the nursing assessment (Shelly and Miller, 2006). However, not all healthcare professionals consider them to be religious or spiritual, so this can make it difficult to offer spiritual care such as offering a simple prayer or a reading, but it is an important component of the nursing care and recovery of a patient. Including a spiritual assessment tool when performing a full nursing assessment is important because it can then let the nurse know the patient’s beliefs and their needs. Sometimes offering spiritual care just means listening to what the patient has to say attentively and with compassion, or it can mean praying with the patient, reading a bible passage, connecting the patient to chaplain services, clergyman, and/or spiritual leaders.

I myself do not consider myself very religious but do feel that I am spiritual. I would not however, feel comfortable praying with my patient or offering a Bible reading. I would still take into consideration the need for this with my patient and offer to connect them to someone who can help.

Reference:

Shelly, J.A. & Miller, A. B (2006) *Called to Care: A Christian worldview for nursing* (2nd ed*.).* Downers Grove,Illinois.