

Hartman's

In-Service Education SourceBook Series



Responding to the Spiritual and Psychosocial Needs of Those in Your Care

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Spiritual and Psychosocial Needs of Those in Your Care

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NOTICE TO THE READER

Though the guidelines contained in this text are based on consultations with healthcare professionals, they should not be considered absolute recommendations. The instructor and readers should follow employer, local, state, and federal guidelines concerning healthcare practices. These guidelines change, and it is the reader's responsibility to be aware of these changes and of the policies and procedures of her or his healthcare facility/agency.

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Thank Yous:

This project is dedicated to Jeanne F. Shea, my dear friend, whose spiritual journey has provided me with a wealth of benefits!

Thank you to Reverend Moss Rutan, Reverend Norman Douglas, and Reverend Dianne Shirey for their perspectives, time, and on-going support.

A special thanks to these strong and wonderful women who have taught me so much: my mother, Lillian Eckberg; my friend, Mary Schwartz; and two great teachers, Mrs. Peggy McCann and Dr. Sandy Coyner.

ISBN 1-888343-41-9

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FYI

Spirituality is a 'hot' topic these days. It is hard to pick up a book, journal, or professional continuing education offering without seeing reference to it. It is also a very difficult subject to address; spirituality and religion are so intertwined that it is not easy to differentiate between the two concepts. Some believe that the spiritual is an integral part of religion, and does not exist without it. Some believe that spirituality and religion are two distinctly separate concepts. There is also a trend to make 'spiritual' so broad that it involves everything psychological—in fact, everything that is not physical. The author has observed these approaches while researching this project.

The author found the book, *Spirituality in Nursing: From Traditional to New Age*, by Barbara Stevens Barnum to be very helpful, and recommends it to those who would like to explore the subject at a different level.

It is highly recommended that guest speakers be used to address portions of the spiritual lessons. Caution is recommended to insure that the speaker knows what is appropriate and that he/she does not take this opportunity to preach to your staff. Guest speakers could do the lessons on religious symbols and dietary and health practices. Consider asking clergy or other knowledgeable individuals.

You could also ask staff members or even residents from your facility who practice differing religions to present information on their faith symbols. If they practice one of the religions covered in this lesson, let them see the transparencies ahead of time, and ask them to bring in examples. Be sure to ask if they are comfortable with allowing people to handle their items. Another idea would be to set up a display cabinet with objects, labeled as to the

religion represented and the significance of the objects.

The spirituality of Native Americans is referred to in this project. It is a risky subject to address in this limited framework. Native Americans are a diverse group with differing beliefs, practices, and customs. However, in general, spirituality is an integral part of who they are and how they approach life, tribal or religious affiliation notwithstanding (Zimmerman, 1996.)

This project does not purport to explain, define, or describe any specific practices as being universal among any group of people. These elements may vary considerably between nations, groups, and individuals. **Ultimately, it is important to emphasize throughout this in-service that caregivers need to respect all religious and spiritual choices.**

It is strongly recommended that facilities in geographical areas where there is an identifiable cultural group make contacts within the community and request speakers to educate staff to more specifics of the culture.

Please note that limited permission is granted to photocopy the handouts for use at the site originally purchasing this in-service. Photocopying other parts of this in-service, including the lesson plan, is expressly prohibited.

To use the handouts, photocopy the number needed for your group. Consider using different colors of paper to organize the different handouts or to make some stand out.

Convert transparency masters to acetates for use with an overhead projector. You can do this by purchasing transparency film at an office

supply store and photocopying the transparency masters onto the acetates, or you can have a copy company do it for you. If overhead projection is not convenient for your presentation area, you may wish to copy the information from the transparency masters onto a chalkboard or flip chart.

We hope you find this in-service helpful. And, as always, we welcome your comments and suggestions.

Happy Teaching!

LESSON PLAN

Introduction and Assessment

ESTIMATED TIME:

10-15 minutes

TOOLS:

Handout: Assessment A

Handout: Assessment A - Answer Key

Handout: Note-Taking Worksheet

Handout: Key Terms

LEARNING ACTIVITY:

Discussion

***Distribute Handout:
Assessment A***

Pass out one test per participant and allow approximately 10 minutes for completion. It is important to let the learners know that you are not measuring what they as individuals know (if this is the case), but are interested in seeing how the lessons affect the knowledge base in the setting. Point out that they do not need to sign their names.

***Distribute Handout:
Note-Taking
Worksheet***

Tell participants to take notes on the worksheet during all the lectures and discussion. This will help them learn and retain the information and provide them with a review of the information in the future.

***Distribute Handout:
Key Terms***

Tell participants to keep this handout and read over it.

INTRODUCTION AND ASSESSMENT

Assessment A

Name

Date

True or False

For each of the following statements, circle T for true or F for false. The first item is answered as an example.

1. Spiritual and religious always mean the same thing. **F**
2. The meaning of life is a spiritual concern. **T F**
3. What happens after death is a concern of older people. **T F**
4. The practice of a religion is frequently an organized activity. **T F**
5. Going to church services is the only way for people to renew themselves spiritually. **T F**
6. Nursing home residents give up their right to practice a religion if it conflicts with the facility rules.
T F
7. Christian nursing assistants should try to convert Jewish residents to Christianity. **T F**
8. Activities staff should insist all residents go to religious services in the facility. **T F**
9. A Mezuzah is a symbol of Islam. **T F**
10. If a housekeeper finds an old withered palm in a resident's room, she should throw it in the trash.
T F
11. The Star and Crescent is a sign of being Protestant. **T F**
12. Native Americans are either Christians or belong to a particular Native religion. **T F**
13. Abraham Maslow was a psychologist who developed a model concerning human motivation. **T F**
14. Maslow believed that humans need their basic physical needs met before they are concerned with being loved. **T F**
15. Food and shelter are related to belonging and being loved. **T F**

16. Nursing home residents have no concerns about being safe. **T F**
17. Everyone likes to have places where they feel like they 'belong.' **T F**
18. Nursing home residents have frequently lost several people they love. **T F**
19. It is better to not talk to a resident about the things they used to do, as they will feel sad that they can no longer do them. **T F**
20. The best response to residents who are upset is to tell them to forget it as their lives are too short to be fretting about the past. **T F**
21. Self-esteem refers to how we feel about ourselves. **T F**
22. The residents here may feel they cannot control their own lives. **T F**
23. Some older people may feel badly because they can no longer help others. **T F**
24. At any age, it is important to participate in meaningful activities. **T F**
25. Observant Jews and Muslims do not eat pork. **T F**
26. Several religious groups participate in fasting. **T F**
27. "Kosher" refers to a Jewish practice related to food. **T F**
28. Nature is an important part of the spirituality of Native Americans. **T F**

INTRODUCTION AND ASSESSMENT

Assessment A Answer Key

1. False. Although religion and spirituality may be closely related, many believe the spiritual may be present without religion, and/or the religious present without the spiritual.
2. True.
3. True.
4. True.
5. False. People can use many methods to renew themselves spiritually—reading, praying, listening to music, and more.
6. False. The Resident’s Rights assures the right to practice a religion of one’s own choosing.
7. False. It is not appropriate for staff members to be trying to convert a resident.
8. False. Residents can be encouraged to participate, but they have the right to refuse.
9. False. A Mezuzah is a Jewish symbol.
10. False. The palm may be from Palm Sunday, in which case it is a religious object and there are specific ways it should be handled and disposed of.
11. False. The Star and the Crescent are Islamic symbols.
12. Native Americans may be any or no religion. They may or may not also adhere to some Native American spiritual traditions.
13. True.
14. True.
15. False. Food and shelter are related to basic needs.
16. False. Safety is an issue for nursing home residents.
17. True.
18. True.
19. False. Residents may enjoy talking about their past activities.
20. False. Talking about their concerns may be very helpful to upset residents.
21. True.
22. True.
23. True.
24. True.
25. True.
26. True.
27. True.
28. True.