

# Long-Term Care Community of Practice Series

Spiritual and Religious Care as Part of the Holistic Approach



Host & Moderator: Holly Finn, PMP

Guest Speaker: Jennifer Holtslander, SCP-Associate, MRE, BTh

Date: June 9<sup>th</sup>, 2022

# Territorial Honouring



# The Palliative Care ECHO Project

The Palliative Care ECHO Project is a 5-year national initiative to cultivate communities of practice and establish continuous professional development among health care providers across Canada who care for patients with life-limiting illness.

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The Palliative Care ECHO Project is supported by a financial contribution from Health Canada. The views expressed herein do not necessarily represent the views of Health Canada.



# LEAP Long-Term Care

- Interprofessional course that focuses on the essential competencies to provide a palliative care approach.
- Case studies contextualized to the long-term care setting.
- Delivered online or in-person.
- Ideal for any health care professional (e.g., physician, nurse, pharmacist, social worker, etc.) working in long-term care and nursing homes.
- Accredited by CFPC for **27.5 Mainpro+ credits** (online) and **26.5 Mainpro+ credits** (in-person).



Learn more about the course and topics covered by visiting

[www.pallium.ca/course/leap-long-term-care](http://www.pallium.ca/course/leap-long-term-care)

# Overview of Sessions

Session #	Session Title	Date/ Time
Session 1	Introductory Session	Dec. 9, 2021 from 12-1pm ET
Session 2	The Palliative Approach as Part of the Continuum of Care	Jan. 13, 2022 from 12-1pm ET
Session 3	The Palliative Approach as an Inter-Professional, Team-Based Approach	Feb. 10, 2022 from 12-1pm ET
Session 4	Individuals and their Families as Members of the Team	Mar. 10, 2022 from 12-1pm ET
Session 5	Advance Care Planning	Apr. 14, 2022 from 12:30-1:30pm ET
Session 6	Resources for Long-Term Care	May 12, 2022 from 12:30-1:30pm ET
Session 7	Spiritual and Religious Care as Part of the Holistic Approach	Jun. 9, 2022 from 12-1pm ET
Session 8	Supporting New Team Members	Jul. 14, 2022 from 12-1pm ET
Session 9	Honouring Personhood in Dementia Care	Aug. 11, 2022 from 12-1pm ET
Session 10	Diversity and Inclusion in the Long-Term Care Setting	Sep. 8, 2022 from 12-1pm ET
Session 11	Meaningful Measurement to Support Health System Improvements in LTC	Oct. 13, 2022 from 12-1pm ET
Session 12	Mental Health and Resilience During the COVID Pandemic: Part 1	Nov 10, 2022 from 12-1pm ET
Session 13	Mental Health and Resilience During the COVID Pandemic: Part 2	Dec 8, 2022 from 12-1pm ET

# Welcome and Reminders

- Your microphones are muted. There will be time during this session for questions and discussion.
- You are welcome to use the chat function to ask questions, if you have any comments or are having technical difficulties, but also please also feel free to raise your hand!
- Remember not to disclose any Personal Health Information (PHI) during the session
- This session is being recorded- this recording and a copy of the slides will be emailed to registrants within the next week.
- This 1-credit-per-hour Group Learning program has been certified by the College of Family Physicians of Canada for up to **12 Mainpro+** credits.

# Introductions

## Host & Moderator

**Holly Finn, PMP**

National Lead, Palliative Care ECHO Project, Pallium Canada

## Technical Support

**Gemma Kabeya**

Education Research Officer, Pallium Canada

## Guest Speaker

**Rev. Jennifer Holtslander, SCP-Associate, MRE, BTh**

Associate Spiritual Care Provider – Canadian Association of Spiritual Care

Spiritual Director and Supervisor – Spiritual Directors International

Multi-faith Spiritual Care Provider for Veterans Unit 3-5 – Wascana Rehab Centre, Regina, SK

Living Faith at Home – Spiritual Care and Spiritual Direction Private Practice

# Disclosure

Relationship with Financial Sponsors:

## **Pallium Canada**

- Not-for-profit
- Funded by Health Canada

# Disclosure

## **This program has received financial support from:**

- Health Canada in the form of a contribution program
- Generates funds to support operations and R&D from Pallium Pocketbook sales and course registration Fees

## **Host/ Presenter:**

- Holly Finn: National Lead, Palliative Care ECHO Project, Pallium Canada
- Jennifer Holtslander: I am an author and a Spiritual Care Provider in private practice. My recommendation of Spiritual Care may be perceived as a potential conflict of interest.

# Disclosure

## Mitigating Potential Biases:

- The scientific planning committee had complete independent control over the development of course content

# Spiritual and Religious Care as Part of the Holistic Approach

# Objectives of this Session

## Upon completing the session, participants will be able to:

- Explore patients' spiritual or religious needs.
- Refer to useful resources that help support the spiritual and religious needs of patients and their families.
- Describe some important practices across main faith groups with respect to end-of-life care



# What is Spiritual Care?

Spiritual Care responds to the spiritual and religious care needs of residents, their family members/ friends, and the Care Team when they are:

- Seeking sources of hope, meaning, comfort, and strength;
- Wrestling with issues of forgiveness or unresolved conflict;
- Addressing a crisis of life or faith;
- Struggling with anger, despair, hopelessness, or loneliness; or
- Dealing with the fear of death or dying.

# Individuals might turn toward Spiritual Care when...

- They have important treatment decisions to think about
- They have been given life changing news
- They have a religious or spiritual need
- They have questions about themselves, others, life or God
- They are worried about their family
- They have questions about death and dying

*Think of people in your context that experienced any of the above. Tell us a bit about what was going on.*

# At Intake and Reviewed Regularly

- Would you like Spiritual Care?
- Would you like our Chaplain to come see you?
- Who or what supports you in your life? What brings you joy?
- Do you have any cultural, religious, or spiritual beliefs that you would like people caring for you to be aware of?
- Who do you have to talk to about cultural, religious, or spiritual matters?
- Would you like to have your culture or religion recorded on your chart? so that our staff know how best to meet your cultural, spiritual or religious needs

# FICA

The acronym FICA can help health care professionals take a brief Spiritual History.



**Faith** and belief

Question example: *"Do you consider yourself spiritual or religious?"*



**Importance** (Impact)

Question example: *"What importance/impact does your spirituality have in your life?"*



**Community**

Question example: *"Are you part of a local faith community?"*



**Address** in Care

Question example: *"How would you like me, your \_\_\_\_\_, to address these issues in your care?"*

# Indirect Cues Invite Respectful Questions

- Complaints
- Anxiety/Fear/Worry
- Expressions of loss
- Expressions of being disconnected from self, others or God
- “I keep wondering why this is happening to me?”
- “What has she done to deserve this?”
- “Perhaps it was meant to be.”
- “He knows his time has come.”
- Other \_\_\_\_\_

## Tradition specific

- Tobacco, sweetgrass braid, eagle feather, or ribbon skirt;
- Prayer mat;
- Hijab, niqab, or burka;
- Turban, or khanda;
- Namaste, or tilaka;
- Kippah, menorah, star of David, hair covering, or mezuzah;
- Crucifix, cross, bible, or hymnal.

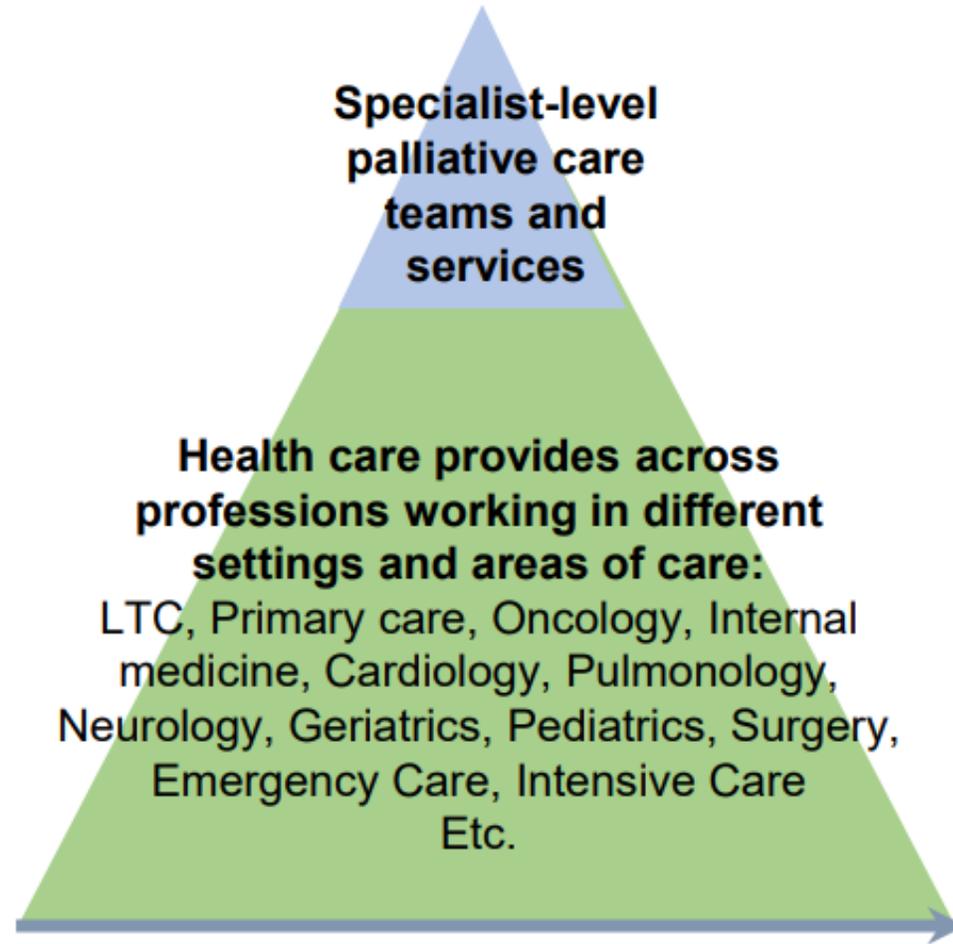
# Why is Spiritual Care important?

- Because everyone has something important to communicate about their living and dying. Be in conversation to attend to what those things might be.
- But DO NOT assume that you know what the cues mean without ongoing conversation.

## Ongoing Spiritual Care conversations matter

1. to develop relationship with the resident and their support team;
2. to support the resident with their spiritual and/or religious needs;
3. to help the care team get important moments of transition right;
4. to help the family be able to be supported in their experiences of spiritual need, anticipatory grief, and in their bereavement; and
5. to help the Care Team be supported in their experiences of working with living and dying.

**We all share  
responsibility!**



**Palliative  
Approach  
to Care**

# Case Study: Betty Part 1

Betty is 87 and has lived in Long Term Care for ten years.

The initial diagnosis and reason for admission have long since faded into the background.

Betty has built supportive relationships with nursing and therapies staff which is a gift because her family moved out of province last month and now Betty no longer has regular outside visitors.

When volunteers host religious events, Betty always says yes to attending.

*Let's make a plan to assess and support Betty's spiritual needs.*

Name: Betty Q Admission: 12 October 2012  
 DOB: 15 June 1935 NOK: George Q (son)  
 Gender: F Status: Permanent  
 Allergies: N/A Doctor: Wilson



## Long Term Care Assessment – Spiritual Health & Wellness

Initial Assessment Date 12 October 2021 Completed by Rev. Jennifer Holtzlander, Spiritual Care

Visit with  Patient  Partner  Parent  Family Member(s)  Friend(s) Faith Affiliation No current affiliation. Family history of mixed denominations

Receiving support from local faith community  yes  no How not available

Referral by  Rounds  Social Work  Nursing  Physician  Spiritual Care Colleague  Family  Patient  Palliative Care Coordinator  Other \_\_\_\_\_

### Support Systems (Community)

Y = yes N = no blank = unknown

<u>Y</u> Family	<u>Y</u> LTC staff esp MTherapy
<u>Y</u> Spiritual Care	<u>N</u> Faith group
<u>N</u> Partner	<u>Y</u> Medical staff
<u>Y</u> Social worker	<u>N</u> Spiritual director
<u>Y</u> Friends	<u>Y</u> Other _____

### Spiritual Resources (Capabilities)

1 = no 2 = very little 3 = somewhat 4 = considerably 5 = very high

3 Expresses feelings about health and living situation  
3 Has insight into this health and living experience  
2 Able to discuss spiritual/religious philosophical meanings connected to health and care experience  
3 Able to discuss spiritual distress and/or well being  
3 Able to reflect on concerns/guilt/resentment/grief  
3 Able to reflect on hopes/joys/values  
2 Connects to what is sacred/divine  
4 Maintains relationships with significant others  
4 Participates in meaningful rituals and practices  
2 Spiritual care provided by family or faith community  
 Other: \_\_\_\_\_

### Spiritual Practices While in Long Term Care (Comfort)

Y = yes N = no blank = unknown

<u>Y</u> Sacred Rituals/Ceremonies	<u>?</u> only if story based
<u>N</u> Read sacred writings	<u>?</u> Meditation/relaxation
<u>Y</u> Music	<u>Y</u> Talking
<u>N</u> Prayer	<u>Y</u> Humor
Other _____	

### Spiritual Issues (Concerns)

√ = further discussion recommended

√ Need for empowerment/courage/hope/meaning in suffering  
√ Grieving/lament or protest over loss  
 \_\_\_\_\_ Awareness of condition  
 \_\_\_\_\_ Factors that might complicate grieving/coping  
 \_\_\_\_\_ Feeling overwhelmed by suffering and uncertainty about ability to endure  
 \_\_\_\_\_ Indications of conflict with others or within self, such as expressions of anger or blaming  
√ Indications of separation from God or significant others such as sense of abandonment  
 \_\_\_\_\_ Changes in belief system that can hinder coping  
 \_\_\_\_\_ Longing for forgiveness  
 \_\_\_\_\_ Concern for how "significant others" are coping with losses/changes  
 Other: \_\_\_\_\_

### Spiritual Care Intervention by Spiritual Care

(date relevant items)

\_\_\_\_\_ Aligned care plan with client's values  
 \_\_\_\_\_ Built relationship of care and connectedness  
 \_\_\_\_\_ Provided faith affirmation  
 14 Feb 22 Journeyed with client in grief process  
 \_\_\_\_\_ Encouraged verbalization of feelings  
 \_\_\_\_\_ Supported meaning-making  
 14 Dec 21 Provided opportunity for life review  
 \_\_\_\_\_ Affirmed strengths  
 13 Jan 22 Broadened psycho-spiritual tools for self-regulation  
 \_\_\_\_\_ Examined/encouraged religious practice  
 27 Dec 21 \_\_\_\_\_ Explored issues related to forgiveness/hope  
 29 Dec 21 \_\_\_\_\_ Provided cultural support  
 31 Dec 21 \_\_\_\_\_ Arranged sacred ritual  
 2 Jan 22 \_\_\_\_\_ Discussed sacred writings  
 10 Jan 22 \_\_\_\_\_ Provided requested religious material *1Psalms*  
 23 Dec 21 \_\_\_\_\_ Provided emotional/spiritual support  
 24 Dec 21 \_\_\_\_\_ Facilitated use of music and sacred songs  
 Other: \_\_\_\_\_

Follow-up by Spiritual Care  every few hours  daily

weekly  monthly

Refer to:  Social Work  Music Therapy

Community Faith leader  Volunteers  Bereavement

Other \_\_\_\_\_

Spiritual Care Notes: | Rev. Jennifer Holtzlander, Spiritual Care

# Case Study: Betty Part 2

Betty experiences an escalation of anxiety. When you are able to have a conversation, Betty admits that she is afraid that she is dying.

As you explore her fears around death and dying, she confesses that she wasn't always a good person. She says that she is afraid that torment is in her future.

*What is part of your plan to support Betty's spiritual needs?*

# Case Study: Betty Part 3

Over the last few weeks you notice that Betty's appetite and thirst are decreasing, breathing is more laboured, and interest in activity has fallen off. She is fatigued and has no more interest in getting out of bed.

*In addition to your regular plan for physical comfort, how might you plan to support Betty's spiritual needs as she approaches her final weeks of life?*

# Resources

## FICA

<https://smhs.gwu.edu/spirituality-health/program/patient-research/monitoring-effectiveness-fica-tool>

## Dignity Therapy

<https://www.dignityincare.ca/en/toolkit.html>

## Living My Culture

<https://livingmyculture.ca/culture/> to help you develop some respectful questions.

Creatively assess who in your community or facility can help you connect residents and families to Spiritual Care supports.

Invite a Spiritual Care Provider to prepare resources for your team.

Invite a Spiritual Care Provider to be part of your team.

# Questions & Discussion

# Wrap Up

- Please fill out the feedback survey following the session! Link has been added into the chat
- A recording of this session and a copy of these slides will be emailed to registrants within the next week
- Please join us for the next Long- Term Care Community of Practice Session:
  - **Title:** Supporting New Team Members
  - **Guest speaker:** Roslyn Compton
  - **Date/ Time:** July 14<sup>th</sup>, 2022 from 12-1pm ET

# Thank You



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