

**SOUTH WEST STRATEGIC HEALTH AUTHORITY**

**Some Methods of Spiritual Assessment:**

**1) Statistical Data (UK)**

- a) Eg: NHS information (limited to a religious view and assumption). However this is rarely completed and does not relate necessarily patient to care plans.

**2) Kuhn's Spiritual Inventory (USA) (assumes a patient has an active faith base)**

- a) Contains 35 questions covering five areas
  - i) What things do you believe in or have faith in?
  - ii) Has this illness influenced your faith?
  - iii) How do you exercise faith in your life?
  - iv) How has your faith influenced your behaviour during this illness?
  - v) What role does your faith play in regaining your health?

**3) Matthew's Spiritual History (I.I.I. – Importance, Influence, Interaction) (USA)**

- a) Three questions to initiate conversation
  - i) Is religion or spirituality important to you?
  - ii) Do your religious or spiritual beliefs influence the way you look at your medical problems and the way you think about your health?
  - iii) Would you like me to address your religious or spiritual beliefs and practices with you?

**4) FICA Spiritual Assessment Tool (USA)**

- a) **F**aith - What is your faith tradition?
- b) **I**mportant - How important is your faith to you?
- c) **C**hurch - What is your church or community of faith?
- d) **A**pply - How do your religious and spiritual beliefs apply to your health?
- e) **A**ddress - How may we address your spiritual needs?

**5) SPIRITual History (Maugan) (USA)**

- a) Spiritual belief system
- b) Personal spirituality
- c) Integration within a spiritual community
- d) Ritualised Practice or restrictions
- e) Implications for medical care
- f) Terminal events planning

**6) HOPE Questionnaire (USA)**

- a) Sources of **H**ope, meaning, comfort, strength, peace, love and connection.
- b) **O**rganised religion – are you part of a community of faith?
- c) **P**ersonal spirituality and practice – independent of organised religion?
- d) **E**ffects on medical care and end of life issues – How has this impacted on you?

**7) ACP (American College of Physicians) Spiritual History (USA)**

- a) Is faith (religion, spirituality) important to you in this illness?
- b) Has faith been important to you at other times in your life?
- c) Do you have someone to talk to about religious matters?
- d) Would you like to explore religious matters with someone?

- 8) **Aru Narayanasamy Spiritual Assessment Guide (UK)**
  - a) Covers areas of
    - i) Meaning and purpose
    - ii) Sources of strength and hope
    - iii) Love and relatedness
    - iv) Self Esteem
    - v) Fear and anxiety
    - vi) Anger
    - vii) Relation between spiritual beliefs and health
    - viii) Concept of God
    - ix) Spiritual Practices
  - b) In addition observation of
    - i) Non verbal behaviour
    - ii) Verbal behaviour
    - iii) Interpersonal relationships
    - iv) Environment
  
- 9) **WHOQOL Instruments (World Health Organisation – Geneva)**
  - a) **WHOQOL – SRPB Field Test Instrument**
    - i) 32 Spirituality, Religiousness and Personal Beliefs (SRPB) questions.
    - ii) Research based, developed questionnaire and requires scoring and interpreting etc.
  
- 10) **‘When the going gets tough...’ (Barry Clark Chaplain Selly Oak Hospital)**
  - a) Faith based and six simple questions with yes/ no answers.
  
- 11) **‘Patient’s Narrative’ – Peter Speck and others.**
  - a) The patient’s story is drawn out and listened to having established a relationship of mutual trust and respect. (counselling models)