

Reducing Barriers to Pain and Fatigue Management

Example Triggers for Referring to Spiritual Care - Categories of Spiritual Distress

Spiritual Pain

“God doesn’t seem to be listening”
“Why is this happening to me?”
“What does all of this mean?”

Spiritual Alienation

“God just seems so far away”
“Where is God when I need Him most?”
“I don’t need any help from God, I can do it myself”

Spiritual Anxiety

“I think God is punishing me. Why else would I have this cancer?”
“I’ve been so far from God; I don’t think He’s going to help me now”
“I’m afraid of dying”

Spiritual Guilt

“I don’t think God is very pleased with me. I haven’t exactly towed the line, if you know what I mean”
“I should have lived my life better; done more things that were right”

Spiritual Anger

“I want nothing to do with God. He has nothing to offer”
“If God is good and loving, why is He allowing this to happen?”

Spiritual Loss

“I don’t think God loves me”
“I don’t feel God’s love anymore”

Spiritual Despair

“What hope do I have? God doesn’t care”
“I stopped praying. God is not listening”

Spiritual Care Extension: 65781

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Assessing Spirituality: FICA

Distress, including spiritual distress, refers to unpleasant emotions that may interfere with the ability to cope with cancer. A diagnosis of cancer can be a crisis of faith or belief (NCCN Distress Guidelines)

FICA Acronym:

F – Faith, Belief, Meaning

- “Do you consider yourself spiritual or religious?”
- “Do you have spiritual beliefs that help you cope with stress?”
- “What gives your life meaning?”

I – Importance and Influence

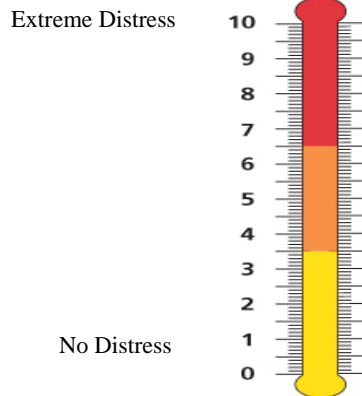
- “What importance does your faith or belief have in your life?”
- “Have your beliefs influenced you in how you handle stress?”
- “Do you have specific beliefs that might influence your healthcare decisions?”

C – Community

- “Are you a part of a spiritual or religious community?”
- “Is this of support to you and how?”
- “Is there a group of people you really love or who are important to you?”

A - Address/Action in Care

- “How should the healthcare provider address these issues in your healthcare?”



(Puchalski, 1996; www.gwish.org)



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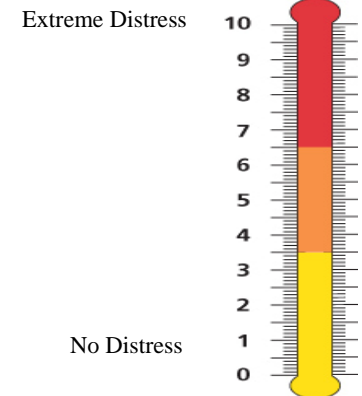
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