Spiritual Care in the NHS

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It is generally accepted that there is a need for health services to acknowledge and utilise the spiritual dimension of a person during their care:

- National Institute of Clinical Excellence Dementia; Disturbed/violent behaviour; End of life/palliative care; Depression
- Spirituality informed clinical interventions
Can Spirituality help?

There is evidence that people who belong to a faith community, or who hold religious or spiritual beliefs, have better mental health

• helps people maintain good mental health

• helps people deal with mental distress or mental illness

• gives people strength and improve their well-being

• better self-control, self-esteem and confidence
• faster and easier recovery

• better relationships – with self, others and with God/creation/nature

• a new sense of meaning, hope and peace of mind.
Our values

• To respect service users’ spirituality as a human right within a mental health service culture that responds to spiritual needs
• To acknowledge the spirituality in people’s lives
• To give service users and staff opportunities to talk about spirituality
• To encourage service users to tell staff their needs
• To help service users to express their spirituality
• To use person centred planning incorporating spiritual needs.
Chaplaincy and Spiritual care services

Who are we?

Team manager: Rosie Beale

Chaplains: Angela Pavey
Jim Clarke

Volunteers

Trained to work in mental health care…..
What do we provide?

The Chaplaincy and Spiritual Care Service provides

- pastoral
- spiritual
- religious care for people

- To all people in receipt of Trust inpatient services, their families and carers.
Examples of what we offer

- Hold faith services on the wards
- Talk to patients on a one to one basis
- Facilitate groups to offer and support spiritual and pastoral care
- Links with representatives of other major world faiths
Religion or Spirituality?

A point of confusion for many is the terminology used:
- Religion
- Spirituality
- Belief
- Faith

Helpful to refer to a 2-tier definition
Spirituality

- Something that arises from within us (internal)

- A personal quest for understanding and meaning around the big questions of life and death

- Spirituality encompasses religion and belief, but can be broader than this
Religion

- The way people organise their way of relating to what they hold to be sacred and transcendent.

- An organised form of spirituality often characterised by a faith leader, Holy Scripture, a definitive concept of a higher power/God, and/or set of moral codes and ethics.
Discussion

- **Religion:** is for those that require guidance from others
- **Spirituality:** is for those that lend ears to their inner voice

- **Religion:** is adoration
- **Spirituality:** is meditation

- **Religion:** threatens and terrifies
- **Spirituality:** gives you inner peace
Discussion

- Religion: is in charge of the “to do”
- Spirituality: is in charge of the “to be”

- Religion: believes in the eternal life
- Spirituality: makes you conscious of all that is
Conclusion

Is something everyone can experience

Helps us to find meaning and purpose in the things we value

Can bring hope in times of suffering and loss

Encourages us to seek the best relationship with ourselves, others and what lies beyond
These experiences are part of being human

They are as clearly present in people with a learning disability and other conditions, such as dementia or head injury, as they are in anybody else
References

• The Royal College of Psychiatrists - Spirituality Special Interest Group.

• The impact of spirituality on mental health - a review of the literature (2006) Mental Health Foundation

• Rethink:  www.rethink.org/living-with-mental-illness/wellbeing-physical-health/spirituality