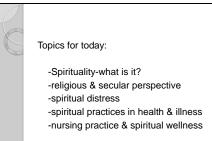
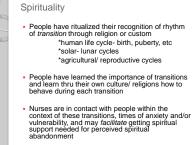


Slide 2



Slide 3





- Definition:
- -a sense of meaning of life or association with a sense of inner spirit
- · Concept of 'hope' is central to spirituality
- Creates a set of beliefs and values that influence the way people conduct their lives

Slide 5



Religious vs Secular Perspective

- Religious Perspective:
- -spirit defined as encompassing the ideology of the image of God or soul that exists in everyone
- -set of beliefs that help explain the meaning of life, suffering, health & illness

Slide 6



Religious vs Secular Perspective

- Secular Perspective:
- -a set of positive values, such as love, honesty or truth, chosen by the individual that ultimately becomes that person's supreme focus of live and organizing framework
- -values motivate the individual toward fulfillment of needs, goals and aspirations

Spiritual Distress

- Definition:
- -a disruption in the life principle that pervades a person's entire being and integrates and transcends one's biological and psychosocial nature
- -"mad at God", "what's it all for?", "what does it all mean?", "why me?"
- -occurs in relation to separation from religious or cultural supports, challenges to beliefs and values, or intense suffering

Slide 8

Spiritual Practices in Health & Illness

 Spiritual modes of healing are designed to enhance comfort and produce an inner peace with disability, illness, and/or death

*prayer- seen as powerful force that can influence events for the better

*meditation and healing- relaxation response and prayer have been demonstrated to affect illness ('remembered wellness' or 'placebo effect')

Slide 9

Spiritual Practices in Health & Illness

*therapeutic touch- redirecting human energy. Stimulates energy flow, clears congested areas, dampens excess energetic activity and synchronizes the rhythmic waves of energy flow

*visualization- using an image of a desired outcome or the process of attaining it (athletes often use this approach)

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Nursing Practice and Spiritual Wellness

- Shift the view from 'vocation' (a calling) to 'profession' in order to achieve appropriate value in a system that is increasingly economically oriented (back to professional status!)
- Considered a 'vocation' in the context of world's religions: the symbolic and deep meaning of the work that nurses do
- When nursing is carried out with deep consciousness and purpose, it nurtures the client and the nurse!

Slide 11

See you next class.....

Please do your readings & bring thoughtful questions!