

## **PRINCESS MARGARET CLINICAL PRACTICE GUIDELINES - Spiritual Care**

The UHN Spiritual Care Practitioners (SCP) expand upon traditional patient care to provide emotional, spiritual, relational support to UHN patients, caregivers and staff. In the midst of devastation and crisis Spiritual Care Professionals provide care to people when they are most vulnerable, to help them find what is of essence to them. Spiritual Care helps people connect to and with themselves and others in the midst of their situation when they have been impacted by a cancer diagnosis.

### **Who?**

Inpatients, outpatients, family members, significant others, care givers, physicians, volunteers and staff

### **When?**

- in response to a request from a patient, family member, or friend
- when faith, spirituality, meaning-making or all of these together is obviously important
- when a patient, family member or everyone involved, is struggling with impending surgery, prognosis or diagnosis, death and dying, or significant loss
- when a patient, loved one or staff member seeks a religious or spiritual ritual
- when a patient or their family's spirit seems troubled
- when the treatment team requires a religious or spiritual assessment of a patient
- when a patient is separated from or has few visible supports
- when a patient is close to death or has died
- when staff seek support to identify internal and external resources when faced with work place challenges

### **What?**

Spiritual Care offers:

- an opportunity to explore the spiritual significance and meaning of illness, suffering and life transitions
- encourages the expression of feelings and concerns about autonomy, body image, hope, anxiety, isolation and hopelessness
- provides encouragement, affirmation and solace
- provides support for loss and grief
- facilitates religious or spiritual rituals when requested
- supports patients separated from family and community or with few visible supports

- provides one to one sessions or outpatient appointments
- assesses and treats spiritual issues including, mortality, spiritual distress, crisis of meaning and hope
- addresses the issues of doubt, loss, grief and maladaptive coping

**Where?**

- Inpatient units
- Outpatient clinics

To contact a Spiritual Care Professional, please call 416-603-5836.