

EPICC PRE-CONFERENCE

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Spiritual care in challenging times

Fostering ability and courage

VID Specialized University, Bergen



EPICC Pre-conference for Researchers

Abstract booklet

1. Determination of Moral Intelligence and Self-Compassion Levels of Nursing Students: A Descriptive, Cross-sectional and Relational Study.

Venhar Onat, Tuba Karabey

Objective: This study was conducted to determine the relationship between moral intelligence, which is the cornerstone of nursing ethics, and the self-compassion levels of nursing students, who are future professionals.

Methods: This study was conducted as descriptive and cross-sectional. The sample of the study consists of 265 nursing students. Data were collected using Personal Information Form, Moral Intelligence Scale and Self Compassion Scale.

Results: It was determined that the moral intelligence levels and self-compassion average scores of the nursing students were high. A highly positive and significant correlation was found between the total and sub-dimension mean scores of moral intelligence and the total mean scores of self-compassion ($p=0.001$).

Conclusion: Self-compassion is a concept that reveals the individual's own worth. In order for spiritual care to be delivered effectively, it is important for a person to believe that and environment are valuable. In this context, this study aimed to reveal the relationship between nursing students' self-compassion and spiritual care. It is very important to determine the moral intelligence and self-compassion levels of nursing students, who are the professionals of the future, in order to present nursing care from a holistic framework and to increase the quality of the care provided. Today, more compassionate care for patients and more technical interventions are required for professional nurses. In this context, it is very important to take initiatives to develop moral intelligence and self-compassion in the nursing curriculum of educators for nursing students, who are the professionals of the future. It is thought that having a higher moral intelligence will play an important role in providing holistic care, especially spiritual care, in nursing students.

2. Is there a distinction between spiritual care and good fundamental care?

Marianne Morland

The provision of spiritual care as a part of whole-person care, is well-investigated internationally; but despite this healthcare professionals still find the concept hard to understand. Similarly, a great deal has been written on how to provide spiritual care, there is little research that considers the distinction between spiritual care and good fundamental care within a nursing home context.

This current qualitative study with a hermeneutical approach used individual interviews (N=8) and one focus group (N=5) to investigate healthcare professionals' understanding of spiritual care in a nursing home by recruiting participants with different worldviews, ages, and professions.

Using content analysis and a hermeneutical dialogue with the text, our findings indicate that healthcare professionals understand spiritual care as an essential part of care. However, regardless of their profession, they do not acknowledge it as spiritual care, just good care. Suggesting that the word "åndelig omsorg" that describes the concept of spiritual care in a Norwegian context is unsuitable for the multicultural and varied workforce in a nursing home.

3. An exploration of the role of spirituality and religion on Nigerian service user engagement with formal mental health services in Nigeria.

Adam Chukwu

Background and Statement of Problem: Nigeria like majority of the countries in sub-Saharan Africa is a highly religious society with over 97% of the population describing themselves as "religious". Religious and spiritual practices are important to individuals of Black ethnic origin. In Nigeria, the wide acceptance and preference for complimentary religious and spiritual MH care practitioners is testament to the foregoing.

Study Aims and Objectives: Aim of study is to explore the impacts of religious/spiritual beliefs on help-seeking from formal mental health services by individuals living with a MH condition in Nigeria. Study outcomes could address the non-inclusive MH care service concerns of the Black ethnic minorities in Ireland.

Methods: Qualitative meta-synthesis will be undertaken in conjunction with a narrative approach to facilitate the sharing of peoples lived experiences and personal stories. Data collection will be carried out via semi-structured interviews and analysis will be done using Newell and Burnard's pragmatic approach to qualitative data analysis.

Study Significance: Beyond the anecdotal reports of proximity, cost and skepticism towards orthodox biomedical MH model as being behind the acceptance of spiritual and religious MH care, this research will enrich already existing knowledge on the reasons for wide preference for spiritual and religion themed complimentary MH care in Black communities.

4. Spirituality, Intersubjectivity, and Resilience in Intercultural Healing.

John Lokoye, Les Spencer

Introduction: Social inequity and injustice in marginalized communities seems to be perpetuated by the inter-ethnic warlords as an oppression weapon, therefore, there is a need to have spiritual self-care, intersubjectivity, resilience, and mind-body resourcefulness during intercultural approaches in East Asia Oceania Australasia Region, and Western Kenya.

Aim: To determine the most amicable ways of resolving the oppression of small minorities living in locales subjected to inter-ethnic conflict and natural disasters through cultural healing and spiritual care. **Methods:** Quantitative and qualitative, note taking, interviewing, surveying, naturalistic inquiry, connoisseurship, sociograms, structure and event process analysis. The sampling method considers the whole villagers with age range of trauma affected people with a full spectrum of trauma mental disorder.

Application: The community supported self as the teacher and the source of valuation, forbearance, and handling problems with support and understanding as the main mode of coping to find happiness in the midst of difficulties and discover the ability to maintain sanity in the face of traumatic experiences to recover from past wounds.

Results: Processes being Researched do foster the emergence of acceptance of and adjustment to the demands of difficult life situations, competent functioning in the presence of major life problems and learning from life's adversities.

Conclusion: Grounded Cultural Healing Spirituality guided psychosocial emotional resourcefulness are powerful processes in fostering social equity and justice. Participants build resilience and reap benefits from mutual help alongside practical and action grounded local biomimicry whilst inter-subjectively engaging with others.

5. Living with cardiovascular disease: existential meaning of lifestyle change.

Leida Janssen

Aim: To explore the perspectives of patients with cardiovascular disease (CVD) on the existential meaning of lifestyle change as an evidence base for spiritual care by nurses and other health professionals. **Method:** This study has been carried out within the paradigm of phenomenological caring sciences. The sample of 18 participants was purposively selected. Data consisted of in-depth interviews among adults with an episode of cardiovascular disease. Data analysis of transcribed audio recordings was done using the method of Reflective Lifeworld Analysis (RLA). **Findings:** For patients with CVD, changing one's lifestyle is an experience of transition in self-image. This transition has a twofold dynamic. On the one hand it entails alternating phases in what is meaningful for the patient: letting go (loss of the normal, of health, of bodily functions) and holding on (desire to be healthy and to be normal). On the other hand, through the vulnerability and loneliness patients often experience patients report a need to be encouraged by and connected to others / the Other. Making brave choices and connecting to the patients' spiritual resources of inner strength is crucial for successful lifestyle changes and meaningful transition to a new lifestyle.

Conclusions: Lifestyle change is not only a physical and psychological process for the patient with CVD, but also an existential transition that involves fundamental views and values of being human. It is an experience that is in part socially influenced, i.e. by encouragement from meaningful others. For the health care worker knowledge of this experience may help to provide spiritual care after CVD.

6. Existential aspects of parenthood transition seen from the health professionals' perspective.

Christina Prinds

Introduction: A sense of existential vulnerability is embedded in parenthood transition. It is linked to meaning in life, changes in relationships, awareness of death, and sometimes to a transcendent belief. In most guidelines in maternity services, existential aspects (EA) of life are not an explicit focus. This study explored how health professionals (HPs) in maternity services experience and understand EA of parenthood transition among new parents.

Study Design: Data were generated through a user-involving two-phase process inspired by action research consisting of initially four focus group-interviews with HPs; subsequently, a theatre workshop for parents, HPs, and researchers. We used thematic analysis for all data.

Results: We identified five themes in the data material: 1. Death and fragility in maternity care, 2. EA expressed as something else, 3. Existential and spiritual aspects of being professionals, 4. Talking about EA of care, 5. Not feeling prepared for providing EA.

Conclusions: EA were often recognized in traumatic situations or connected to the birthing situation, where it was related to a bodily and non-verbal relational energy between the birthing woman and the midwife or partner. Less often, EA were recognized during pregnancy and the post-partum period.

7. Implementation of the EPICC Tool in the curriculum to enhance delivering spiritual care by nursing students.

Joanne Lassche-Scheffer

Introduction: International research into how to deliver spiritual care in nursing has provided in the EPICC Standard and a self-assessment tool (the Tool), which is useful for nursing students to gain insight in their strengths and challenges with delivering spiritual care.

Aim and objectives: Giving insight in the implementation process of this Tool in the curriculum of Bachelor Nursing students in the Netherlands to support students to provide spiritual care and to investigate what students need in their studies.

Methods: In the implementation process of the Tool in the curriculum a pilot study was done under nursing students following a minor.

Results/Findings: Support has been created for implementation of the Tool in the curriculum. The Tool helps students to reflect on their competences to deliver spiritual care. Discussion of implications: The use of the Tool in the curriculum can serve several goals of education: reflection and awareness, personal professional development, input for lessons and feedback for the curriculum.

Conclusions: The Tool is intended to be part of the curriculum next year in the personal professional development learning line.

8. "The Empty Room" a visual-textual case study on teaching and learning spiritual care.

Piret Paal

According to the World Health Organization, spirituality is an integral part of human existence. Spirituality is even seen as an all-encompassing essence of the human being that requires appreciation and respect.

In this case study, a visual-textual approach of photo elicitation is used for self-reflection to help articulate one's spiritual belonging based on one's own experiences, values, and beliefs. Originally developed by John Collier (1957), the technique is based on the simple idea of attaching a photograph to an interview, which is then used to elicit comments and discussion.

The case study is based on the student's self-reflection. It explores the question of whether and how it is possible to teach and learn spiritual care when one is "not spiritual".

The analysis is theoretically inspired by Ricoeur's theory of narrative meaning-making and the search for explanations of life issues. The case study explains the appropriateness of the chosen method of self-reflection and analysis for recording and making sense of emotional-social relational experiences.

9. The gap between education and patient care: Actions and opportunities for sustainable change – an umbrella review.

Cornelia Brandstötter-Gugg

Background: The evaluation strategies used so far in spiritual care (SC) research allow us to measure and understand the spirituality, spiritual needs and personal growth of individual students or training participants. However, the challenges and changes at the level of groups and organizations are largely neglected.

Research question and aim of the study: The aim of this umbrella review was to investigate whether the gap between SC education and training and implementation in practice has narrowed; but also, to identify evidence-based measures and opportunities for sustainable change.

Methods: A systematic literature search of databases (PubMed, CINAHL, Web of Science) and a hand search of journals were conducted. Systematic reviews published from 01/2012 to 01/2022 were included. A total of ten of these were used to answer the research question. A quality analysis based on the JBI criteria and synthesis of the results was performed.

Results: Five themes were highlighted, that support sustainable implementation of SC in practice: (1) collaboration with chaplains (2) learning methods, especially application of learning (3) role models/mentors (4) time, relationships and work environment (5) training models and protocols for SC.

Conclusions: Evaluation results as a basis for training concepts are essential for lasting progress in this field. Not only positive but also negative or missing results need to be thoroughly assessed, analyzed, and adjusted.

10. "Nursing the Spirit", the investigation of spiritual care in Greece and Cyprus.

Maria Kyranou

Brief introduction and rationale: Spiritual care is often neglected during every day clinical nursing practice. Although reports from various countries point to the significance of spiritual care there are no previous studies in Greece and Cyprus investigating this topic.

Aims and objectives: To evaluate the types and frequency of nursing interventions for spiritual care in Greece and Cyprus.

Methods: Four online questionnaires have been disseminated to Greek and Cypriot nurses which gather info on demographic characteristics, level of personal spiritual well-being, perceived stress and types and frequency of spiritual nursing care interventions.

Results/findings: The study is ongoing. Up-to-date 300 nurses have completed the study. An association between the level of personal spiritual well-being and the frequency of spiritual care care is already evident, validating finding from studies in other countries.

Brief discussion of implications: The findings of this study will generate the evidence for the selection of appropriate interventions to support clinical nurses in the provision of spiritual care.

Conclusions (possibly future recommendations): The findings of this study provide useful information about the frequency and types of spiritual care in Greece and Cyprus and highlight the barriers identified by nurses in their effort to provide holistic care.

11. "From Cure to Care": An innovative Erasmus + educational project to address new and complex spiritual challenges.

Fiona Timmins

Introduction: The COVID-19 pandemic has put spiritual care at the core of holistic care by highlighting the importance of compassion and presence, and the need to assess and respond to patients' spiritual distress.

Aims and objectives: Because our changing world require for the next generation of nurses to address new and complex spiritual challenges, this presentation aims to promote an Erasmus + educational project on Spiritual Care currently tested by over 190 students across Poland, Spain, Italy and Ireland.

Methods: This interdisciplinary course called "From Cure to Care" gathers the most recent and relevant academic knowledge on "Sociology of Spirituality", "Narrative Medicine", "Religious Diversity" & "Nursing Spiritual Care". This presentation will focus more particularly on the 15-hour former module structured around the 4 EPICC's Spiritual Care competences and simulation videos.

Results/Findings: This 15-hour online module entitled "Spiritual nursing care interventions for end-of-life care during the COVID-19 pandemic" is divided into 5 lectures and organised around 5 episodes of a short didactic movie illustrating the 4 EPICC's Spiritual Care competences.

Conclusion: This collaboration between filmmakers and researchers in Spiritual Care is a powerful didactic way to train the next generation of nurses to address new and complex spiritual challenges.

12. How can nurses be supported to integrate spiritual care into practice? Developing an emerging model for spiritual care in nursing practice.

Marla Forest

Background

Although spiritual care is widely agreed to be integral to nursing, research still finds that nurses feel uncomfortable and ill-prepared to provide this aspect of care to patients. There is no contemporary model to support nurses to provide spiritual care in practice.

Aim

To develop a contemporary model to support nurses to integrate spiritual care into their practice.

Methods

A mixed methods approach was used to explore nurses' perspectives and experiences of providing spiritual care. The three projects contributing to the research are:

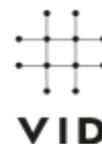
1. a review of the literature
2. a survey of Royal College of Nursing members
3. focus groups with practising nurses and executive nurses across the UK

Findings

This research is still in progress. The findings will be available, and the emerging model will be presented in 2023 at the EPICC conference.

Implications

This much-needed emerging model will bridge the gap between research and practice to make a positive difference to nursing practice and patient care by supporting UK nurses to meet their requirements as set out in NMC Future Nurse Standards (2018).



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