



ROSIE INGHAM

Clinical Educator



Working as part of the Knowledge Exchange Team at St Catherine's Hospice. Rosie is an experienced Clinical Educator, skilled in developing and delivering education and training programmes across a wide range of organisations. Striving to improve the quality of palliative and end of life care, believing in equality and equity of palliative care service.

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Communication and Spirituality “Palliative and End of Life Care”




Learning Objectives

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- Awareness of the concept of holistic care
- Explore our understanding of spirituality
- Review current process of identifying spiritual needs and share innovative ideas of providing spiritual care
- Communication- opening up discussion about religious and spiritual needs
- Share patient experience of care at St Catherine's Hospice
- Share literature and relevant guidance for providing spiritual care in palliative and end of life care





Hospice pioneer Cicely Saunders championed better end-of-life care by acknowledging the emotional impact of a terminal diagnosis.

She became friends with dying patients and encouraged others to follow her example in listening to patients' descriptions of pain.

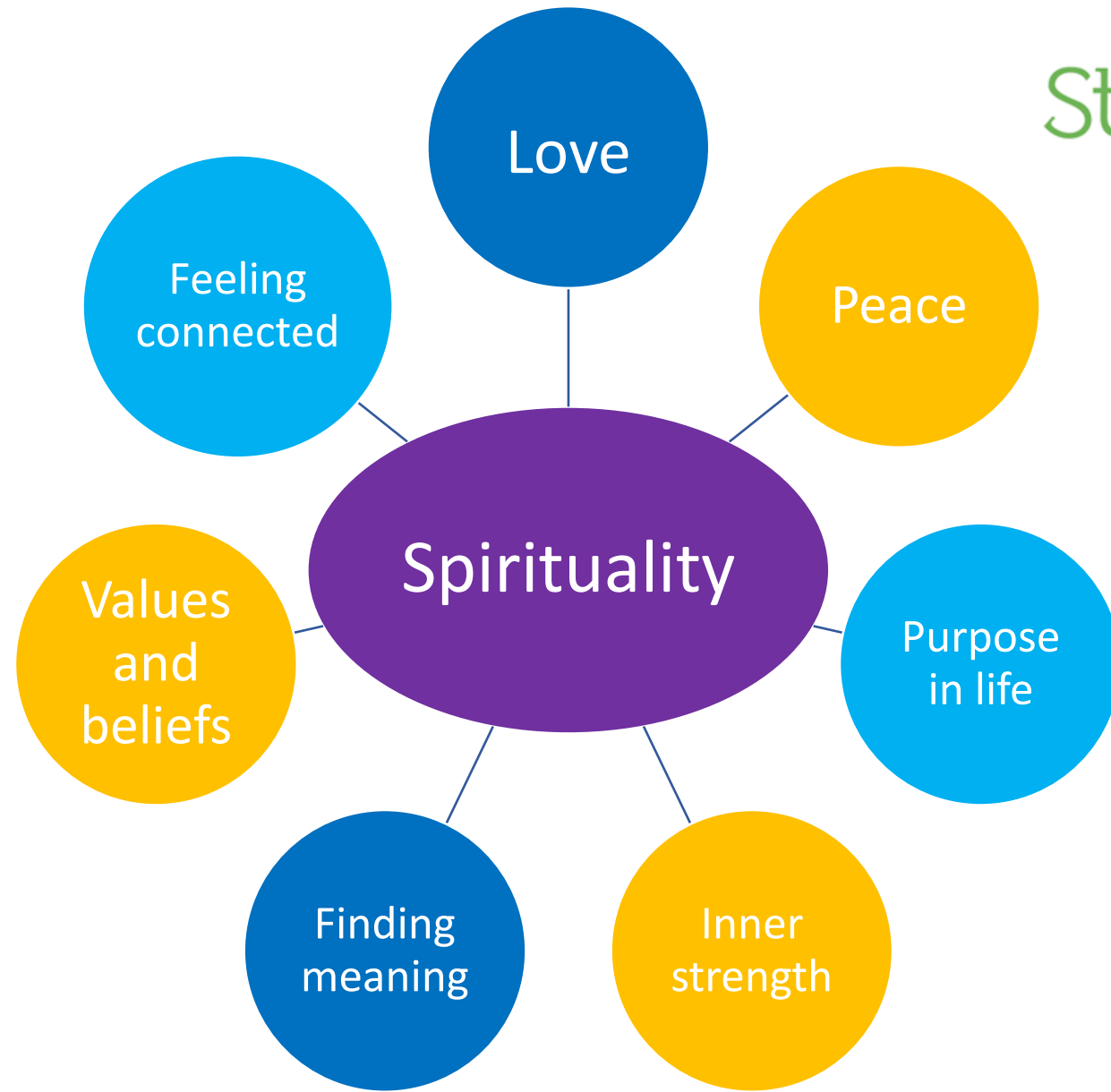
In 1964, she introduced the term “total pain” to show how a dying patient’s pain is a whole overwhelming experience - not only physical but also emotional, social and spiritual.



What is Spirituality?

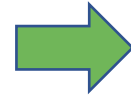
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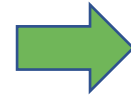


Feeling isolated and alone in the world



potential spiritual need or existential need

Refusing medication



not necessarily a spiritual need but a potential alteration of inner attitude

Worried about body image




feeling confident and comfortable with body image is linked with self esteem

Feeling generally physically uncomfortable



unlikely to be a spiritual need






How do you
assess
spiritual
needs in your
role?



What resources
do you have to
provide
spiritual care?





Spiritual Gates – Opening the
Spiritual Gate





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Patient Experience Spiritual Care







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Resource library

Latest hospice and palliative and end-of-life care clinical guidelines and information for healthcare professionals

Advice, support, helpful resources and useful materials for patients, carers and anyone affected by life-shortening illnesses or bereavement

Tips and resources for charity fundraising



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Available at
www.stcatherines.co.uk



For healthcare professionals

Information, clinical guidance and advice for health and social care professionals, including Advance Care Planning, the hospice referral process and referral forms, symptom management, communication skills, St Catherine's study sessions and conferences

[Find out more](#)



For people with life-shortening illnesses

Information, advice, top tips and self-help videos for patients and their loved ones, including fatigue, anxiety, and breathlessness; techniques for relaxation and sleep; bereavement; wills and Lasting Power of Attorney; support for carers

[Find out more](#)



For fundraisers

Tools and information to help you get the best out of your fundraising experience!

[Find out more](#)



For carers and our communities

Advice and materials for everyone covering mental health and wellbeing; grief and bereavement; wills and planning for the future; how to be there for someone going through a difficult time; relaxation exercises and more

[Find out more](#)





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Thank you

Any questions?

