

Sigma's 30th International Nursing Research Congress Living Spiritual Care Praxis

Janice M. Lowden-Stokley, PhD, RN

Department of Nursing, AdventHealth University, Orlando, FL, USA

Purpose: Nursing practice standards require a holistic approach to nursing care which is caring for the physical, psychosocial and spiritual components of the patient (American Nurses Association [ANA], 2010). Spirituality is defined as an individual's search for meaning and purpose in life and death. Caring for a patient's spiritual needs is a fundamental component of holistic care but it is likely the least comprehended aspect of holistic nursing care (Vachon, Fillion, & Achille, 2009). Even though nurses understand that addressing a patient's spiritual needs can provide comfort and healing, many nurses report feeling uneasy and unprepared in addressing this component of holistic nursing care. The purpose of this presentation is to describe the Living Spiritual Care Praxis Theory. The Spiritual Care Praxis Theory guides nurses in their development of spiritual care competencies.

Methods: The Living Spiritual Care Praxis Theory is developed from the interviews of 31 holistic registered nurses who meet the holistic needs, mind, body and spirit of their patients. The Living Spiritual Care Praxis Theory is a substantive theory to assist nurses in understanding how to learn to provide spiritual care. Practicing holistic nurses describe how they were able to become competent spiritual care providers in their nursing practice.

Results: The main categories of the Living Spiritual Care Praxis are *becoming aware, caring for the spirit, and embodying praxis*. These main categories emerge from the voices of the participants. Relational statements and intersection of categories and subcategories support the core category, revealing the basic social process of living spiritual care praxis. Living spiritual care praxis identifies and explains the meaning ascribed by holistic nurses providing spiritual care in their nursing practice.

Conclusion: The theoretical framework developed provides needed information about spiritual care in nursing practice. This theoretical framework can be used to guide nursing education, research, and practice, thereby strengthening the profession's ability to provide holistic care and include spiritual care in nursing practice.

Title:

Living Spiritual Care Praxis

Keywords:

Holistic care, Praxis and Spiritual Care

References:

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Abstract Summary:

Living Spiritual Care Praxis Theory was developed to assist nurses to be able to provide competent spiritual care. This theory is grounded in the practice of holistic nurses who provide competent spiritual care. The theory was developed to provide nurses with the needed information about spiritual care in nursing practice.

Content Outline:

I. Introduction

A. Nurses are holistic health care providers and are required to care for the person's mind, body and spirit

B. Uncertainty in how to provide spiritual care is often expressed.

C. The expression of spirituality is comprised of the shared relationship recognizing the common humanity and connectedness between the nurse and the individual (Dossey and Keegan, 2016).

D. Hospice and Palliative Nurses Association (HPNA) (2010) defines spiritual care as "assessing, monitoring, and responding to the spiritual and religious issues that concern patients and families" (p.1).

E. Standards of Care – ICN, ANA, CCNE and NLN

F. Patient care outcomes may be negatively impacted unless the factors that prevent nurses from developing spiritual care skills and providing competent spiritual care are explored.

G. A substantive, mid-range theory has the potential to increase the current knowledge about the nurse professional's role in providing spiritual care and provide a framework to guide nursing research, education, practice, and health/public policy initiatives

II. Body – Living Spiritual Care Praxis Theory

A. Becoming Aware is a foundational process.

1. Having a foundation

2. Knowing there is a need

3. Being reflective

B. Caring for the Spirit

1. Connecting

2. Enduring

3. Separating

C. Embodying Praxis

1. Transforming

2. Self-understanding

III. Conclusion

A. Social process of living spiritual care praxis.

B. Living spiritual care praxis, the holistic nurses demonstrated an ongoing movement towards furthering understanding spiritual care in the nursing profession

C. The Living Spiritual Care Praxis is based on praxis (reflection in action and action in reflection) is the catalyst for spiritual care transformation.

First Primary Presenting Author

Primary Presenting Author

Janice M. Lowden-Stokley, PhD, RN

AdventHealth University

Department of Nursing

Associate Professor
Orlando FL
USA

Author Summary: Has 34 years experience as a registered nurse, and 17 years experience in teaching nursing. Has been involved in spiritual care research for more than 4 years and graduated with her PhD in Nursing in 2018 after completed her dissertation which was a grounded theory study to develop the Living Spiritual Care Praxis in Nursing Theory.