

Quais as necessidades espirituais que experienciam as pessoas quando passam pelo processo de luto: uma revisão sistemática de estudos qualitativos

Spiritual needs of people in bereavement: systematic review of qualitative studies

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Introduction: Bereavement is a common and inevitable event in people's lives, and it leaves deep marks (Palmer, 2018). In particularly difficult times in people's lives, spirituality appears and plays a predominant role (Caldeira et al., 2013). The path and spiritual experience of those who live a journey of mourning are still little known and it is necessary to understand the spiritual needs during the grieving process.

Objective: To synthesize the spiritual needs of people who experience a bereavement situation in primary qualitative studies.

Methodology: Systematic review of qualitative studies according to the methodology of Saini and Shlonsky (2012). An electronic search was conducted in March 2019 in the subsequent online databases: MEDLINE, PsycINFO, MedicLatina, LILACS, SciELO, Academic Search Complete and ATLA Religion Database®. The research strategy used was as follows: “(spiritual * AND (bereave * OR death OR grief OR loss OR mourn * OR sorrow)”, in the summary field. As inclusion criteria, articles referring to original and qualitative studies were considered published in English, Portuguese, French or Spanish.

Results: 12432 citations were identified and, after the removal of duplicates and independent analysis by the authors considering the inclusion criteria, 24 articles were included. In the description of the included studies, we can see that at a methodological level, qualitative studies are: phenomenological (n = 12), descriptive and narrative (n = 6), grounded theory (n = 3), ethnographic and a case study (n = 1). The predominant sampling technique was by convenience. The method of data collection chosen was the interview. Most studies were conducted in the USA (n = 15) and the United Kingdom (n = 4), and published in the *Mortality and Omega* journals (n = 3). Regarding the spiritual needs in mourning, the following were identified: connection; forgiveness; hope and strength; love and harmonious relationships; meaning and purpose of life; personal beliefs and values; spiritual practices, relationship with God or divinity and trust.

Conclusion: The results of qualitative studies allow us to identify the spiritual needs of people who experience a bereavement process. Health professionals must be sensitive to the spiritual needs of people going through a grieving process, in order to provide holistic care in their clinical practice.

Keywords: Spirituality; Bereavement; Systematic Review

References:

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