

Beliefs Attitudes, and Perceptions of Spirituality: A Case Study of Homeless Women in Nevada

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Conflicts of Interest

The speakers have no actual or potential conflict of interest in relation to this program/presentation.

Learning Objectives

- ▶ The learner/attendee will be able to identify the five themes discovered from the qualitative data analyzed regarding the lived experiences of homeless women and spirituality.
- ▶ The learner/attendee will be able to discuss intervention strategies that can be used help support the fundamental importance of spirituality in the lives of homeless women.

HOMELESS RATES

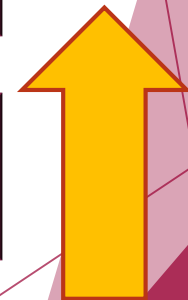


Homelessness is a social crisis in the U.S.

2015, 564,708 people in U.S. were experienced homelessness

In 2015, 17.7 homeless people per 10,000; 25% women

79.6% of adults in families with children are women; fastest growing homeless segment



Up from
71% in
2012

Purpose of Study

- ▶ The purpose of this qualitative case study was to assess the beliefs, attitudes, and perceptions of the meaning of spirituality in a cohort of sheltered homeless women in an urban area in the southwestern United States.



Methodology



Qualitative phenomenological methodology was utilized



Personal interviews conducted at a homeless shelter located in the southwest of the United States



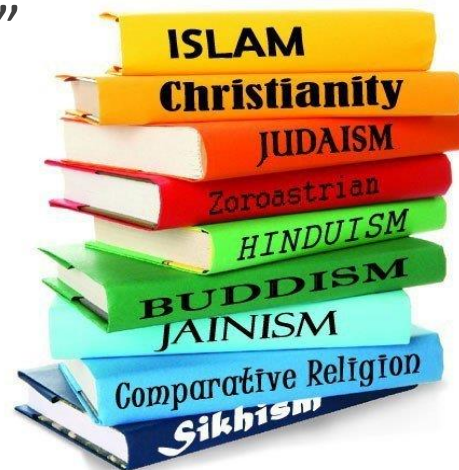
Open-ended questions allowed respondents to answer questions in their own words and in a manner that reflects their own attitudes, beliefs, and/or perceptions



Data were analyzed and themes that emerged were reported

Sample

- ▶ A convenience sample of 14 women was utilized
 - ▶ Ages 20-68
 - ▶ Majority had experienced homelessness 1-2 times
 - ▶ Majority had been homeless for approximately 0-3 months
 - ▶ Identification with a variety of religions and belief systems:
 - ▶ Native American, Mormonism, Catholicism, Wiccan, Methodists doctrine, Judaism, Belief in “spirits” and “angels”, Belief in a “higher power”



Interview Questions

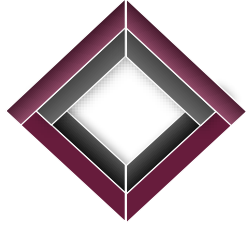
- 1) How do you define spirituality?
- 2) How does spirituality impact your health?



Data Collection

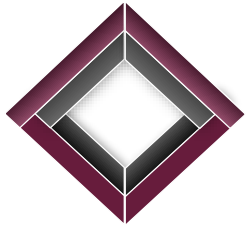
- ▶ Data was obtained from recorded individual interviews collected over the course of two days
- ▶ Participants who met the inclusion criteria were asked to sit for a face-to-face interviews
- ▶ Each interview was tape recorded and lasted from 14 to 46 minutes
- ▶ In addition to the tape recordings, notes were taken during each session

Data Collection



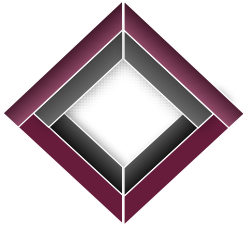
1 Scheduled Interviews

Sub Data was obtained from individual interviews collected over the course of two days



2 Inclusion Criteria

Participants who met the inclusion criteria were asked to sit for a face-to-face interviews



3 Tape Recorded Interviews

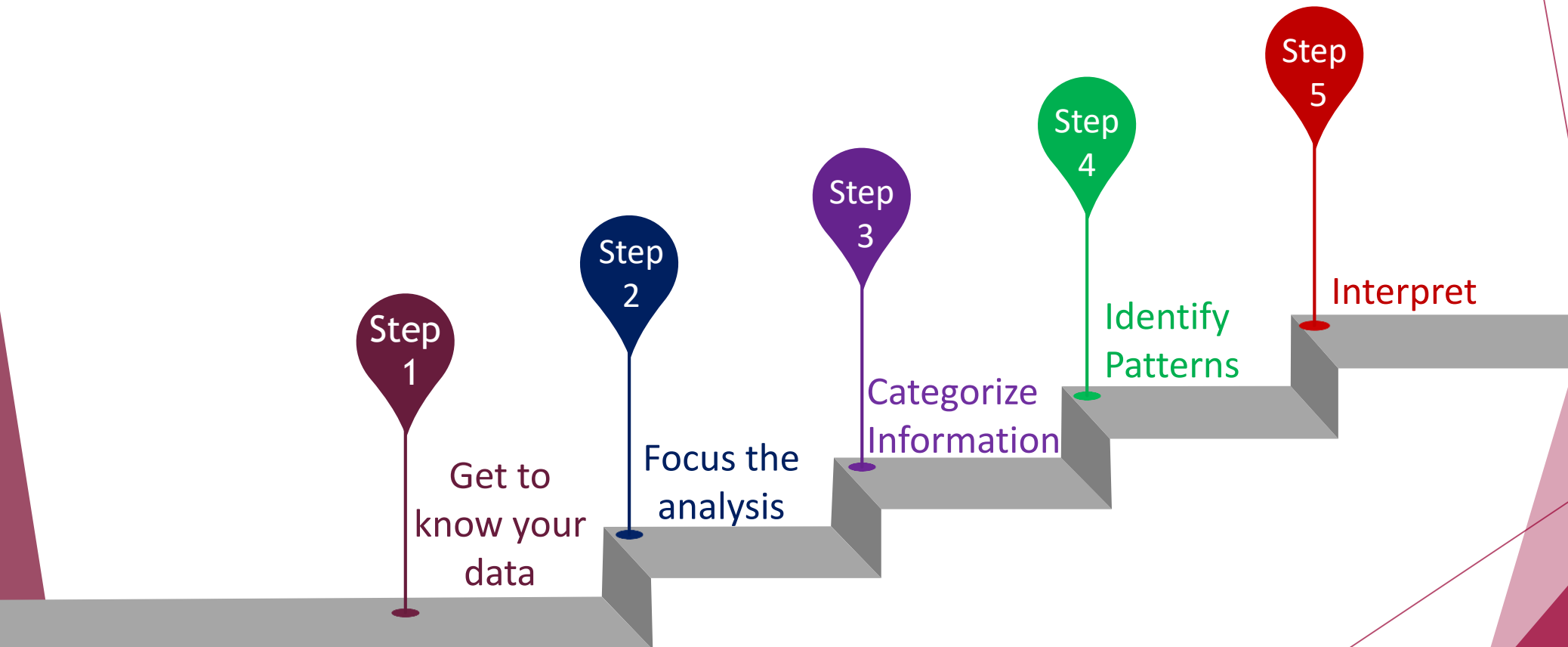
Each interview was tape recorded and lasted from 14 to 46 minutes




4 Note Taking

In addition to the tape recordings, notes were taken during each session


Analysis of the Data




Overarching Themes




A belief in God
or a
higher power




A distinction
between religious
beliefs and spirituality



A belief that
there is a plan
for their life



A belief that
their life will
improve



Spirituality and beliefs
provides guidance for
what is 'right' and 'wrong'

Findings

- ▶ Even though the sample was relatively small there was great diversity surrounding the meaning of spirituality
- ▶ Most women in this study stated that that their spirituality has become stronger in the face of homelessness
- ▶ Spirituality was found to be associated with encouragement, an overall plan for life, and hope for improved conditions

Limitations

- ▶ Sample of convenience of 14 women
- ▶ Sample from one shelter
- ▶ The study inclusion criteria requiring women to read and speak English could have limited the representativeness of this sample



Limitations

Sample of convenience of 14 women, only.

Sample from one shelter only.

Shelter in the Southwest of U.S. only. Not a national study

The study inclusion criteria required women to read and speak English

Nursing Implications

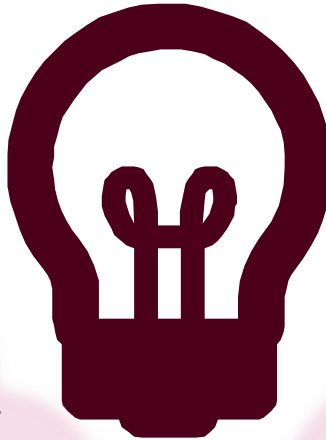
- ▶ Nurses need to assess the significance of spirituality in the lives of homeless women.
- ▶ Provide time and space to practice spiritual beliefs.
- ▶ Facilitating nurses in becoming comfortable with assessing spirituality.
- ▶ Ensuring that the curriculum utilized in nursing education at all levels includes the concept of spirituality and the performance of a spiritual assessment.
- ▶ Additional research is need to further understand the impact of spirituality on the lives of homeless women.



CONCLUSIONS

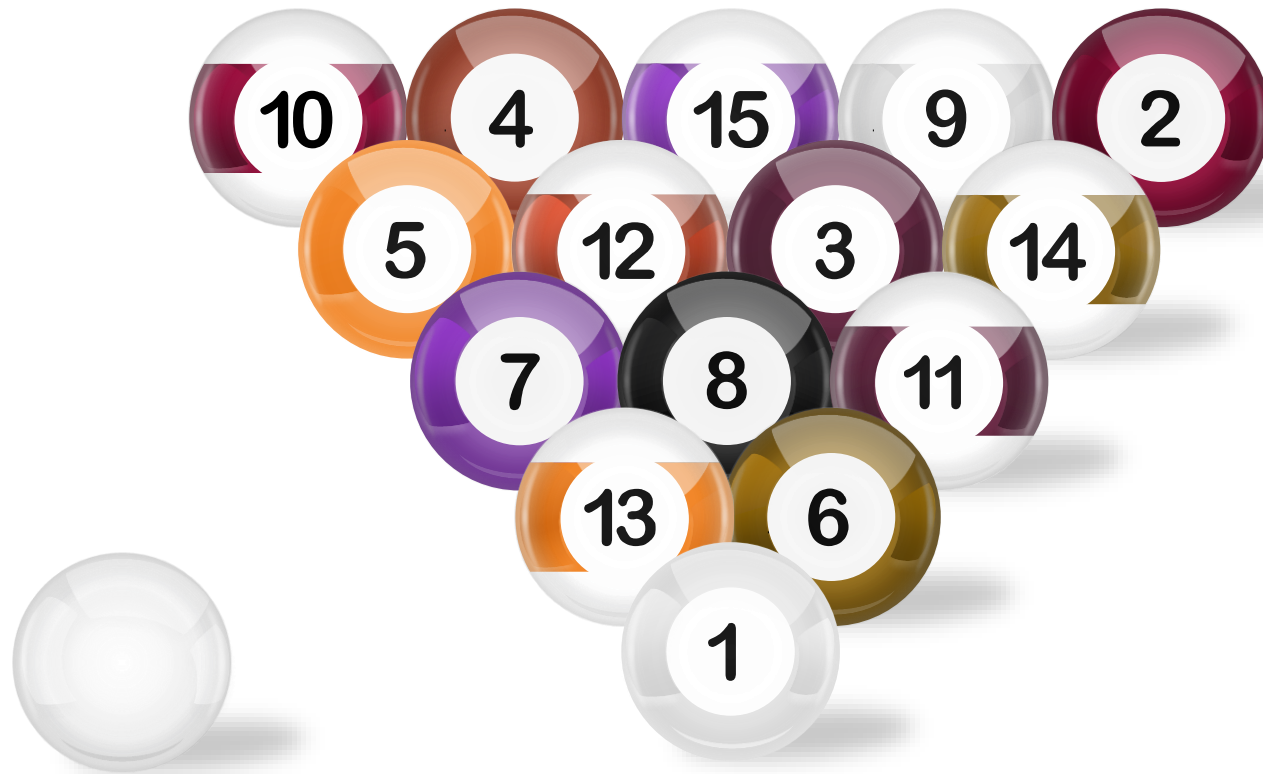
Nurses are in a pivotal position to advocate for homeless women related to their health and wellbeing.

Spirituality is an essential component for the survival of these women.



Spirituality is a source of comfort and strength that allows these women to persevere in the face of adversity.

By recognizing the importance of spirituality for homeless women, the negative effects of homeless can be addressed.



THANK YOU!