

SPIRITUALITY AND HEALTH

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Objectives

- To understand the need for integrating spirituality and health
- To identify the connection between spirituality and bioethics
- To become familiar with the concept of "spiritual history"
- To briefly review the scientific research

Integrating Spirituality and Health

- Patients are requesting it as part of their total care
 - Shift from disease centered model to patient centered
 - Total care embodies a comprehensive model
- Doctors must learn to communicate with their patients
- Refrain from total reliance on technology
- Patients and doctors have to understand what spirituality means

Is Spirituality Religion?

- Spirituality is not religion, but it may be religious.
- Need not be linked to organized religion
- Has value to the individual because it is used to assist you in the management of life's challenges

What kinds of practices or interventions are spiritual?

- Praying
- Fasting
- Anointing
- Sacred Readings
- Communion
- Preaching/Instruction
- Whatever one considers sacred

Integrating Spirituality and Bioethics

- Above all, do not harm.
- Act in ways to promote good.
- Achieve the greatest good for all and the least harm
- Allow the patient to exercise "free will."
- Always behave in a manner such that persons who are similarly situated are treated similarly.

Public Opinion of the Spirituality in Medicine Issue

Feel that God loves you	90%
Belief in the power of prayer	88%
God performs miracles even today	85%
God provides strength to overcome crises	68%
God is actively involved in your life	84%
Have experienced a miracle	41%

Source: Emerging Trends, Princeton Religious Research Center, June 1996.

Newsweek Survey – Mystery of Prayer (1997 Cover Story)

- 87% God answers prayer
- 82% God does not play favorites
- 54% When God does not answer prayer, it is not his will to answer
- 79% Prayer has helped them recover from illness, injury or disease
- 60% Would like their doctors to pray with them

Spiritual History

- Process by which you determine the spiritual part of a person
- Big spiritual questions during illness
 1. Why is this happening to me?
 2. How will I survive this?
 3. What will happen to me if my life ends?

Use the acronym FICA

- F aith or belief
- I mportance and influence
- C ommunity
- A ddress
 1. What is your faith or belief
 2. Is it important in your life
 3. Are you a part of a spiritual or religious community?

Spirituality and Medical Outcomes

- Historical Perspectives
 1. Prehistoric Period
Causation of Disease = (Demons and Spirits)
Therapy = Prayer and Herbs (SHAMAN)
 2. Imhotep (3000 B.C.)
Egyptian Priest, Physician and Architect
First Physician of Antiquity
(Father of Medicine)
 3. Hippocrates (500 B.C.)
Greek Physician, " *Primum non nocere*" *Do not harm*

Overview of the Research

- Prevention
- Coping with Chronic Illness
- End of Life Care
 - Concepts of "suffering"
 - Concept of "total pain"
- Therapeutic Effects of Spirituality
 - Ex. Depression, Recovery from surgery,
Pain management, Drug addiction

The Placebo Effect

Health Care Professional/Patient Relationship

- Positive Effect
- Negative Effect
- Physiologic Responses
(Relaxation Response)
Herbert C. Benson, M.D.

The Art and Science of Medicine

- "The practice of medicine is a moral enterprise founded upon a covenant of trust between physician and patient."
E. Pellegrino, M.D.