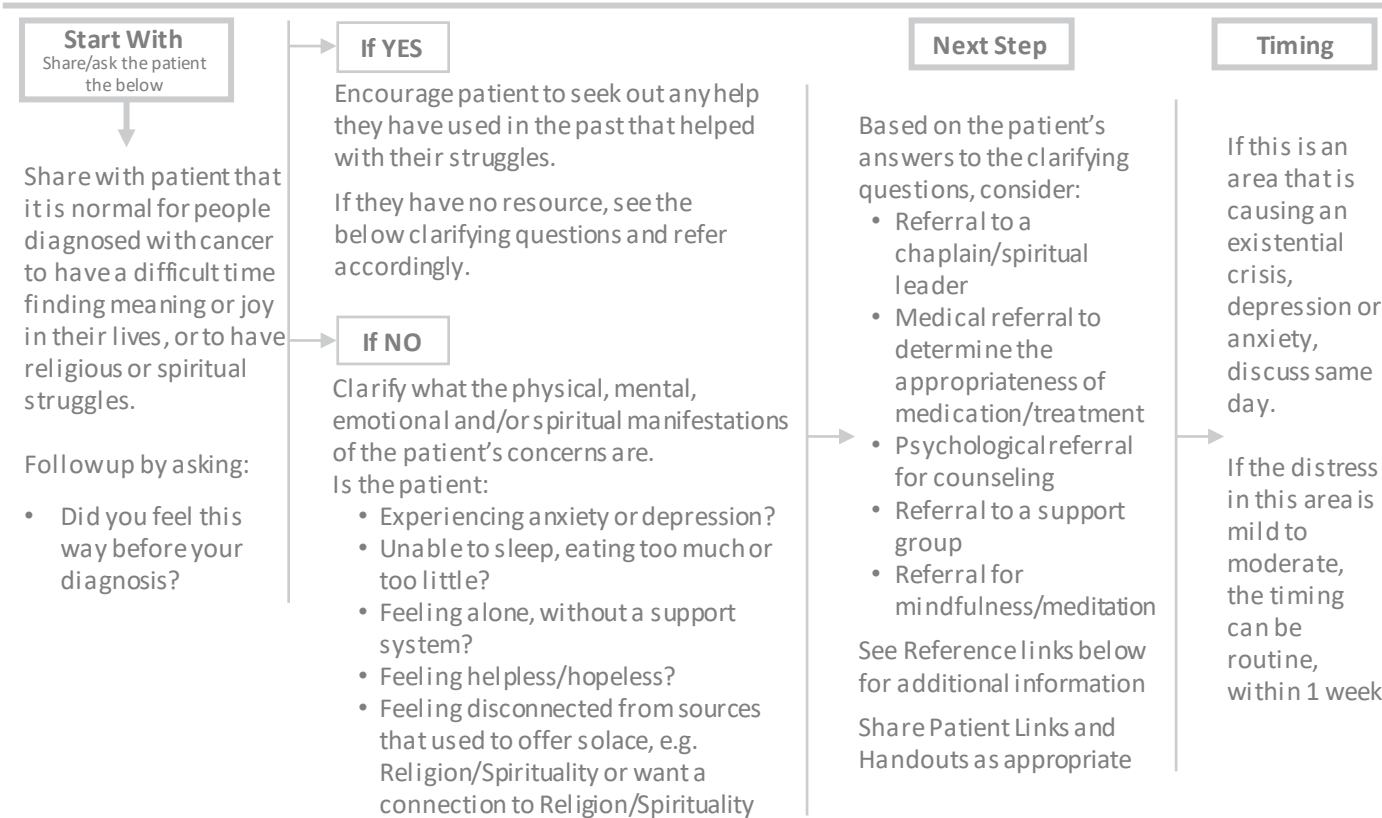


## Clinician Follow Up Reference for Supportive Care Spiritual/Faith/Religious Concerns –

“YES” to *Do you struggle with the loss of meaning and joy in your life? or Do you have religious or spiritual struggles?*



### Notes

It is helpful for providers to understand how broad the definition of Spirituality is. When helping to address these concerns not only focus on strictly religious issues, but also on important concepts like making sense out of the cancer diagnosis, isolation, loneliness, etc.

Spirituality can be defined as the aspect of humanity that refers to the way individuals seek and express meaning and purpose, and the way they experience their connectedness to the moment, to self, to others, to nature, and to the significant or sacred.<sup>1</sup>

Spiritual well-being in cancer patients reduces depression, decreases despair near end of life, decreases a desire for a hastened death, lowers levels of distress and improves quality of life across life expectancy. Spirituality helps patients adjust to and cope with the cancer experience, find meaning and purpose and find a sense of health in the midst of disease.<sup>2</sup>

### Patient Links and Handouts:

- [NIH, Spirituality in Cancer Care \(PDO®\) - Patient Care Version<sup>2</sup>](#)
- [NCI Support for People with Cancer, Taking Time](#)
- [HealthCare Chaplaincy Network™, Caring for the Human Spirit®](#)
- [Book, Frankl, V. F. \(1959-1992\). Man's Search for Meaning \(4<sup>th</sup> ed.\) Beacon Press, Boston.](#)
- [Book, Albon, NM. \(1997\). Tuesdays with Morrie. Random House, New York.](#)

CSOC Patient Handout can be accessed at:  
<http://cancer-help.me/spiritual>

### References:

- [Improving the Quality of Spiritual Care...Consensus Conference<sup>1</sup>](#)  
Christina Puchalski, Betty Ferrell, Rose Virani, Shirley Otis-Green, Pamela Baird, Janet Bull, Harvey Chochinov, George Handzo, Holly Nelson-Becker, Maryjo Prince-Paul, Karen Pugliese, and Daniel Sulmasy. Journal of Palliative Medicine. October 2009, 12(10): 885-904.
- [National Consensus Project. Domain 5. Spiritual, Religious and Existential Aspects of Care](#)  
National Consensus Project for Quality Palliative Care. *Clinical Practice Guidelines for Quality Palliative Care. 3rd ed.* Pittsburgh, PA: National Consensus Project for Quality Palliative Care; 2013.
- [NIH, Spirituality in Cancer Care \(PDO®\)—Health Professional Version](#)
- [Spirituality and meaning in supportive care: spirituality-and-meaning-centered group psychotherapy interventions in advanced cancer...abstract](#)  
Breitbart W: Spirituality and meaning in supportive care: Spirituality- and meaning-centered group psychotherapy interventions in advanced cancer. Support Care Cancer 10:272-280, 2002.