

Integration of Spirituality in Palliative Care Education and Research

Betty Ferrell, RN, PhD, MA, FAAN, FPCN, CHPN

Professor and Director

City of Hope National Medical Center

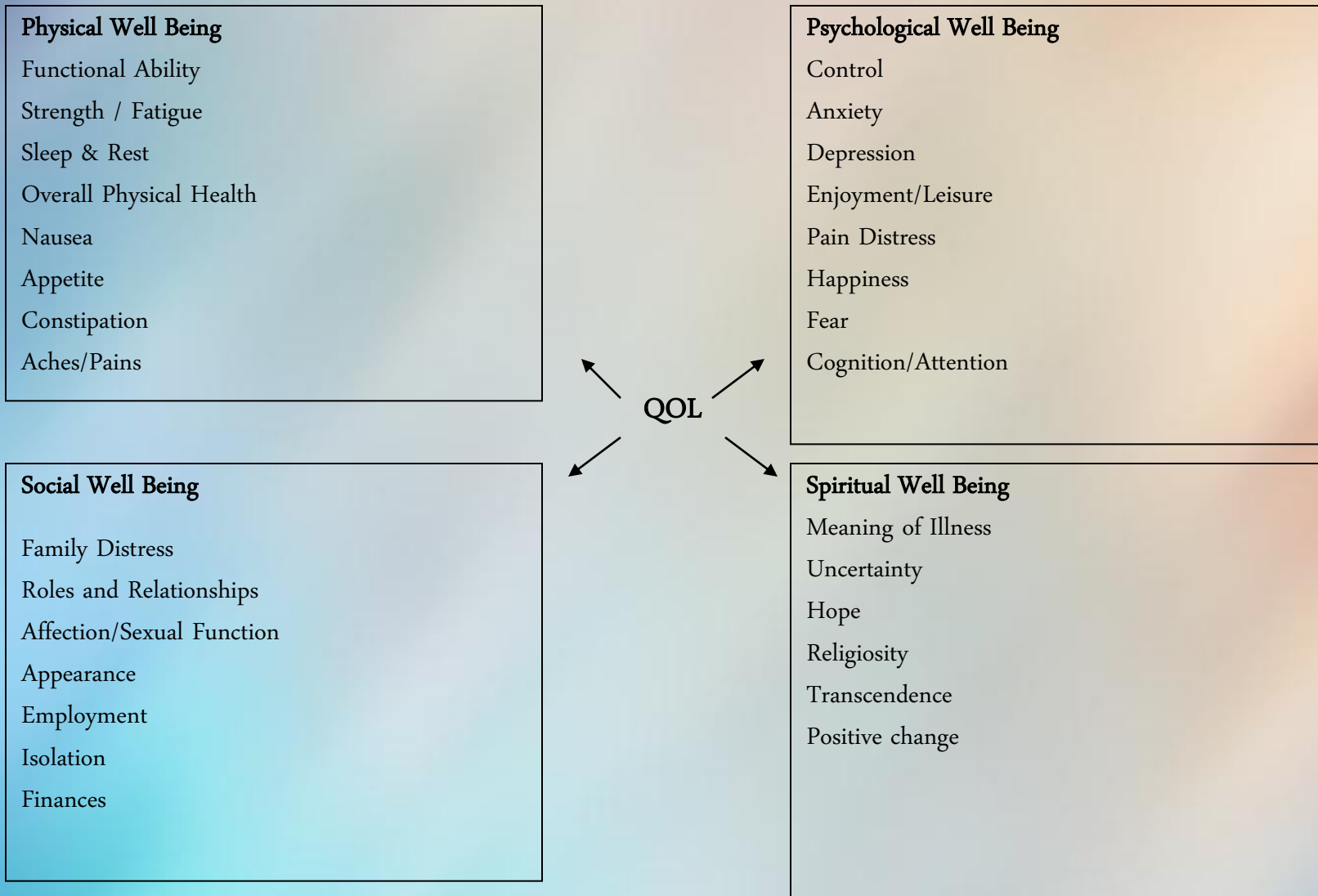
Objectives

- Discuss spiritual care as a component of Education and Research Projects at City of Hope Medical Center 1989 – 2015
- Describe national training programs which have focused on improving spiritual assessment and care by health care professionals.
- Describe research projects that have included spirituality as a component of interventions and outcomes.
- Identify opportunities for collaboration between spiritual care providers and clinical researchers to advance spiritual care and the evidence base for practice.

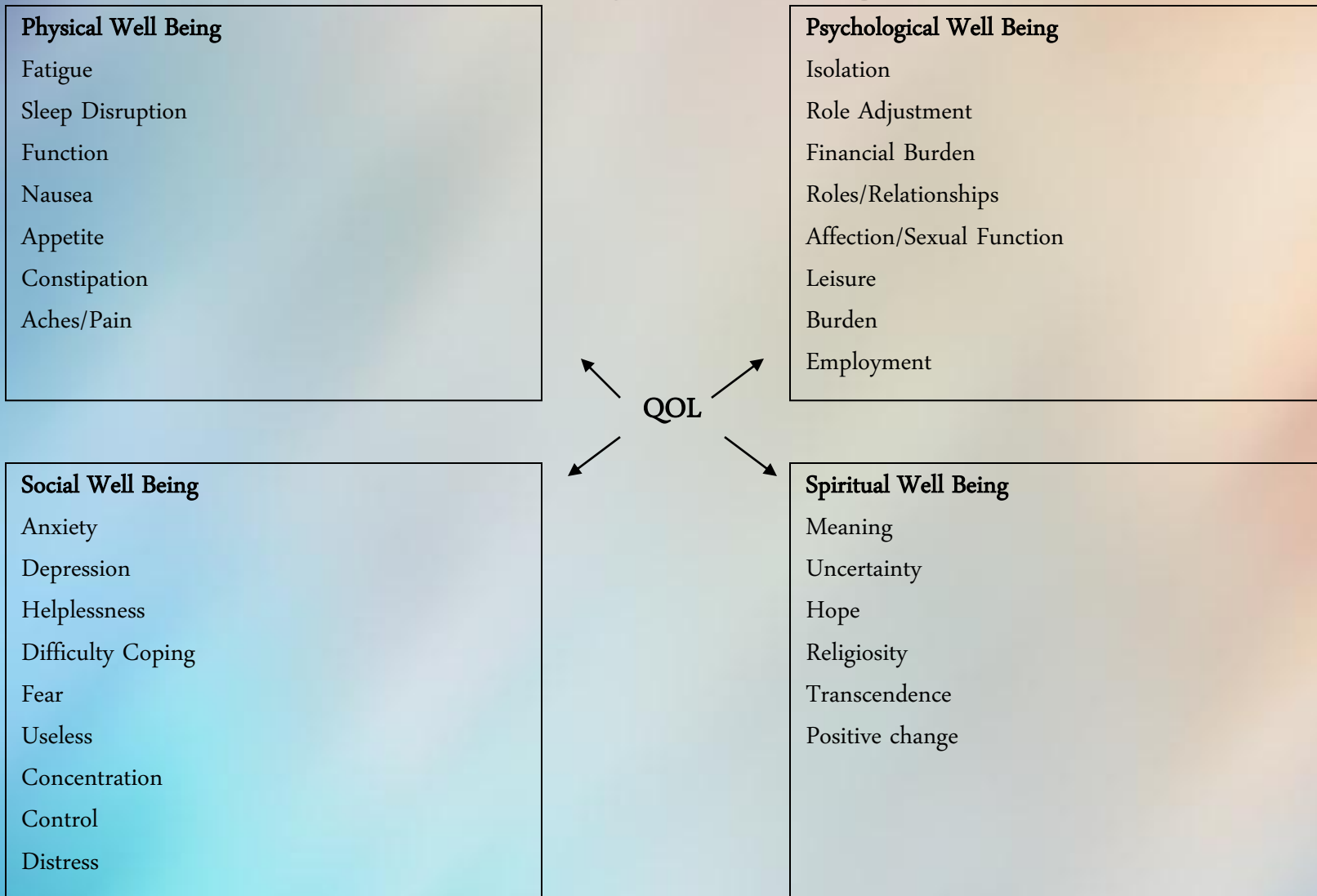
Spirituality as a Component of Education and Research Projects at City of Hope Medical Center 1989-2015



Quality of Life Model Applied to the Patient



Quality of Life Model Applied to Family Caregivers





National Consensus Project Clinical Practice Guidelines & 8 Domains

Domain 1: Structure and Processes of Care

Domain 2: Physical Aspect of Care

Domain 3: Psychological and Psychiatric Aspects of Care

Domain 4: Social Aspects of Care

Domain 5: Spiritual, Religious and Existential Aspects of Care

Domain 6: Cultural Aspects of Care

Domain 7: Care of the Patient at the End of Life

Domain 8: Ethical and Legal Aspects of Care

Education Projects



End of Life Nursing Education Consortium, (ELNEC)

- Initiated in 2000
- Curriculum includes ELNEC Core, Pediatrics, Geriatrics, Critical Care, DNP, Advanced Practice





PALLIATIVE CARE
COMMUNICATION
— INSTITUTE —

Presents the COMFORT™ Curriculum

www.pccinstitute.com

Module 6: Relating Talking About Uncertainty

Improving Quality of Life and Quality of Care for Oncology Family Caregivers

- **Investigators:**

 - Principal Investigator Betty Ferrell, PhD, RN

 - Co-Investigator Marcia Grant, PhD, RN

- **Funder:**

 - National Cancer Institute

 - Grant # 1 R25 CA 132664-01A2

- **Years:**

 - May 1, 2010 – April 30, 2015

IMPROVING QUALITY OF LIFE AND QUALITY OF CARE FOR ONCOLOGY FAMILY CAREGIVERS



Oncology Family Caregiver Course
July 10 – 12, 2013



The Oncology Family Caregiver Project is
Administered by:



With Generous Support From:



Course Agenda

Day 3: July 12, 2013

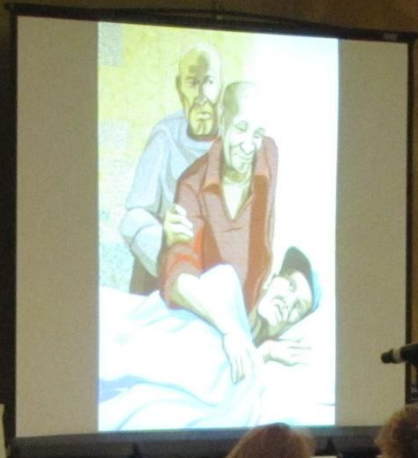
Focus on Spiritual Well-Being

- State of the Science
Lecture: Spiritual Well-Being and Family Caregivers: Deriving Meaning and Faith in Caregiving
- Models of Excellence:
Spiritual Well-Being

Spiritual Assessment of Patients and Families

Recommendations

- Spiritual screening
- Assessment tools
- All staff members should be trained to recognize spiritual distress
- HCP's should incorporate spiritual screening as a part of routine history/evaluation
- Formal screening by Board Certified Chaplain
- Documentation
- Follow-up
- Response within 24 hours



EXIT

EXIT



Pain Resource Nurse (PRN) Course

24th Annual Course

Pain Resource Nurse Training Course
"Celebrating 23 Years of Nursing Excellence
in Pain Management"






Course Syllabus

AUGUST 26 to 28, 2014
7:30 a.m. to 4 p.m.

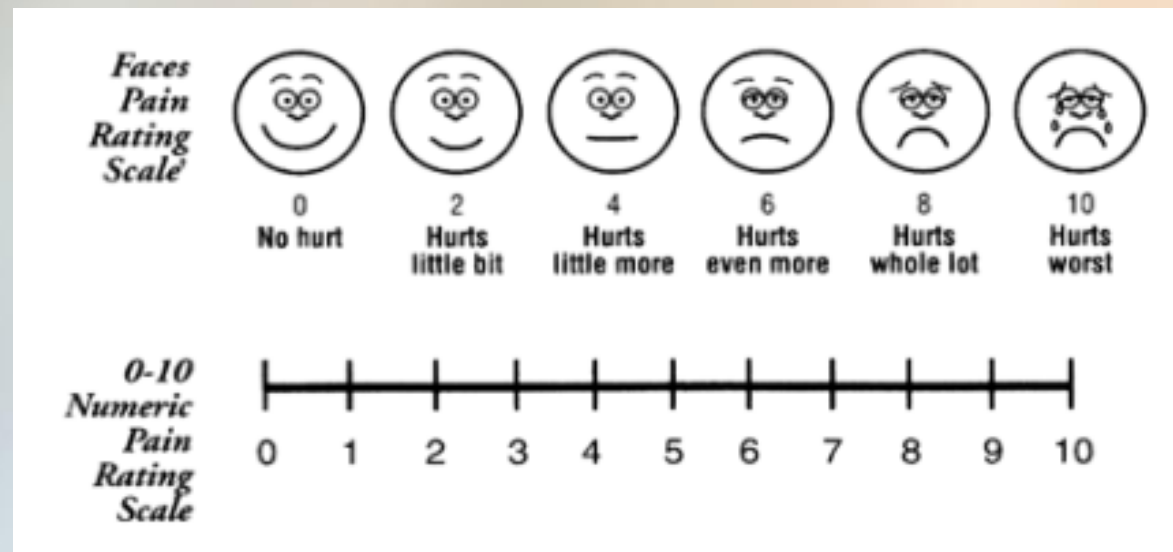
Featured Speaker
Chris Pasero, M.S., R.N.-B.C., F.A.A.N.

Sponsored by
City of Hope, Division of Nursing Research and Education

Sponsored By:

© Pain Resource Nurse Training Course, 2014



Preparing Professional Nurses for Cancer Survivorship Care

- **Investigators:**

Principal Investigators: Marcia Grant, RN, PhD, FAAN,
Mary McCabe, RN, MA

Co-Investigator: Betty Ferrell, RN, PhD, FAAN, FPCN,
CHPN

Project Director: Denice Economou, RN, CNS, AOCN

- **Funder:**

National Cancer Institute

Grant # NCI R25 CA151077

- **Years:**

2011-2016



***Preparing Professional
Nurses for Cancer
Survivorship Care***

September 11-13, 2014

Annapolis, MD

R25 CA151077

Funded by the National Cancer Institute



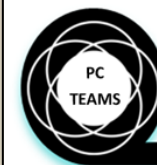
Preparing Professional Nurses for Cancer Survivorship Care Agenda

Day 1	Thursday, September 11, 2014
7:00 – 8:00	Breakfast
8:00 – 8:20	Pre Test- K & A Exam
8:20 – 8:30	Introduction & Welcome, <i>Marcia Grant, RN, PhD, FAAN</i>
8:30 – 9:00	Preparing Professional Nurses for Cancer Survivorship Care IOM Video, <i>Marcia Grant, RN, PhD, FAAN</i>
9:00 – 10:00	Building a Survivorship Program-The Nurse as Architect <i>Mary McCabe, RN, MA</i>
10:00 – 10:15	<i>Break</i>
	Listening to Survivors' Perspectives
10:15 – 10:45	The Wounded Healer, Professional Survivor: <i>Deborah K. Mayer, RN, PhD, AOCN, FAAN</i> Lay Survivor Videos-Memorial Sloan-Kettering Cancer Center
	IOM COMPONENTS OF SURVIVORSHIP CARE
	Communication
10:45 – 11:45	Treatment Summaries & Survivorship Care Plans: Approach, Value & Feasibility <i>Linda Jacobs, PhD, RN</i>
	Prevention
11:45 – 12:30	Prevention in Survivorship Care: Promoting Wellness, <i>Wendy Demark-Wahnefried, PhD, RD</i>
12:30 – 1:30	Lunch – Setting Specific Table Talk
	Interventions: Physical Well Being
1:30 – 2:30	Fatigue, Pain, Sleep: Evidenced-Based Management Strategies in Cancer Survivors, <i>Linda Jacobs, PhD, RN</i>
2:30 – 3:15	Introduction to Goal Refinement, <i>Denice Economou, RN, CNS, CHPN</i> Goal Breakouts- Small group breakouts for goal refinement
3:15 – 3:30	Break
	Interventions: Physical Well Being
3:30 – 4:30	Cardiovascular and Pulmonary Late Effects After Cancer Treatment: Evidenced-Based Management Strategies For Survivors, <i>Deborah K. Mayer, RN, PhD, AOCN, FAAN</i>
4:30-5:15	Interventions: Spiritual Well Being Spiritual Care as a Dimension of Survivorship Care, <i>Betty Ferrell, RN, PhD, FAAN, FPCN,CHPN</i>
5:15 – 5:30	Evaluations
	Resource Fair throughout Day

Communication Training COMFORT

- COMFORT™ SM Communication for Palliative Care Teams (Archstone Foundation)

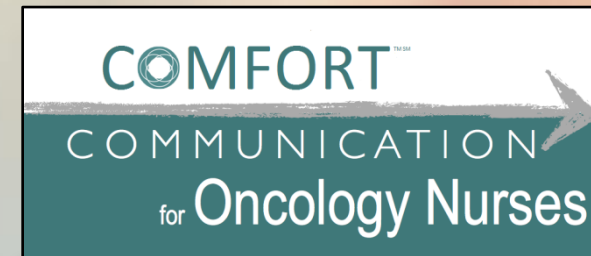
- Course Date: January 28-29, 2015
- Location: Los Angeles, CA



COMFORT™ SM Communication
For Palliative Care Teams

- COMFORT™ SM Communication for Oncology Nurses (NCI R25)

- Course Dates: June 11-12, 2015 & October 15-16, 2015
- Locations: Anaheim, CA & Washington, DC



*Website for more information: www.pccinstitute.com



Case

After weeks of suffering debilitating fatigue, Mrs. Rothstein, a previously independent and very active, 74 year-old female with mild cognitive impairment, is hospitalized, requiring ICU level of care for severe heart failure. Referred by the ICU team, the palliative care physician and nurse meet with Mrs. Rothstein's husband of 50 years, who also has mild cognitive impairment, and her brother, a licensed psychotherapist, to share decision-making, cardiac tumor.



Integration of Spirituality in the COMFORT^{TM SM} Curriculum

- Module O-Openings
 - Module focuses topics of conversation that allow providers to address transitions in care
 - Spiritual distress is identified as an opening and spiritual review is taught
 - Training video depicts chaplain conducting spiritual review with a patient
- Module R-Relating
 - Module focuses on discussing quality of life
 - AMEN Protocol is described for patients/families believing in and waiting for a miracle cure
 - Training video features nurse-family caregiver discussion about forgiveness and regret

Communication Resources



- Palliative Care Communication Institute
 - Provides resources for providers, patients, and families based on communication research.
- *iOS Health Communication App*

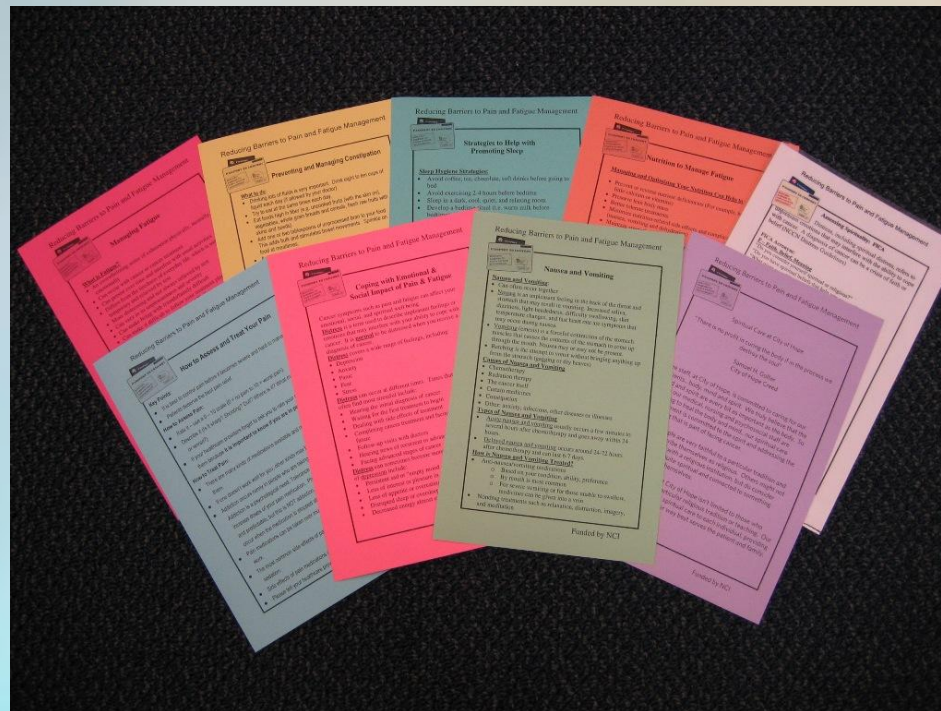


Research Projects



Eliminating Barriers to Pain and Fatigue Management

- NCI Funded R01- Betty Ferrell, PhD
- Testing and institutional change model



Integration of Spiritual Care Across Projects

- Ferrell BR, Grant M, Dean GE, Funk B, Ly J. (1996). "Bone Tired": The Experience of Fatigue and Its Impact on Quality of Life. Oncology Nursing Forum, 23(10):1539-1547.
- Borneman, T., Bluman, O., Klein, L., Thomas, J., Ferrell, B. (2013). Spiritual care for Jewish patients facing a life threatening illness. Journal of Palliative Care, 29(1) 58-62. PMCID: PMC3798016

Reducing Barriers to Pain and Fatigue Management



Assessing Spirituality: FICA

Distress, including spiritual distress, refers to unpleasant emotions that may interfere with the ability to cope with cancer. A diagnosis of cancer can be a crisis of faith or belief (NCCN Distress Guidelines)

FICA Acronym:

F – Faith, Belief, Meaning

- “Do you consider yourself spiritual or religious?”
- “Do you have spiritual beliefs that help you cope with stress?”
- “What gives your life meaning?”

I – Importance and Influence

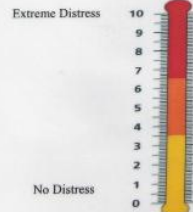
- “What importance does your faith or belief have in your life?”
- “Have your beliefs influenced you in how you handle stress?”
- “Do you have specific beliefs that might influence your healthcare decisions?”

C – Community

- “Are you a part of a spiritual or religious community?”
- “Is this of support to you and how?”
- “Is there a group of people you really love or who are important to you?”

A – Address/Action in Care

“How should the healthcare provider address these issues in your healthcare?”



(Puchalski, 1996; www.gwish.org)

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Reducing Barriers to Pain and Fatigue Management



Spiritual Care at City of Hope

“There is no profit in curing the body if in the process we destroy the soul”

Samuel H. Goller
City of Hope Creed

The staff, at City of Hope, is committed to caring for our patients...body, mind and spirit. We truly believe that the mind and spirit are every bit as important as the body. So while our medical, nursing and psychosocial staff are working to heal the body and mind...our spiritual care department is committed to the spirit and addressing the suffering that is part of facing cancer.

Many people are very faithful to a particular tradition and would describe themselves as religious. Others might not be affiliated with a religious institution, but do consider themselves quite spiritual and connected to something greater than themselves.

Spiritual Care at City of Hope isn't limited to those who identify with a particular religious tradition or teaching. Our chaplains provide spiritual care to each individual, providing support in whatever way best serves the patient and family.

Funded by NCI



**Palliative Care for Patients
Living with Lung Cancer**



A Research Project Funded by the
National Cancer Institute

Betty Ferrell PhD, MA, FAAN, FPCN, CHPN
Principal Investigator

City of Hope Comprehensive Cancer Center
1500 E Duarte Road, Duarte, CA 91010

Supported by a grant from the National Cancer Institute | P01 CA15395-01A1
Graphic Design: Conic Rose
Single for version

**Palliative Care for Family
Caregivers of Patients Living with
Lung Cancer**



A Research Project Funded by the
National Cancer Institute

Betty Ferrell PhD, MA, FAAN, FPCN, CHPN
Principal Investigator

City of Hope Comprehensive Cancer Center
1500 E Duarte Road, Duarte, CA 91010

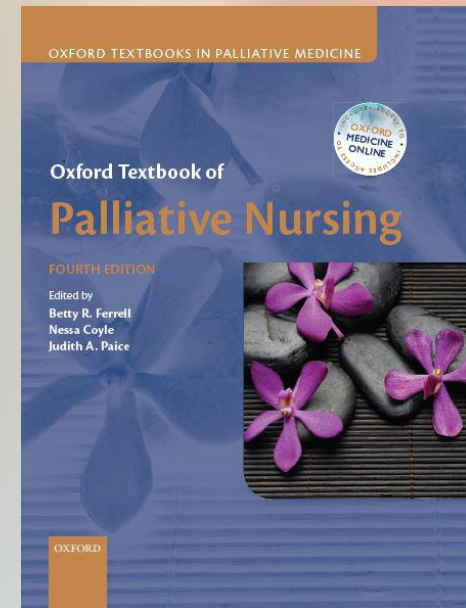
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Summary of Key Opportunities Integration of Spirituality in Education and Research

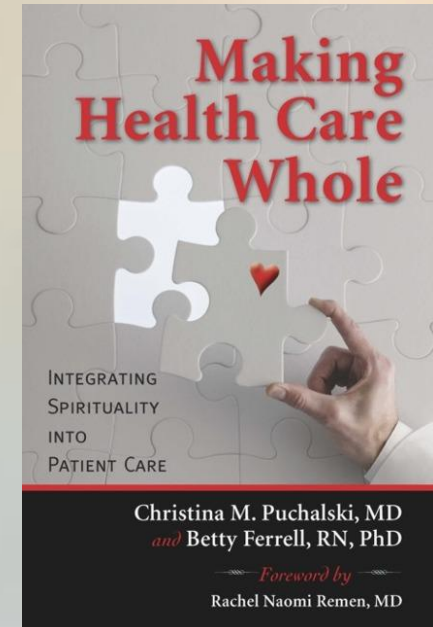
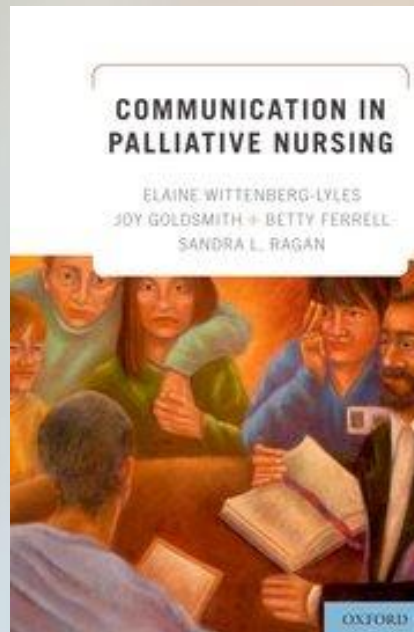
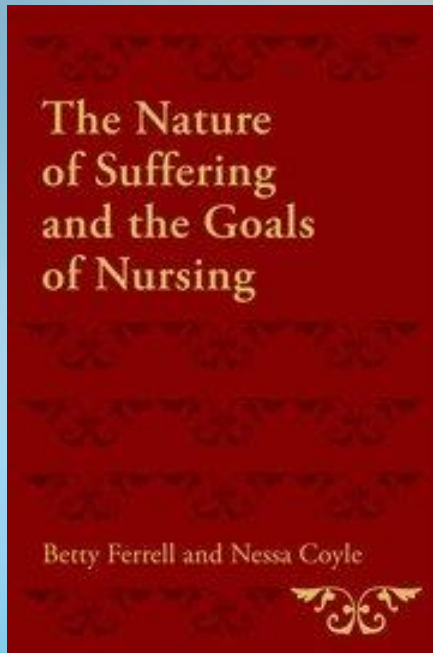
- Spirituality as a component of Self Care
- Spiritual Assessment
- Spirituality as a component of Culturally Respectful care
- Teaching about spirituality through role play, case studies, self assessment, panels, videos
- Spirituality as key in ethical consideration
- Use of models that incorporate spirituality
- View of professional practice as sacred work

Oxford Textbook of Palliative Nursing

- Chapter 28 – The Meaning of Hope in the Dying
- Chapter 29 – Bereavement
- Chapter 30 – Supporting Families in Palliative Care
- Chapter 31 – Planning for the Actual Death
- Chapter 32 – Spiritual Assessment
- Chapter 33 – Spiritual Care Intervention
- Chapter 34 – Meaning in Illness



The Nature of Suffering and the Goals of Nursing, Communication in Palliative Nursing and Making Healthcare Whole



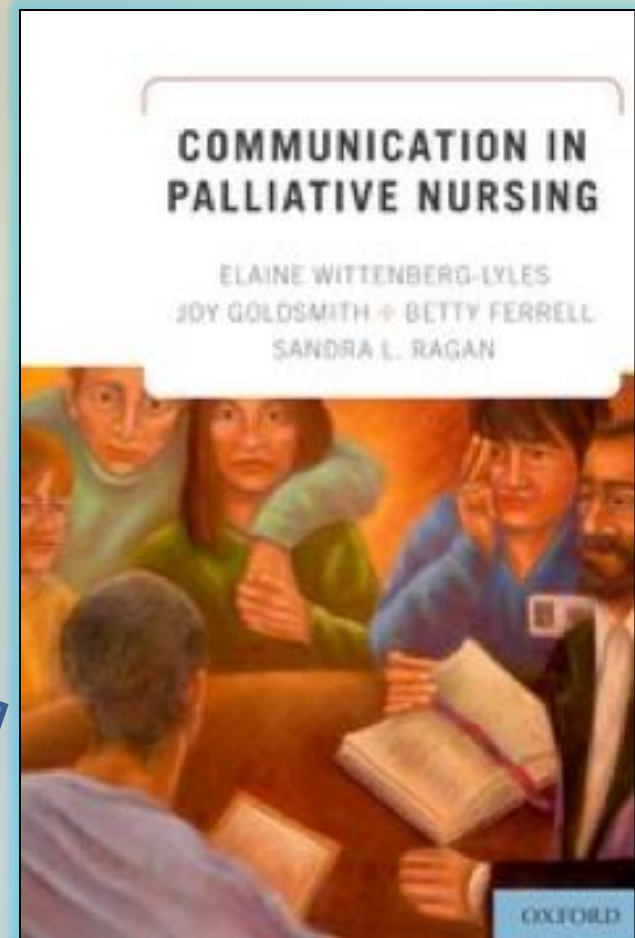
Communication Programs are based on the COMFORT™ SM Curriculum

- **Communication** (clinical narrative practice)
- **Orientation & Options**
- **Mindful Communication**
- **Family Caregivers**
- **Openings**
- **Relating**
- **Team**

Preferred COMFORT™ SM Reference

Wittenberg-Lyles, E., Goldsmith, J., Ferrell, B., & Ragan, S. (2012).

[Communication in Palliative Nursing](#). New York, NY: Oxford University Press.





PALLIATIVE CARE
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Presents the COMFORT™ Curriculum
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Module 5: Openings
Common Ground, Self-Disclosure,
and Quality of Life