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Diagnosis of spiritual distress and nursing intervention

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Background

- Spirituality is a mysterious and complex dimension of human being, involving daily aspects which are deeply personal and sensitive, like religion or religious affiliation, and is so much more complex as involves interconnection with beliefs, values and culture.
- Spirituality gives meaning, to some human questions that are closely to human values, spiritual vision, some lifestyles, some beliefs about God and human being relationship, with nature, loveliness and art. Spirituality is also deeply nested in beliefs that are expressed in religious practices, in understanding roots and maintenance of social and religious communities, and it came to provide important advances, into the understanding process of many individual and collective behaviors.

Method

- Research guiding questions was addressed to the diagnosis process and also to nursing specifically interventions. Knowledge construction was performed, using an observation period and Action Research strategies at a hospital medical unit.

Results

- The category "expresses the lack of meaning or purpose of life" was the most identified by the nurses when they recognize that the patient may be presenting a situation of spiritual distress.
- When nurses provide care to patients with the diagnosis of spiritual distress, the intervention that nurses most accomplished and they appoint to as the main one is "to listen to the patient regarding their illness situation."
- There is a great need for advanced training in this area of care so that nurses can use or implement interventions in the area of spirituality.

Conclusions

- Regarding the diagnosis construction process, it was identified and reinforced, the defining characteristics of the spiritual distress, which had been advocated by North American Nursing Diagnosis Association.
- It was mapped nursing interventions, suggested by nurses, that, in order to answer this diagnosis, underline "listen or speak with patient regarding to their disease condition" as the more important motion.
- We found as major outcome, some needs in nursing education, for initial and continued, such as for advanced levels, in order to enhance, meaning and sense that nurses can give to their mission in health care team.

References

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