



Spiritual Care Plan for Nurses - “Blessed Time” Spiritual-Growth Groups

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Taiwan MacKay Memorial Hospital
Pastoral Care Department
Spiritual Counselor
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Objective

- Due to the high stress and tension cause many nurses to resign and decrease the stability of nurse team.
- The purpose of this plan is to enable nurses to have spiritual growth and have better awareness of patients' spiritual need.

The Definition of health

World Health Organization (WHO), 1997

- Health is a dynamic state of complete physical, mental, spiritual and social well-being and not merely the absence of disease or infirmity.

The Definition of Spirituality

- ◆ The meaning of life
- ◆ Hope and Faith
- ◆ Love and be loved
- ◆ Forgive and be forgiven
- ◆ Relationship with the highest



Intervention

- **In 2017, we started in a particular surgical ward.**
- Through two years of small fixed group interaction of the whole nurse team in a comfort coffee shop.
- We provide a safe environment for nurse to take care of their spiritual needs, they increase the ability of self-awareness and self-care.



- **In this surgical ward**, 20 nurses are divided into 5 groups according to their seniority.

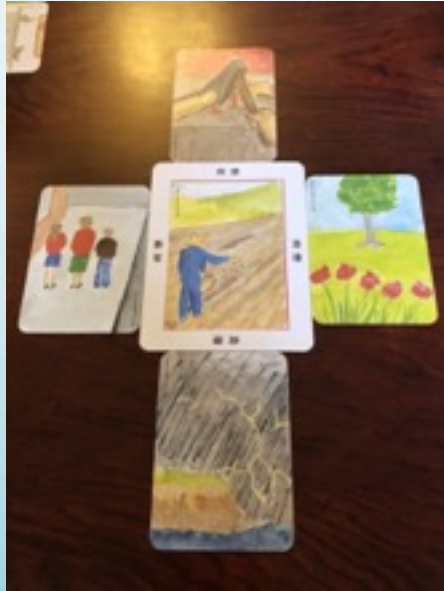
<i>January 2017</i>	<i>Group 1 (most senior staff)</i>	<i><u>Phase 1-</u> build up trust environment</i>
<i>February</i>	<i>Group 2</i>	
<i>March</i>	<i>Group 3</i>	
<i>April</i>	<i>Group 4</i>	
<i>May</i>	<i>Group 5 (Most junior staff)</i>	
<i>June</i>	<i>Group 1 (most senior staff)</i>	<i><u>Phase 2-</u> increase self-awareness</i>
<i>July</i>	<i>Group 2</i>	
<i>August</i>	<i>Group 3</i>	



- **In this surgical ward**, 20 nurses are divided into 5 groups according to their seniority.

<i>September</i>	<i>Group4</i>	<i><u>Phase 2-</u> increase self- awareness</i>
<i>October</i>	<i>Group5(Most junior staff)</i>	
<i>November</i>	<i>Group1(Most senior staff)</i>	<i><u>Phase 3-</u> Life review</i>
<i>December</i>	<i>Group2</i>	
<i>January2018</i>	<i>Group3</i>	
<i>February</i>	<i>Group4</i>	
<i>March</i>	<i>Group5(Most junior staff)</i>	





- Every month, they learn reflective listening and empathy by using different expressive art tools.(cards, drawing and writing)

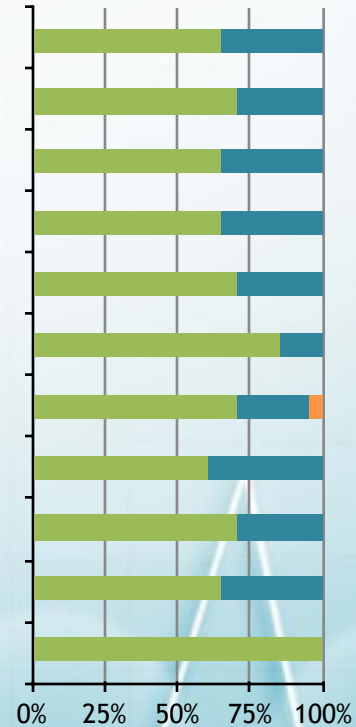
2-hour Rundown

12:00-12:30 (30min)	Lunch Time in cafe	all
12:30-14:00 (90min)	Interactive time	Chaplain & spiritual counsellor
14:00-14:15 (15min)	Prayer time - Share their recent prayer needs	Chaplain
14:15~	go back to work (evening duty 3:00) / day off	



Quantitative Data Analysis

1. I can feel relaxed physically
2. I am more aware of emotion
3. Pressure is relieved effectively
4. I feel full of hope and faith
5. I feel loved after the activity
6. I feel satisfied with the chaplain and spiritual counselor
7. I feel satisfied with the arrangement of the activity
8. I would like to join similar activity next time
9. I will recommend other staff to come and join
10. This activity increases the belonging to the nurse team
11. I want to join the next phase in the off-duty time



- Strongly agree
- Agree
- No comment
- Disagree
- Strongly disagree



Qualitative Description

- We can enjoy a delicious lunch in a comfortable cafe in a very slow pace.
- We are willing to use our off duty time to participate the spiritual growth group.
- It is grateful that head-nurse arrange the manpower in ward so that the nurses can enjoy the spiritual blessed time.

Conclusion

- Through the small group interaction after two-year spiritual plan, participants are able to self care and awareness.
- After two years, the spiritual groups increase the stability and decrease the resignation of the nurse team.

Relevance to HPH

- There will be a number of spiritual care plan conducted to deal with the spiritual health problems in the future
- We suggest that the spiritual growth groups should keep implementing spiritual health promotion activity to improve the quality of life for nursing in hospital.

	Unit	Participant
ICU	MIA	4NS (New Staff)
	MIB	4NS
	CVIA	4AS (All Staff)
Ward	2F	4-6AS
	4F	4NS
	9C	4-6AS
	OR	4AS
	ICCC	4-6AS
Children ward	PICU	4NS
	11F	4AS





Thank you for your attention

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