

Spiritual Care for Patients of Tocolysis with Art Creation

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Background and Objective

Pregnancy is full of joy for most family, so when pregnant women face tocolysis, they may feel shocked, anxious, lost and powerless. During the COVID-19 epidemic, due to the infection control policy, family could not be with pregnant women, making them even more lonely.

A patient was already anxious during hospitalization, but unexpectedly faced allergies to antiabortifacient. She had suicidal thoughts, and was referred to the spiritual counselor.

Methods/Intervention

Spirituality is the human desire for harmonious connectedness with self, others, an ultimate Other, and the environment (Elizabeth J. Taylor). The closer the relationship, the healthier the spirit. The counselor used art creation to guide the patient from spiritual distress to spiritual well-being:

1. With others—There was tension between the patient and her family. Her mom told her to give up the baby, but her husband wanted it. So she had inner conflicts and often cried, which troubled the medical team. Through personal consultations with the patient and her family, the counselor helped them understand their worries and love for each other, and used love as the basis of communication to promote their connections.
2. With the environment—The counselor found the patient is interested in painting through consultations. The patient had suicidal thoughts, so safe materials requiring no scissor are used. The patient focused on the drawing process instead of negative emotions when painting.
3. With self—The patient considered giving up the baby because of severe allergies, but her negative emotions were transferred through painting. Her self-worth was enhanced and maternal love was inspired, and she decided to keep the baby.
4. With an ultimate Other—The counselor prayed for the patient, and invited her to pray for the development of the fetus at each stage of growth, so as to stabilize the inner strength of her.



Results

The patient no longer had suicide intent, and the spiritual strength enabled her to transcend difficulties.

Conclusion/Lessons Learned

The combination of external media and spiritual direction can effectively stimulate one's inner strength. The media could be art or anything triggering one's interests.

Relevance to HPH

The spiritual counselor used art creation to care the patient, which not only empowered her, but also encourage her to give hand-made cards to staff to create a warm and healthy medical environment.