

▶ DISCUSSION / COLLABORATIVE LEARNING

▶ THE UNIQUE OPPORTUNITY THIS SEASON PRESENTS

▶ HOW SPIRITUALITY IMPACTS OUR PATIENTS - AND STAFF

▶ SPIRITUALITY IN A COVID ENVIRONMENT

COVID'S NON-VIRAL EFFECTS

“COVID has exposed our weaknesses,

and brought to light some strengths we didn't know we had!”



HEALTHCARE
POLITICS
TRANSPORTATION
ACADEMICS
CRIMINAL JUSTICE
RELIGIOUS INSTITUTIONS
AGRICULTURE/FOOD
ARTS
COMMERCE
ENTERTAINMENT

NON-VIRUS IMPACT

NEJM:

- Shifts in medical resources have mean poorer outcomes for COVID- diseases.
- Clinical trials for cancers have "slowed to a crawl... setting cancer research back a year or more".
- Increase in heart patient deaths due to delays in surgeries that require intubation.
- Elective surgeries (back, knee, hernia) delayed lead to prolonged chronic pain.
- Delayed hospitalization/treatments turn marginal conditions into serious conditions.

"Perhaps the greatest challenge is an invisible one: How do we help people who are afraid to seek care to begin with?"

NON-VIRUS IMPACT

ISOLATION

- DRAMATIC INCREASE IN DEPRESSIVE AND BI-POLAR DISORDERS
- CATALYZES HEART DISEASE, DEPRESSION AND DEMENTIA
- INCREASED RISK OF EARLY DEATH BY 29% (BYU) = smoking 15 cigarets/day
- SOCIALIZATION AS A STRESS COPING STRATEGY



-National Institutes of Health

“Strong scientific evidence suggests that individuals who feel the presence of a higher being are sources of strength and comfort to them are healthier and possess greater healing capabilities.

“Numerous research investigations have reported positive correlations between spirituality and decreased rates of stroke, cancer, cardiovascular disease, hypertension, drug abuse, suicide, and general mortality.”

INTEGRATING SPIRITUAL CARE



INTEGRATING SPIRITUAL CARE

“It has been suggested that faith is beneficial for health and healing because it helps people avoid unhealthy behaviors such as smoking and excessive drinking. However, studies designed to statistically control for such factors also report **positive associations between spirituality and health in individuals with unhealthy behaviors.**”



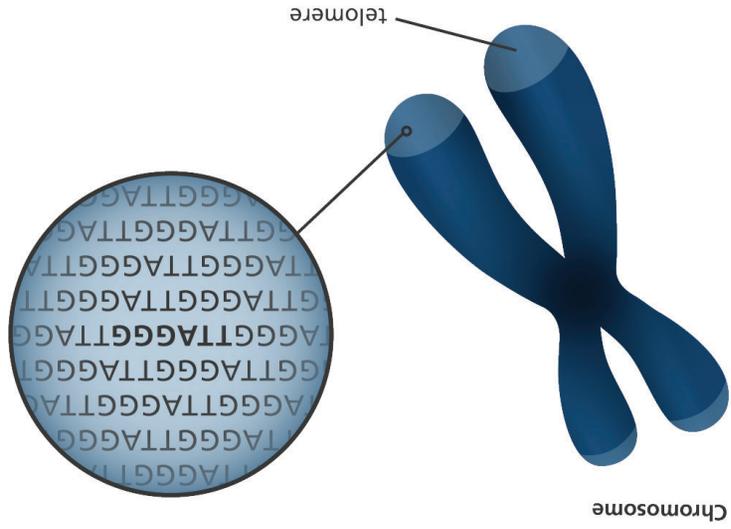
BAYLOR STUDY, 2001

- ▶ Live longer...
- ▶ Get sick less often...
- ▶ Are able to resist or thrive with chronic pain, high blood pressure, anxiety, insomnia, depression, PMS, infertility, HIV and many cancers.



PHYSIOLOGY & SPIRITUAL HEALTH

- ▶ **1997** - reduction of harmful amino acids in brain tissue associated with increased incidents of disease
- ▶ **Current** - Telomeres lengthened through spiritual exercise/engagement



PHYSIOLOGY & SPIRITUAL HEALTH

▶ **HIV** - Viral loads were controlled after diagnosis, and there was slower disease progression for patients who embraced spiritual health.

▶ **Depression** - Study of 1000 depressed patients: spiritually engaged patients recovered 2x better and faster with less than 50% of relapse

▶ **Mortality** - Exercise (44%); Smoking cessation (34%); actively involved in a church community (25%).



HAROLD KOENIG, DUKE DEPTS OF MEDICINE AND PSYCHIATRY, 2012

“...people who are more religious/spiritual have **better mental health and adapt more quickly to health problems** compared to people who are less religious. These possible benefits to mental health and well-being have physiological consequences that impact physical health, affect the risk of disease, and influence response to treatment.”

“These research findings, a desire to provide high-quality care, and simply common sense, all underscore **the need to integrate spirituality into patient care.**”



SPIRITUALITY & HEALTH

- ▶ **1992:** 3 Medical Schools offered a course on Spirituality.
- ▶ **2001:** 75 Medical Schools offer courses on Spirituality and Health
- ▶ **Current:** Virtually all schools offer classes on Spirituality, and all of the Top 20 Medical Schools have entire departments committed to the recognition and study of Spirituality on Health (Emory, Harvard, U of Chicago, Duke, Vanderbilt, Baylor, etc.) George Washington University



DO PATIENTS WANT SPIRITUAL CARE ?

- ▶ Spiritual health colors their understanding of disease
- ▶ Impacts the patient's decision about treatment
- ▶ 76% of people with chronic pain use personal prayer as their preferred intervention
- ▶ 97% of cancer patients say prayer is helpful in coping



SPIRITUAL CARE IN THE CLINIC

2008 Study

- ▶ +75% believed that prayer can curtail or prevent disease
- ▶ 95.8% believed that prayers can heal
- ▶ Memphis Survey: Of approx 90,000 offers, > 20 refused prayer



SPIRITUAL CARE IN THE CLINIC

(Gallup Poll) Most trusted people

- ▶ #1, #2, and #3 = Nurses, MDs, Pharmacists
- ▶ Clergy - 1/3 trust, 2/3 don't trust or have no opinion (no connection)



SPIRITUAL CARE IN THE CLINIC/HOSPITAL

Review of 450 Peer Reviewed Studies

- ▶ 60-85% of patients: Doctors should talk to them about spiritual health issues
- ▶ 97% of patients eagerly accepted prayer from their provider when asked
- ▶ Spiritual care strengthens the MD/Patient relationship



THE UNIQUE NEEDS OF OUR
PATIENTS IN A COVID+ WORLD

You are “Front Lines” in

Healthcare AND in Spiritual Care



IS IT HAPPENING?

Less than 10% of patients surveyed in all of the studies mentioned above have ever had a health professional offer to pray with or for them

▶ Train

▶ Monitor

▶ Strategize

...Creation waits with eager longing for the revealing of the children of God; for the creation was subjected to futility, not of its own will but by the will of the one who subjected it, in hope that the creation itself will be set free from its bondage to decay and will obtain the freedom of the glory of the children of God. We know that the whole creation has been *groaning in labor pains* until now; and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly...

(Romans 8:19-24)





WHAT ARE OTHERS DOING?

CHRISTIAN COMMUNITY
HEALTH FELLOWSHIP



CCH.F.ORG

