Get an overview of spiritual care with a specific focus on how you can generate a plan to implement this type of healing within your institution. By reviewing case studies and participating in interactive examples, you’ll gain a greater understanding of the benefits and importance of spiritual care. Plus, you’ll have the opportunity to network with other session attendees to further consider ways of providing spiritual care within your own oncology setting.

**Target Audience:** Registered Nurses, Nurse Practitioners, Clinical Nurse Specialists

**Level of Content:** Intermediate

**Speaker:**
Jill Burleson, MSN, AOCNP®, BMTCN™
Adult Nurse Practitioner
Duke University
Durham, NC
burle005@mc.duke.edu

**Full Disclosure:**
Nothing to Disclose

**Objectives:**
At the end of this session, participants will be able to:
1. Explain the concept of spiritual care with an understanding of its key concepts.
2. Discuss the reasons why spiritual care is a necessary component of oncology care and different ways it can be provided.
3. Explain several different interventions and their concepts and be able to use this knowledge to generate your own spiritual care intervention plan that can be utilized and individualized for patient needs in individual oncology settings.

**Content Outline:**
I. Spirituality definitions
   A. Spirituality vs. religion
      1. Intrinsic
      2. Extrinsic
   B. Multidimensional concepts
   C. Key components
      1. Hope
      2. Search for meaning/purpose in life
II. The “whys” of spiritual care
   A. Increased well-being
   B. Increased sense of meaning in life
   C. Provides coping mechanisms
III. The “hows” of spiritual care
   A. Willingness
   B. Observation
   C. Presence
   D. Trust
   E. Spiritual assessment of yourself
      1. Examples
IV. Interventions
   A. Labyrinths
      1. Concept
      2. How to use
      3. How to incorporate into daily care
   B. Meditation
      1. Concept
      2. Lectio Devina
      3. Mantras
      4. Scriptures
   C. Journals
      1. Concept
      2. Guided writing
      3. Stream of consciousness
   D. Legacy leaving
      1. Concept
      2. Examples and how to make it work
   E. Poetry
      1. Examples and exercise
   F. Art
      1. Marianna’s gift
   G. Interpretive movement
      1. “Saying Goodbye” example
   H. Nature
   I. Prayer
V. Rituals
   A. Ask and know different religious rituals
      1. Baptist
      2. Catholic
      3. Buddhist
      4. Hindu
      5. Jehovah’s Witness
VI. Concerns surrounding spiritual care
   A. Offending
   B. Being non-inclusive
   C. Being untrue to your own beliefs/spirituality
   D. Time

E. Support
VII. Challenge/networking opportunity
   A. Consider one change you would like to make.
   B. Brainstorm ideas for how to create some ways for spiritual care to take place.
   C. What would be needed for that to happen?