



UČNI NAČRT PREDMETA / COURSE SYLLABUS

Predmet:	DUHOVNA OSKRBA
Course title:	SPIRITUALITY CARE

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Zdravstvena nega, 2. Stopnja magistrski študijski program	/	2.	4.
Nursing Care, 2 nd Cycle master's study programme	/	2.	4.

Vrsta predmeta / Course type

Univerzitetna koda predmeta / University course code:

Predavanja Lectures	Seminar Seminar	Vaje Tutorial	Klinične vaje Clinical practice	Druge oblike študija Other study forms	Samost. delo Individ. work	ECTS
30	20	/	/	/	100	5

Nosilec predmeta / Lecturer:

Jeziki / Predavanja / Lectures:
Languages: Vaje / Tutorial:

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:

- Ni pogojev.

Prerequisites:

- No prerequisites.

Vsebina:

• Program predmeta temelji na izobraževalnem standardu za duhovno oskrbo EPICC ([EPICC Spiritual Care Education Standard](#)) in sledi matriki zlatih standardov EPICC za izobraževanje o duhovni oskrbi ([EPICC Gold Standard Matrix for Spiritual Care Education](#)).

Obravnavane bodo štiri glavne kompetence

- Intrapersonalna duhovnost.
- Medosebna (interpersonalna) duhovnost.
- Duhovna oskrba: Ocenjevanje in načrtovanje.
- Duhovna oskrba: Posredovanje in vrednotenje.

Content (Syllabus outline):

- The course is based on the [EPICC Spiritual Care Education Standard](#) and follows the [The EPICC Gold Standard Matrix for Spiritual Care Education](#).

Four main competencies will be addressed

- Intrapersonal Spirituality.
- Interpersonal Spirituality.
- Spiritual Care: Assessment and planning.
- Spiritual Care: Intervention and Evaluation.

Temeljni literatura in viri / Readings:



- Best, M; Leget, C; Goodhead, A; Paal, P (2020). An EAPC white paper on multi-disciplinary education for spiritual care in palliative care. *BMC Palliat Care*. 2020; 19(1): 9
- Gijssberts MJ et al. 2019, *Spiritual Care in Palliative Care: A Systematic Review of the Recent European Literature*.
- Nolan, S., Saltmarsh, P., & Leget, C. J. W. (2011). *Spiritual care in palliative care: Working towards an EAPC task force*. *European Journal of Palliative Care*, 86-89.

Priporočljiva literature/Recommended reading

- Paal P, Lex KM, Brandstötter C, Weck C, Lorenzl S. Spiritual care as an integrated approach to palliative care for patients with neurodegenerative diseases and their caregivers: a literature review. *Ann Palliat Med* 2020;9(4):2303-2313. doi: 10.21037/apm.2020.03.37
- Norberg C, Santamäki-Fischer R, Isaaksson U, et al. Something wonderful and incomprehensible: Expressions and experiences of spirituality among very old people. *J. Study Spiritual* 2019;9:125-37
- Swinton J, Pattison S. Moving beyond clarity: towards a thin, vague, and useful understanding of spirituality in nursing care. *Nurs Philos* 2010;11:226-37.
- Puchalski C, Ferrell B, Virani R, et al. Improving the Quality of Spiritual Care as a Dimension of Palliative Care: The Report of the Consensus Conference. *J Palliat Med* 2009;12:885-904.
- Hilsman GJ. *Spiritual Care in Common Terms: How Chaplains Can Effectively Describe the Spiritual Needs of Patients in Medical Records*. London & Philadelphia: Jessica Kingsley Publishers; 2016.

Cilji in kompetence:

- Študenti se seznanijo z osnovnimi koncepti. Pomen jemanja duhovne anamneze. Pomen dokumentiranja ter vidiki zaupnosti. Vidiki intervencij in napotitev k pastoralni oskrbi, odborom verskih skupnosti ali psihoterapevtom. Poleg tega je predstavljen pomen naknadnega razgovora.
- Ekspertiza - anamneza, preventivno načrtovanje, dokumentiranje, napotitev, naknadna razprava.
- Metodološka kompetenca - jemanje duhovne anamneze, dokumentiranje.
- Socialna kompetenca - aktivno poslušanje, spoštljiva interakcija s sodelavci in strankami/pacienti/sorodniki, neobsojajoče vedenje.
- Samokompetentnost – Prepoznavanje in sprejemanje lastnih duhovnih/verskih korenin.

Objectives and competences:

- Students learn the basic concepts. The importance of taking a Spiritual History. The importance of documentation and the aspects of confidentiality. The aspects of interventions and referral to pastoral care, religious community boards, or psychotherapists. In addition, the importance of a follow-up interview is presented.
- Expertise - anamnesis, precautionary planning, documentation, referral, follow-up discussion.
- Methodological competence - taking spiritual anamnesis, documentation.
- Social competence - active listening, respectful interaction with colleagues and clients/patients/relatives, non-judgmental behaviour.
- Self-competence - Recognizing and accepting one's own spiritual/religious roots.

Predvideni študijski rezultati/učni izidi:

Intended study results/learning outcomes:



V sklopu predmeta bodo obravnavana naslednja področja: 1) obseg znanja o duhovni oskrbi; 2) samozavedanje in uporaba sebe; 3) komunikacija in medsebojni odnosi v duhovni oskrbi; 4) etična in pravna vprašanja v duhovni oskrbi; 5) zagotavljanje kakovosti v duhovni oskrbi; 6) ocenjevanje in izvajanje duhovne oskrbe; in 7) informatika v duhovni oskrbi. S posebnim poudarkom na štirih področjih mreže EPICC:

- Intrapersonalna duhovnost: 1) razumevanje koncepta duhovnosti; 2) prepoznavanje pomena duhovne razsežnosti pri oskrbi bolnikov; 3) pridobivanje zavedanja o pomenu razumevanja lastne duhovnosti pred naslavljanjem duhovnih potreb drugih; 4) vrednotenje pomena samooskrbe in 5) vse večja sposobnost samorefleksije.
- Medosebna (interpersonalna) duhovnost: 1) pomoč udeležencem, da priznajo duhovnost posameznega pacienta kot del celostne oskrbe; in 2) povečanje razumevanja udeležencev o različnih kulturah in prepričanjih.
- Duhovna oskrba: Ocenjevanje in načrtovanje 1) povečana sposobnost prepoznavanja duhovnih pokazateljev; 2) biti prisoten s pacientom; 3) izboljšati duhovni pregled in dokumentiranje (FICA/2Q-SAM); in 4) povečati uporabo storitev kaplanov.
- Duhovna oskrba: Intervencija in evalvacija 1) merjenje učinkovitosti duhovne oskrbe/intervencij duhovne oskrbe in 2) vrednotenje teh intervencij.

The course shall address following domains: 1) body of knowledge in spiritual care; 2) self-awareness and use of self; 3) communication and interpersonal relationship in spiritual care; 4) ethical and legal issues in spiritual care; 5) quality assurance in spiritual care; 6) assessment and implementation of spiritual care; and vii) informatics in spiritual care. With special focus on four EPICC domains:

- Intrapersonal Spirituality: 1) understanding the concept of spirituality; 2) recognizing the importance of the spiritual dimension in patient care; 3) gaining awareness of the importance of understanding one's own spirituality before addressing the spiritual needs of others; 4) valuing the importance of self-care, and 5) an increasing ability to self-reflect.
- Interpersonal Spirituality: 1) helping participants to acknowledge individual patient spirituality as part of holistic care; and 2) increasing participants' understanding of diverse cultures and beliefs.
- Spiritual Care: Assessment and Planning 1) an increased ability to recognize spiritual cues; 2) being present with the patient; 3) enhance spiritual screening and documentation (FICA/2Q-SAM); and 4) enhance the use of chaplaincy services.
- Spiritual Care: Intervention and Evaluation 1) measuring the effectiveness of spiritual care / spiritual care interventions and 2) evaluation of these interventions.

Metode poučevanja in učenja:

- Uporabljene bodo različne metode poučevanja, vključno z didaktičnim poučevanjem, skupinskimi razpravami, vajami za samorefleksijo (pisne, ustne vaje) ter možnostjo vadbe kliničnih veščin (duhovno ocenjevanje, dokumentiranje) s pomočjo igre vlog.

Learning and teaching methods:

- A range of teaching methods will be employed, including didactic teaching, group discussion, self-reflection excersises (written, oral), and the opportunity to practise clinical skills (spiritual assessment, documentation) via role-play.

Načini ocenjevanja:

Način (pisni izpit, ustno izpraševanje, naloge, projekt)

- Predmet bo ovrednoten skozi vse

Delež (v %) /
Weight (in %)

75 % + 25 %

Assessment:

- This course will be evaluated



<p>aktivnosti, ki se izvajajo med usposabljanjem (75 %). Ključnega pomena je aktivno sodelovanje. Končna ocena (25 %) bo kratko poročilo o duhovni oceni v kliničnem okolju.</p> <ul style="list-style-type: none">• 80 % prisotnost na obveznih seminarjskih vajah.• Ocenjevalna lestvica ECTS: nezadostno (1-5), zadostno 6, dobro 7, prav dobro 8), prav dobro 9, odlično 10.		<p>throughout the activities performed during the training (75%). Active participation is the key. The final assessment (25%) will be a brief report about spiritual assessment in clinical setting.</p> <ul style="list-style-type: none">• 80% attendance at mandatory seminars.• Grading scale ECTS: insufficient (1-5), satisfactory (6), good (7), very good (8), very good (9), and excellent (10).
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Reference nosilca / Lecturer's references:

1. **Paal, P**; Müller, A; Gil, W; Goldzweig, G; Elsner, F; Nurturing Socioculturally and Medically Appropriate Palliative Care Delivery: Lessons Learned by Israeli Medical Faculty. *J Relig Health* (2022). <https://doi.org/10.1007/s10943-022-01522-8> IF: 1,898 (2020)
2. Maidl, L; Seemann, AK; Frick, E; Gundel, H; **Paal, P**; Leveraging Spirituality and Religion in European For-profit-organizations: a Systematic Review. *Humanist Manag J* (2022). IF: 0 (2022)
3. Best, M; Leget, C; Goodhead, A; **Paal, P**; An EAPC white paper on multi-disciplinary education for spiritual care in palliative care. *BMC Palliat Care*. 2020; 19(1): 9 IF: 3,234 (2020)
4. Jones, KF; **Paal, P**; Symons, X; Best, MC; The Content, Teaching Methods and Effectiveness of Spiritual Care Training for Healthcare Professionals: A Mixed-Methods Systematic Review. *J Pain Symptom Manage*. 2021; 62(3):e261-e278 IF: 3,612 (2021)
5. **Paal, P**; Neenan, K; Muldowney, Y; Brady, V; Timmins, F; Spiritual leadership as an emergent solution to transform the healthcare workplace. *J Nurs Manag*. 2018; 26(4): 335-337. IF: 2,386 (2018)

Current international academic involvements related to spiritual care:

- From Cure to Care. Digital Education and Spiritual Assistance in Healthcare (2021) I KA226, Strategic Partnerships for Higher Education – Digital Education Readiness, from Erasmus+ programme, Scientific Advisor /Znanstvena svetovalka pri programu “Digitalno izobraževanje in duhovna pomoč v zdravstvu” (2021) I KA226, Strateška partnerstva v visokem šolstvu, Erasmus +
- Health and Social Care Chaplaincy (Academic Journal), Editor/ Urednica
- Zeitschrift f. Spiritual Care (Academic Journal), Editorial Board/ Članica uredniškega odbora
- European Association for Palliative Care (EAPC), Member of Educational Reference Group/Članica izobraževalne skupine pri Evropskem združenju za paliativno oskrbo (EAPC).
- The EPICC Network, Member/ Članica mreže EPICC.