

WHO WE ARE?

FICA SPIRITUAL ASSESSMENT TOOL

FICA Is an Acronym That Can Be Used To Remember What Is Asked In A Spiritual History. It Includes:

- F:** Faith or Beliefs
- I:** Importance or influence
- C:** Community
- A:** Address

Specific Questions You Can Use To Discuss These Issues Are:

F: What is your faith or belief?

- Do you consider yourself spiritual or religious?
- What things do you believe in that give meaning to your life?

I: Is it important in your life?

- What influence does it have on how you take care of yourself?
- How have your beliefs influenced your behavior during this illness?
- What role do your beliefs play in regaining your health?

C: Are you part of a spiritual or religious community?

- Is this of support to you and how?
- Is there a person or group of people you really love or who are really important to you?

A: How would you like me, your healthcare provider, to address these issues in your healthcare?

General Recommendations When Taking A Spiritual History Include:

1. Consider spirituality as a potentially important component of every patient's physical well being and mental health.
2. Address spirituality at each complete physical examination and continue addressing it at follow-up visits if appropriate. In patient care, spirituality is an ongoing issue.
3. Respect a patient's privacy regarding spiritual beliefs; don't impose your beliefs on others.
4. Make referrals to chaplains, spiritual directors, or community resources as appropriate.
5. Be aware that your own spiritual beliefs will help you personally and will overflow in your encounters with those for whom you care to make the doctor-patient encounter a more humanistic one.

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Spirituality Role Playing

HCP Script

The patient has terminal cancer. They are at home and you're at the patient's house in your professional role. Your "job" in this scenario is to say all the wrong things:

1. *You'll be okay.*
2. *Stop your whining. Things could be worse. You could have died in your twenties.*
3. *You haven't figured that out yet?*
4. *I thought you were religious. How can you have any doubts about the future?*
5. *If I were you, I would.....*
6. *I don't know why you're worried about your kids. They have their own lives to live.*

You: Hi Mr/Ms. Jones. How are you doing today?

Patient: I'm feeling a little down today.

You: Oh. Why is that?

Patient: Look, I know I'm dying. Normally, I cope with it pretty well, but today, I'm feeling more afraid of dying. I don't understand why this is happening to me.

You: You'll be okay. After all, you're not dead yet, right?

Patient: Well, no, but I'm worried about a lot of things. I'm worried about my kids. I'm afraid of death. What's it like to die? Will I suffer?

You: Well, it's not realistic to think anyone can go through life and not have some suffering

Patient responds and the two of you improvise.

Patient Script

You are at home. Your HCP is here. You have the following concerns:

You're afraid of dying

You're worried about your kids

You're not sure what to do about your property

You don't want to be in pain and you don't want to suffer

HCP: Hi Mr/Ms. Jones. How are you doing today?

You: I'm feeling a little down today.

HCP: Oh. Why is that?

You: Look, I know I'm dying. Normally, I cope with it pretty well, but today, I'm feeling more afraid of dying. I don't understand why this is happening to me.

HCP: You'll be okay. After all, you're not dead yet, right?

You: Well, no, but I'm worried about a lot of things. I'm worried about my kids. I'm afraid of death. What's it like to die? Will I suffer?

HCP: Well, it's not realistic to think anyone can go through life and not have some suffering

You respond and the two of you improvise

Good Communication Scenario

Now let's do this again, but with good communication techniques. This time, they say things like:

1. *This sounds like it is really hard for you*
2. *What do you fear the most?*
3. *How can I help you?*
4. *Do you want to talk about it?*
5. *Have you shared your concerns with your pastor? Would it be helpful to speak to him?*
6. *Using Good Communication Techniques*

HCP: Hi Mr/Ms. Jones. How are you doing today?

You: I'm feeling a little down today.

HCP: Oh. Why is that?

You: Look, I know I'm dying. Normally, I cope with it pretty well, but today, I'm feeling more afraid of dying. I don't understand why this is happening to me.

HCP: You say that normally you cope with this pretty well. Has something happened that's making it more difficult for you to cope with it today?

You: I'm worried about a lot of things. I'm worried about my kids. I'm afraid of death. What's it like to die? Will I suffer? I find I'm having doubts about my faith. Is there really a heaven?

HCP respond then the two of you improvise