

Advancing Spiritual Care Interventions in Modern Healthcare: A Comprehensive Review

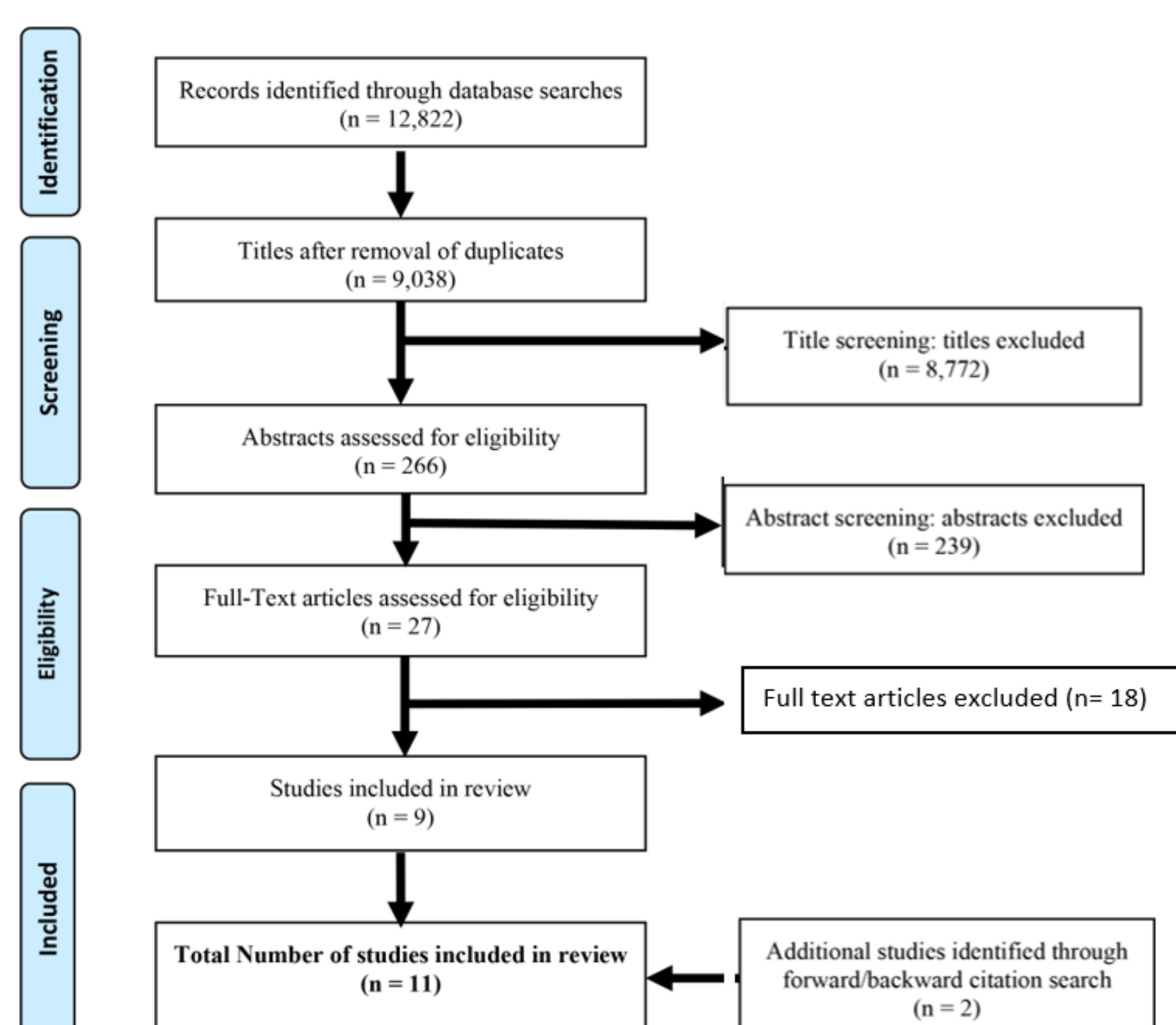
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Background

In recent years, the significance of spiritual care interventions in modern healthcare has gained considerable attention. This comprehensive review aims to provide an up-to-date overview of research on spiritual care interventions, focusing on their impact within contemporary healthcare contexts.

Methods

Figure 1. PRISMA diagram



Searches were conducted across six databases (Pubmed, CINAHL, PsycINFO, Cochrane, Scopus, and Web of Science) to locate literature relevant to the review questions. A systematic selection of relevant studies was conducted, encompassing systematic reviews, scoping reviews, meta-analyses, and narrative syntheses. These studies represent various healthcare settings and employ diverse methodologies, reflecting the multidimensional nature of spiritual care research. This review synthesizes findings from studies published from 2017 to 2024, exploring the effectiveness of spiritual care interventions and their influence on patient outcomes, experiences, and overall well-being. It pays specific attention to critical care, cancer care, and the unique challenges posed by the COVID-19 pandemic. The search is summarised in Figure 1.

Results

The reviewed literature consistently demonstrates the positive impact of spiritual care interventions on patients. Notable interventions include life review interventions, existential interventions, and spiritual psychotherapies. These interventions have been associated with improved spiritual well-being, reduced loneliness, increased hope, and greater life satisfaction among patients, including those experiencing pain.

What types of spiritual interventions are used?

Cancer care¹	<ul style="list-style-type: none"> ➢ Mindfulness ➢ Spiritually focused therapy ➢ Spiritually focused music therapy ➢ Prayer based therapy ➢ Focused narrative intervention ➢ Electronic support groups 	Critical care²	<ul style="list-style-type: none"> ➢ Facilitation of finding meaning or purpose ➢ Enabling existential empowerment ➢ Guiding spiritual development ➢ Providing end-of-life support ➢ Prayer ➢ Counseling 	Covid-19 pandemic³	<ul style="list-style-type: none"> ➢ Virtual/remote Spiritual Support-SS ➢ Domain of Organizations' Websites ➢ Online Resources for Personal Spiritual Support ➢ Spiritual Support via Social Media ➢ Spiritual Support through Virtual Events ➢ Facilitation of Communication Between Patients and Families. ➢ Adaptation of Religious Rituals
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Conclusion

This comprehensive review highlights the continued relevance and significance of spiritual care interventions in contemporary healthcare. It underscores the potential for spiritual care to enhance patients' overall quality of life, especially in challenging healthcare contexts. Future research should further explore the multifaceted aspects of spiritual care and its integration into healthcare practice, ultimately contributing to the holistic well-being of patients facing medical crises.

References

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²Ho JQ, Nguyen CD, Lopes R, Ezeji-Okoye SC, Kuschner WG. (2018). Spiritual Care in the Intensive Care Unit: A Narrative Review. *Journal of Intensive Care Medicine*;33(5):279-287.
³Papadopoulos, I., Lazzarino, R., Wright, S., Ellis Logan, P., & Koulouglioti, C. (2021). Spiritual support during COVID-19 in England: A scoping study of online sources. *Journal of Religion and Health*, 60, 2209-2230.