



# Forgiveness facilitation:

## a key to promote mental health in end-of-life patients

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### Background

Patients and families who face a serious illness often express regret about life events or the need for forgiveness.

Considering that the central objective in palliative care is to reduce the suffering of patients and their families, the intervention “forgiveness facilitation” represents a valuable response as a multidisciplinary and non-pharmacological intervention in the promotion of mental health and well-being.

### Aim

To describe the outcomes of the end-of-life forgiveness facilitation in mental health published in 2020 in the JBI Scoping Review.

### Methods

Scoping review based on the Joanna Briggs Institute (JBI) guidelines.

The search was conducted in June 2017 and updated in December 2018 using international databases and gray literature in English, Spanish, German, Italian, and Portuguese.

Studies including palliative care patients aged 18 years or over and assisted by palliative care teams, including all healthcare professionals, chaplains, and volunteers, were included in this review.

From a total of 1581 articles, 23 articles were included in the review.

### Results and Conclusions

The results suggest a growing interest in facilitating forgiveness in palliative care.

**Forgiveness facilitation seems to be related to:**

Better mental, physical and relational well-being

Better quality of life, decision making and communication

Better self-esteem and increased hope

Reduction of depression, anger and anxiety and promote inner peace

**Forgiveness facilitation is fundamental in palliative care.**

**The results open new perspectives for research, clinical intervention and preparation of professionals in this area.**

### References

Silva RS, Caldeira S, Coelho AN, Apóstolo JLA. The use of forgiveness facilitation in palliative care: a scoping review. JBI Evid Synth. 2020;18(11):2196–230