



The role of spirituality in the lives of COPD patients and their caregivers

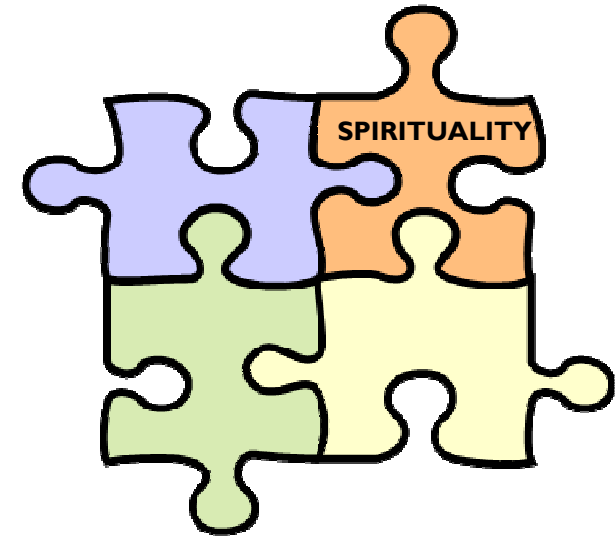
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BACKGROUND

- COPD (chronic obstructive pulmonary disease) is a progressive disease, in advanced disease quality of life is low.
- Spirituality is an integral part of the well-being.
- It might be particularly important in advanced COPD negatively influencing – if not addressed – their quality of life.
- However there is no reliable tool to assess spiritual needs of COPD patients during medical evaluation.
- Recently, FICA questionnaire enabling to qualify the spirituality in chronically ill patients, has been developed

AIM



- The aim of the study is to assess the role of spirituality in the lives of advanced and COPD patients and their caregivers using FICA questionnaire.



METHODS

- The study is conducted in 7 persons (6 patients with advanced COPD and 1 caregiver) with use of FICA questionnaire.

- **FICA Spiritual History Tool ©**

The research tool of faith index has been developed by prof. Puchalski with a group of primary care physicians, to help physicians and other healthcare professionals address spiritual issues in patients and their careproviders. The tool serves as a guide for conversations in the clinical setting.



FICA

The acronym FICA can help in arranging the questions by health care workers while providing interviews concerning faith index.

- **F (Faith) Faith and beliefs:** „Do you treat yourself as a faithful/religious person?” or: „Do your beliefs/religion help you in stressful situations?”

If the patient gives a negative answer, the guardian may ask: “Which things give sense to your life?”

Patients sometimes say that their families, careers or even nature give sense to their lives.

- **I (Importance):** "What importance does your spirituality have in your life? Has your spirituality influenced how you take care of yourself, your health? Does your spirituality influence you in your healthcare decision making? (e.g. advance directives, treatment etc.)”



FICA

The acronym FICA can help in arranging the questions by health care workers while providing interviews concerning faith index.

- **C (Community):** "Are you part of a spiritual community? Communities such as churches, temples, and mosques, or a group of like-minded friends, family, or yoga, can serve as strong support systems for some patients.

Can explore further: "Is this of support to you and how? Is there a group of people you really love or who are important to you?,,

- **A (Address in Care):** "How would you like me, your healthcare provider, to address these issues in your healthcare?,, (With the newer models including diagnosis of spiritual distress A also refers to the "Assessment and Plan" of patient spiritual distress or issues within a treatment or care plan).

RESULTS

| Lp | FAITH AND BELIEFS „Do you treat yourself as a faithful/religious person?” „Do your beliefs/religion help you in stressful situations?” “Which things give sense to your life?” |
|------------------------|---|
| Patient 1., man, 62 y | Yes |
| Caregiver – wife 60 y | Yes. <i>The pray helps me.</i> |
| Patient 2, femal 69 y | <i>I'm not religious. The sens of my live gives me... joy of life</i> |
| Patient 3, femal, 67 y | Yes. <i>I pray everyday.</i> |
| Patient 4, femal 67 y | No. <i>The nature gives sense to my live</i> |
| Patient 5, man, 63 y | No. <i>The nature gives sense to my live and the moments when I succeed</i> |
| Patient 6, femal 67 y | Yes |



Lp

IMPORTANCE:

"What importance does your spirituality have in your life?" „Has your spirituality influenced how you take care of yourself, your health?" „Does your spirituality influence you in your healthcare decision making? (e.g. advance directives, treatment etc.)

Patient 1., man, 62 y

I needd to put stock in something.

Caregiver – wife 60 y

Yes. My religion help me in stressful situation, gives me hope. My spirituality influence my decisions. I prayed

Patient 2, femal 69y

I have never think about it. My beliefs prompt me, especially when I am in hospital.

Patient 3, femal, 67 y

Yes. My faith help me to cope with dissese.

Patient 4, femal 67 y

Spirituality is not important in my life and dosen't influence how I take care of myself.

Patient 5, man, 63 y

No.

Patient 6, femal 67 y

My faith is very important in my life. It influence how I care about myself.

RESULTS

Lp

COMMUNITY:

"Are you part of a spiritual community? Communities such as churches, temples, and mosques, or a group of like-minded friends, family, or yoga, can serve as strong support systems for some patients", „Can explore further: “Is this of support to you and how? Is there a group of people you really love or who are important to you?"

| | |
|------------------------|---|
| Patient 1., man, 62 y | <i>Yes. I am Catholic. My family supports me.</i> |
| Caregiver – wife 60 y | <i>Yes. I am Catholic. My family supports me.</i> |
| Patient 2, femal 69y | <i>No. I am very lonely. I have only one friend.</i> |
| Patient 3, femal, 67 y | <i>Yes. I am Catholic.</i> |
| Patient 4, femal 67 y | <i>No. I am lonely.</i> |
| Patient 5, man, 63 y | <i>No. My family support me.</i> |
| Patient 6, femal, 67y | <i>I am Catholic. My family and friends support me.</i> |

RESULTS

| Lp | ADDRESS IN CARE: "How would you like me, your healthcare provider, to address these issues in your healthcare?" |
|------------------------|--|
| Patient 1., man, 62 y | <i>I don't understand... I don't know.</i> |
| Caregiver – wife 60 y | Yes. |
| Patient 2, femal 69 y | <i>No. I suppose, my family doctor should.</i> |
| Patient 3, femal, 67 y | <i>No. In my opinion doctors shouldn't ask about my faith.</i> |
| Patient 4, femal 67 y | No. |
| Patient 5, man, 63 y | No. |
| Patient 6, femal 67 y | <i>I don't know.</i> |



CONCLUSION:

- The addressing spiritual assessment in advanced COPD patients should be an integrated part of health care.
- The FICA questionnaire is useful tool of evaluation in patients with advanced COPD and their caregivers.
- In doctors (catholic and agnostic) opinion touching the subject of spirituality is too difficult, and FICA helps talk about it