



# What is the Value of Spiritual Care? Patient Reported Outcomes

Dr Heather Tan (Spiritual Health Victoria, in partnership with La Trobe University and Hospital Site Managers)

## Introduction

Best practice spiritual care is increasingly recognised by government departments and health care providers as integral to whole person care, which includes a person's religious/spiritual beliefs and their values.

## Study aims

- To increase awareness of spiritual care patient outcomes as reported by inpatients after discharge
- To inform future spiritual care provision and staff understanding of its value.

"I was sitting outside my room, my head firmly planted in my hands. Some neatly dressed guy came over and sat next to me. We talked about pain, sadness and injustice, and ended up laughing a little bit. I felt validated and more in control of myself. Talk about an angel." (P167)

## Method

- 4750 questionnaires were posted to patient home addresses post discharge.
- The Scottish Patient Reported Outcome Measure of Spiritual Care (PROM)<sup>[1,2]</sup> used with permission of the Scottish NHS.
- Study included patients over 18 years of age admitted for two nights minimum. Not discharged from emergency or through death, or unable to speak English.
- Three metropolitan tertiary hospitals, one smaller metropolitan hospital and one regional private hospital.

## Results

- 281 (6%) questionnaires returned
- An average of 42% of respondents received spiritual care across the 3 major sites.

### Demographics (across five sites):

Av. Age	56 years	Gender	>50% Male
Self described relationship to spirituality:			
Religious	14-38%	Spiritual	12-29%
Both	19-24%	Neither	27-32%

### Who gave spiritual care? (across five sites)

Spiritual care practitioners	33-60%
Nursing staff	10-27%
Allied Health staff	6-20%

### Experience of spiritual care? (1-5 Likert scale)

"I was listened to"	3.70-4.75
"I was able to talk about what was on my mind"	3.74-4.31
"My situation was understood"	3.84-4.33
"My faith beliefs were valued"	3.81-4.75

## Conclusion

Spiritual care is valued by those who choose it. More staff education is needed about its availability and the need for clear referral pathways.

### Contact us at Spiritual Health Victoria

research\_edu@spiritualhealthvictoria.org.au

(03) 8415 1144

www.spiritualhealthvictoria.org.au



Spiritual Health  
Victoria