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Integration of Spiritual Based Care and Services in Palliative Care Settings

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Inspiring Minds

Name: Sanna Rao

Title: Integration of Spiritual Based Care and Services in Palliative Care Settings

“I’m sorry there’s nothing we can do”. A terminal illness. Thoughts of death, pain, fear of the unknown, fear of dying... that’s the dark place where your mind escapes to. That’s where the minds of palliative care patients often escapes to.

The demand for palliative care is increasing. Nearing the end of life care, during a period of heightened emotions, exploring spirituality is common. Finding meaning, comfort, and peace through spiritual based practices welcomes a realm of benefits such as greater autonomy and lower rates of depression. However, perspectives of palliative care seniors reveals that palliative care is ‘missing in action’. With the increasing number of adults being chronically unwell, the complexity of morbidity is increasing the need for personalized palliative care.

Through my research, I aim to extend current knowledge and understand the relationship between the accessibility of faith-based services and the role they play in self-perception and quality of life.