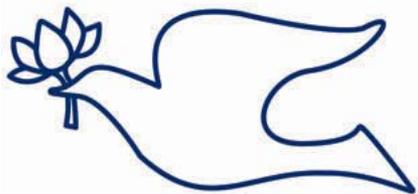


*Peaceful Passing*



Offering Spiritual Support  
from the Heart

## Vision

- To offer free spiritual support to anyone of any faith or culture in Auckland facing the end of life.

*Peaceful Passing*



Offering Spiritual Support  
from the Heart

## MISSION

- Our specially trained visiting Companions are dedicated to fostering spiritual friendship with the aim of supporting each person's own inner resources and encouraging personal spiritual strength, empowering the dying to pass peacefully.

# SPIRITUALITY

“Spirituality is the aspect of humanity that refers to the way individuals seek and express meaning and purpose and the way they experience their connectedness to the moment, to self, to others, to nature and to the significant or sacred.”

National Consensus Panel Report, Improving the Quality of Spiritual Care as a Dimension of Palliative care: The Report of the Consensus Conference, October 2009.



# SPIRITUALITY IN NZ

The Social Values: A Report from the New Zealand Values Study 2005 (Rose, 2005) asked about the importance of religion and spirituality. 61% of respondents said that spirituality was 'very' or 'rather' important; 46% responded similarly for religion.

"The most basic and urgent challenges facing NZ society are not economic. They are to do with our values - those activities which give meaning and purpose in our society, our social ecology, spirituality in the broadest sense."

Hornblow, A. (1999). Building a more caring society.  
*The Press*



# FOUR DOMAINS OF SPIRITUALITY

- ◉ Qualities of being: hope, love, meaning and purpose, transcendent identity, intrinsic value and dignity of the person.
- ◉ Spiritual values that have an impact on coping and on healthcare decisions.

*George Washington University - <http://www.gwish.org/>*



# FOUR DOMAINS OF SPIRITUALITY

- ◉ Relationship or connection to a transcendent power or to others (or to nature).
- ◉ Spiritual practices that nurture the person or enhance wellness.

*George Washington University - <http://www.gwish.org/>*



# TOTAL PAIN

- ◉ Dame Cicely Saunders defined “Total pain” as physical pain, emotional pain, social pain and spiritual pain.
- ◉ Discovered by narrative and biography, emphasizing the importance of listening to the patient’s story and of understanding the experience of suffering in a multifaceted way.



# SPIRITUAL PAIN

Dr. Paul Tournier, "Every disease has two diagnoses - a medical one and a spiritual one."

- ◉ A sense of hopelessness
- ◉ Feeling of guilt
- ◉ Unresolved anger
- ◉ Lack of inner peace
- ◉ Disconnectedness / abandonment
- ◉ Need to find meaning
- ◉ Fear of the unknown



# PAIN INTERACTIONS

- ◉ Spiritual pain can create or exacerbate physical pain.
- ◉ Spiritual practices may help in the management of physical pain.
- ◉ Physical pain and/or the anticipation of death needs spiritual strength.



# DR RICHARD EGAN'S RESEARCH, JULY 2009

- "...staff surveyed from the 25 hospices (almost 80% of New Zealand hospices)
- ◉ 60% did not do spiritual assessments
  - ◉ 21% did not receive spiritual support
  - ◉ 89% seldom received spiritual training
  - ◉ 50% knew if they had a spiritual care policy."
  - ◉ "...only 17% of patients and 14% of family members said they had received spiritual care from their hospice.
  - ◉ "...77% of patients and 67% family had received spiritual care, but mostly from their family members."



# IMPORTANCE OF SPIRITUAL CARE IN PALLIATIVE CARE

- There is evidence that when one becomes seriously ill, existential, religious and spiritual concerns come to the fore.

la Cour, P. (2008). *Mental Health, Religion & Culture*

- Up until such a crisis or event, for many people, little thought is given to the spiritual side of life, yet, only near the end of one's life that a life path becomes more evident and an individual is able to embrace its full meaning.

Grudzen, M. (2003). *Spiritual Legacy: Passing on the Spirit of a Life.*



# IMPORTANCE OF SPIRITUAL CARE IN PALLIATIVE CARE

- Healthy spirituality has a positive effect on the physiological functioning while spiritual distress has a negative effect on physiological functioning.
- Addressing spiritual issues helps dying patients gain needed closure to achieve a peaceful “good” death.

Hillel Bodek, <http://www.growthhouse.org/spirit>



# GENERAL INFORMATION

- ◉ Free Spiritual Support to the patient preparing for death & their family.
- ◉ Auckland wide
- ◉ A minimum of 2hrs per week - element of flexibility, depending on patient's requirements: from assessment to death.
- ◉ Companions to visit patients wherever they are: at home, in a hospice or hospital.



# PATIENTS

Peaceful Passing is designed to primarily support the patient.

- ◉ Terminally ill
- ◉ Critically ill
- ◉ Also family members as needed

Requisite:

- ◉ To sign an informed consent for Peaceful Passing support.



# COMPANIONS

The purpose of this position is to facilitate emotional comfort and encourage personal spiritual strength empowering the patient to pass peacefully. Companions are to support their assigned patient maintaining a peaceful environment and strict confidentiality.



# DUTIES

- ◉ Assess patients.
- ◉ Sign an informed consent with each assigned patient.
- ◉ Assist patients to the best of their ability by using their empathy and training.
- ◉ Maintain strict confidentiality.
- ◉ Keep records of involvement.
- ◉ Support fellow Peaceful Passing Companions as required.



# BUILDING RELATIONSHIP

- ◉ Be PRESENT.
- ◉ Make room for the patient to tell their story.
- ◉ Be attentive to what the patient is communicating.
- ◉ Unconditional positive regard towards them.



# SUPPORT

- ◉ Facilitate the search for meaning.
- ◉ Support patients in accessing their inner strengths.
- ◉ Help the patient maintain human connections.
- ◉ Focus on supporting the patient's humanity and dignity.
- ◉ Help the patient clarify his/her wishes, hopes, decision-making and beliefs.



# WHY COLLABORATE?

- ◉ Good services are in the community but hospitals and palliative care teams are being stretched.
- ◉ Difficult for staff to provide spiritual care. We fill the gap.
- ◉ Limited funding available for non-medical provisions.
- ◉ No added costs to patients, hospitals, nursing homes.



# WE BRING TO YOU

- ◉ Quality service using experienced, well trained Companions.
- ◉ Working from the heart with compassion to provide free service.
- ◉ Resource with available time.

Supported by

- ◉ Working knowledge of health system within Auckland.



# LOGISTICS

## Referrals:

- Anyone can refer to Peaceful Passing
- On-line through PP website,  
[www.peaceful-passing.org](http://www.peaceful-passing.org)
- Or by phone through Amitabha Hospice,  
828-3321
- After a referral is received, initial contact  
within 48hrs.

