



## Service Priorities and Programmes Electronic Presentations

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### **Effectiveness of a non-religion spiritual group for cross-diseased patients with spirituality needs**

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#### **Introduction**

With studies proven that spiritual well-being helps patients cope more effectively with terminal illness (Lin & Bauer-Wu, 2003), the Community & Patient Resources Department launched series of community interfacing Spiritual program in collaboration with Chaplaincy during 2014. To further promote and strengthen the spiritual support for patients participated in Spiritual program 2014, four different religions spiritual groups were formed in 2015; they are Christian, Catholic, Buddhism and non-religion. This study below mainly focuses on analyzing the effectiveness of the non-religion group.

#### **Objectives**

To promote the spirituality aspect in holistic care  To provide a platform for peer support, experience sharing, empowerment in spiritual support and support in adjustment for patients' rehabilitation process.  To build up an inventory and mutual support network of patients in non-religion category

#### **Methodology**

Four sessions group started in October 2015. The narrative therapy was used as milestone to guide the group.  FACIT-Sp-12 (Version 4) scale is used as self-assessment on patients' spiritual care need as pre & post test.  "Tree of life" sharing was used in first two sessions with the aim of building up participant's relationship and strengthens peer support among group members.  In the last two sessions, "Moving on" and "Managing challenge" were introduced as the theme in exploring participants' strength and insight to non-religion spirituality in their daily lives.

#### **Result**

A total of 558 participants attended the series of seven spiritual talks and 499

feedback questionnaires were collected in 2014-2015. Four spirituality groups was formed with 37 patients enrolled. The attendance rate is 90% in average.  10 participants were participated in the non-religion spiritual group and 8 of them have completed the pre & post test on the FACIT scale result. Result showed significant positive changes with 86% of participants increased the spirituality level after four sessions.

	P1	P2	P3	P4	P5	P6	P7	P8	P9	P10
Pre-test	41	37	23	3	39	30	88	28	21	25
Post-test	43	37	37	20	42	38	43	30	//	//
Change	+3	0	+14	+17	+3	+8	+21	+2	//	//

According to the results in evaluation questionnaires, all participants agreed that positive attitude and insights were enhanced through sharing of feelings, family issues and emotion in the group. Conclusions: The group model session plan of spiritual group for cross-diseased patient was found to be effective in empowering patients' spirituality and enhancing the adjustment on their rehabilitation process.