



**Mid North Coast Rural Palliative Care Project –
Care Assistant Palliative Approach Course 2005**

Providing Psychological, Social, Cultural & Spiritual Support

Presented by Paula Hicks

Purpose

- This module will assist staff to provide psychological, social, cultural and spiritual support to the resident requiring a palliative approach and his/her family

Psychological support

- What are the common forms of behavioral changes which can affect the resident?
- Describe how the resident presents with these changes?

Psychological support

Depression

- Feelings of burden
- Loss of interest and pleasure
- Apathy
- Can have suicidal thoughts

Psychological support

Anxiety

- A state of arousal and bodily distress
- Feelings of fear and danger
- Problems coping with problem solving and demands of their environment
- Confusion

Psychological support

Confusion

- Resident may appear forgetful
- Resident may be disorientated to time and place
- Confusion can be potentially reversible

Social Support

The Past

- Time line – developing our social identity.

The Present

- How does society view the older person?
- Who are the residents social supports?
- What impact does age and illness have on the residents body image?
- How can we support the residents sexual identity and need for touch?

Culture

Definitions:

“Culture should not be confused with race or ethnic group. Culture is the beliefs and practices that are shared by people and passed down from generation to generation”

Kozier, Erb and Oliveri, 1991: 744.

“It can consist of material culture, that is, dress, art, religious artifacts, or nonmaterial culture, that is, beliefs, customs, languages, and social institutions. Races have different ethnic groups and ethnic groups have different cultures. Cultural, values beliefs or practices can affect health and illness and are therefore an important consideration for health care workers”

Kozier, Erb and Oliveri, 1991: 744.

Characteristics of Culture

- Culture is learned through life experience
- Culture is taught from parents to children
- Culture is social developing through people's interaction



Characteristics of Culture (con't)

- Culture is adaptive. Customs, beliefs and practices change slowly adapting to the needs of people.
- Culture is integrative. Religious beliefs may influence family organisation and health practices and vice versa.
- Culture is satisfying. Cultural habits persist only as long as they satisfy people's needs.

Kozier, Erb and Oliveri, 1991: 745.

Cultural Safety

Cultural safety requires that each human being receives care **REGARDFUL** of all that makes them unique.



(Adapted from S Kumanjai Johnson from the Nursing Council of New Zealand 1996)

Spirituality

Definitions:

‘Spirituality or spiritual belief is a belief in, or relationship with some higher power, creative force or infinite source of energy....’The spiritual dimension tries to be in harmony with the universe, strives for answers about the infinite and especially comes into focus or sustaining power when the person faces emotional stress, physical illness or death. It goes outside a person’s own power’’

Murray and Zenter 1989, in Kozier, Erb and Oliveri, 1991: 777

Spirituality (con't)

Definitions:

‘The spiritual component of growth and development refers to the individuals’ understanding of their relationship with the universe and their perceptions about the direction and meaning of life’



Kozier, Erb and Oliveri, 1991: 777.