

Nurse Maude

HOSPICE PALLIATIVE
CARE SERVICE

Hei huarahi mirimiri
i te hunga tāngata
a i te mate tangihanga
me muri ake hoki
he pou āwhina ki te whānau

To provide a therapeutic
pathway for people
before death and also
after death providing
support with the whānau

Spiritual Care

Te taha wairua

Nurse Maude

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Palliative care is about caring for the whole person and their family/whānau, not just their physical needs but also their emotional, social and spiritual needs - tinana, hinengaro, whanau, and wairua.

Spirituality and Spiritual Care

Spiritual is a word that means different things to different people. Some people think of the spiritual in religious terms – about finding peace with God. Others may see spiritual as being much broader – about who we are and why we are here, and how we make sense of our life.

The focus of spiritual care is on supporting, valuing, reconciling, nurturing and empowering people in whatever situations they find themselves.

When you ask: “What’s really important in my life?” you may think about family/whānau, friends, health, places, work or something else. You may also wonder about the future, what lies ahead, or about God. Spiritual care is about assisting you to explore these things, it’s not about doing, it is about being with people.

Who provides spiritual care?

All members of our team can offer spiritual care. Additionally, we have a trained Spiritual Carer and a team of Pastoral Care Volunteers. They accept everyone regardless of values, beliefs, identity, religion, spirituality or the way you question or express these things. They are available to listen, to reflect with, to explore questions about life and death, to give support in decision making and to lead prayer if requested.

What is spiritual distress?

It may include:

- Loss of meaning and purpose
- Reduced abilities, increased dependence
- Loss of control and uncertainty
- Feeling like a burden
- Sense of unfairness
- Loss of peace of mind
- Sense of regret
- Loneliness
- Anxiety about dying
- Worry about leaving family/whānau behind
- Unfinished business

What might spiritual care involve?

- Listening
- Encouraging
- Supporting
- Sharing joy and sorrow
- Praying
- Assisting in meeting religious and spiritual needs
- Nourishing sacramentally
- Creating rituals
- Helping in questioning the meaning of life
- Offering thanks
- Counselling
- Blessing
- Contacting your own minister, priest or religious/spiritual advisor if requested

Spiritual care is available to patients and their family/whānau. Please feel free to discuss your spiritual needs with your nurse or health professional who can refer you to our Spiritual Care Team if required.