



More resources at  
[ncf-jcn.org](http://ncf-jcn.org)



*Spiritual Care Interventions*  
Prayer  
Competent basic care  
Referral (chaplain, pastor)  
Readings  
Presence  
Meaningful touch  
Facilitating rituals  
Sharing beliefs  
Relaxation  
Books



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**INTERVARSITY**

## Nurses Christian Fellowship Spiritual Care Guide



### Basic Assessment Questions:

- Are you connected with a faith community?  
What do you appreciate about this community?
- What spiritual practices are important to you?
- How has your health problem affected your spiritual beliefs?
- What is your source of strength, peace, faith, hope, worth?
- What can I do to support your faith or spiritual growth?
- How do your beliefs help you cope with suffering or illness?

Adapted from Shelly, J. (2001). *Spiritual Care*. Downers Grove, IL: InterVarsity Press, p.38.

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### *Always . . .*

- Ask God to guide your care.
- Focus on the patient's needs, not your own.
- Begin with careful assessment.
- Respect the patient's views.
- Support the patient's decisions.
- Ask permission before using an intervention.

### *Prepare for Spiritual Care*

- Reflect on your own spiritual journey
- Learn about faith traditions and belief systems
- Grow spiritually through personal and community prayer, Bible study, and worship

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