Spiritual Needs in Patient Words

Gordon J. Hilsman, DMin, CPE Supervisor — Research Conducted at the Franciscan Health System, Tacoma WA
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1) **Pulling yourself together** —
Chaplains help you put your day back together and find the next things to do when some very bad surprise has happened like a car accident or shocking news about somebody's health.

2) **Needing to cry, yell, share or just tell somebody how you feel about what is happening to you** —
Chaplains can help you be OK with your crying or angry feelings and listen to how this new situation feels *to you*.

3) **Wanting to know more about what is happening** —
Hospitals can be confusing and so different from other places that you feel others know things that could help you. Chaplains can help you get clear ideas about what is wrong with you and what may help it.

4) **Waiting for too long** —
A lot of people need to use the hospital so people often have to wait for the help they need. Chaplains can help you be calm when you've been waiting *too* long.

5) **Trying hard to get better** —
For some health problems you just need help using your own mind and people to help your body, mind, and heart heal. Chaplains can help you use your own best self, family, and friends to get better and feel better.

6) **Saying goodbye to somebody or something you are losing** —
Finding out that somebody or something important to you is suddenly gone, or soon will be, makes people feel mixed up with being mad, sad, scared, and loving all at the same time. That is called "grieving," and chaplains know how to help with it.

7) **Having warm-sad memories** —
Saying goodbye can take a long time. A hospital can give you memories and remind you that you haven't said goodbye enough for something that happened long ago. Chaplains know this and they know how to continue saying goodbye.

8) **Saying goodbye when you're dying** —
When doctors, nurses, and the whole hospital can't help you anymore, you may be dying, and chaplains know how to help you say goodbye to everyone and everything you love.

9) **Getting used to the new way things will be** —
Very bad things that happen to your body can change things forever and you'll have to get used to them. Chaplains can help you get ready for living the new ways you will need.

10) **Wanting better ways to deal with the feelings about the situation** —
When you are worried or scared, Chaplains can teach you some basic ways of calming and making peace with the situation, like meditation and understanding the limits of what the hospital can do.

11) **Needing to feel God around you** —
When you are really scared, sad or confused you might want somebody to pray with you or talk with you about God. Chaplains can do that or help you find the spiritual leader you know and that you want to be there.

12) **Wanting to tell somebody about your spirituality** —
In difficult situations, you may want to talk about special ways you keep up your own spirits.

13) **Wondering about God** —
Things that shake your heart can make you think new thoughts about God and church and make you wonder about what you learned before. Chaplains know how to discuss these questions without making you feel embarrassed.

14) **Regretting parts of your life** —
When serious things happen reflecting on your past decisions can cause you to regret parts of your life you wish had been different. Chaplains can help you make peace with your past.

15) **Hoping to be back together with somebody you lov**e —
Hospital care can remind you that somebody has been hurt or mad at you for a long time and that you really want to see them again. Chaplains can help heal the distance that keeps you apart.

16) **Needing to make a big medical decision** —
There are times when the doctors and nurses need a family member to help them decide between two or three treatments that are very important to your health condition and future health. Chaplains can discuss these decisions with you and perhaps be part of a family meeting to help make the decision.

17) **Feeling conflict in your family** —
You can get discouraged and mad when people in your family disagree and fight. Chaplains can listen to your feelings about that, and sometimes help the conflict.

18) **Being discouraged about the help you are getting** —
Often people who could help you don't know you need the help or are so busy they don't know what you need. Chaplains can help you find the helpers and can get their attention with you.

19) **Needing a different kind of help** —
Chaplains can help you find the right counselors when you or somebody you love has concerns about their own drinking, drug use, sad feelings, or "mental illness."

20) **Being concerned about somebody else's drinking, drug using or painful emotions** —
When you are concerned about the drinking or drug use or emotions of somebody you love, Chaplains listen and may be able to help you decide what to do.

21) **Hurting in your love life** —
When there are problems with your love life, Chaplains can listen and maybe make suggestions about what to do.

22) **Other** — Needs that don't easily fit into the categories above.

For more information, contact:
Gordon J. Hilsman, St. Joseph Medical Center, PO Box 2197, Tacoma WA 98401; gordonhilsman@fhshealth.org