

Does Spirituality Play a Vital Role in the Recovery of Patients with Cancer?

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PICOT Question

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- In patients with cancer undergoing active treatment,
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- how effective is a heightened sense of spirituality,
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- compared to patients with cancer undergoing active treatment without spirituality,
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- in the ability to cope with cancer treatments & improve symptom management
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- from the time of diagnosis to declared in remission?

Literature Search

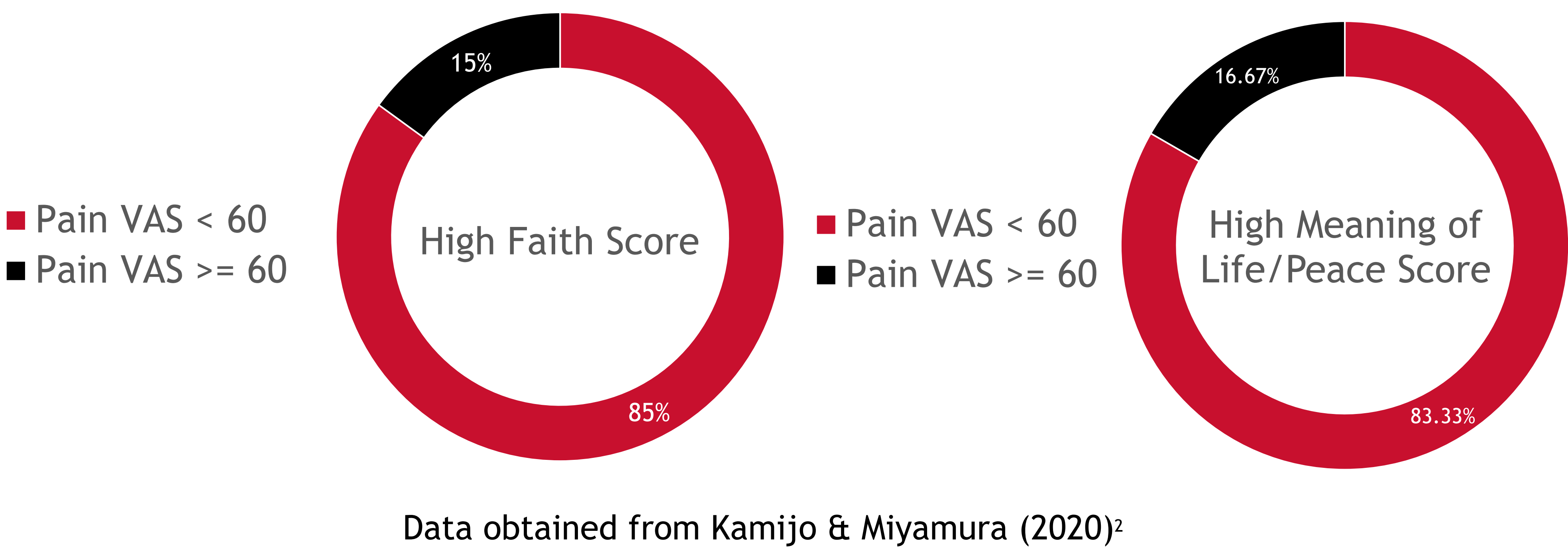
- Databases:
- CINAHL Complete
 - Nursing Reference Center Plus
- Key Terms:
- Cancer, oncology, chemotherapy, cancer patients, quality of life, outcomes, religiosity, religion, spiritual well-being
- Article Criteria:
- Published between 2006-2020



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Synthesis of Findings

- Spiritual well-being increases the quality of life in patients with cancer^{1,2}
- High levels of spirituality are related to better mental health outcomes, & patients are less likely to experience anxiety or depression regarding their cancer diagnosis & prognosis^{3,4,5}
- Coping with prayer, & other spiritual practices, during treatment led to a greater connection with one’s self-identity & self-worth that resulted in healthy, life-long coping strategies^{6,7}
- By modifying diets & increasing support for ADLs, psychobiological scores increased contributing to greater meaning of life during treatment.^{8,9}
- Increased spirituality & peace have been shown to improve physiological symptoms of cancer, including pain^{10,11,12}



Decision to Change Practice

- Identify patient values, morals, culture, religious beliefs, coping mechanisms, & goals from beginning to end of treatment.
- Implement biweekly phone call system to check on patient while at home to promote continuity of care.
- Screen for spirituality at beginning of & during treatment to monitor patient’s spirituality throughout treatment.
- Collaborate with members of interdisciplinary healthcare team to plan & implement interventions that best reflect goals & patient preferences.
- Offer different religious foods for healing like bread & wine, baklava, ghee, noodles, or vegetable assortments.
- Incorporate family pictures & belongings throughout the room.
- Include patient’s caregiver(s) & support system throughout duration of care.

Evaluation

Goals:

- ↑ spiritual well-being
- ↓ physiological symptoms of cancer

Measurement:

- Throughout/after treatment with spiritual well-being scale

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