

SPIRITUAL CARE OF AFRICAN AMERICANS FACTSHEET

Faith and spirituality are deeply rooted in African Americans historical culture. Spiritual care refers to interventions made by any caregiver that address patients' spiritual needs.¹

- ✚ 83% of African Americans proclaim a certainty of the belief in God
- ✚ 75% report religion as an important part of their lives
- ✚ Faith is a critical piece of the lives of many African Americans
- ✚ African American churches are a "strong social and religious force of unity"²³

Many African Americans do not have any affiliation with any specific religion but believe religion is important.⁴

Spiritual Assessment

In 2010, the Joint Commission on Accreditation of Healthcare Organizations, advised that a Spiritual Assessment be conducted on each patient and included in the medical record.⁵ A spiritual assessment allows patients to inform healthcare providers about spiritual beliefs and practices that may affect the way they manage their treatment plans. Ninety-four percent of patients who express spiritual and religious beliefs desire to discuss it with their physicians.⁶ Reference Through the use of spiritual assessment healthcare professionals learn about spiritual practices such as prayer and meditation, music meditation, reading sacred text (i.e. the Bible or Koran) and food preferences.⁷ reference



Why is assessing Spirituality so important?

A Spiritual assessment allows healthcare providers to address care opportunities and more...

- Support your patients through empathetic listening
- Incorporate the principles of your patients' faith traditions into the treatment plan
- Be knowledgeable about their support system that provides the patient with hope and strength
- Understand how spirituality helps the patient deal with illness
- Strengthens the patient-provider relationship
- Encourages patients to tap into their spiritual traditions and communities for overall wellness
- Encourages opportunities for personal renewal, resiliency, and growth⁸

Spiritual Assessment tool examples with ways to approach the discussion

- ✚ FICA Spiritual History Tool - <https://smhs.gwu.edu/gwish/clinical/fica/spiritual-history-tool>
- ✚ HOPE Questions for Spiritual Assessment - <https://www.aafp.org/afp/2001/0101/p81.html>
- ✚ Open Invite Mnemonic Tool- <https://www.aafp.org/afp/2012/0915/p546.html>

Spirituality and Health Patient Information Sheet

- ✚ Information from Your Family Doctor: Spirituality and Health <https://www.aafp.org/afp/2001/0101/p89.html>

References

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Photo Source: <https://www.publicdomainpictures.net/en/view-image.php?image=251876&picture=flowers-clipart-purple>

Additional Resources

- [www.FaithandHealthConnecton.org/wp-content/uploads/Spiritual Assessments-for-Health-Practitioners.pdf](http://www.FaithandHealthConnecton.org/wp-content/uploads/Spiritual%20Assessments-for-Health-Practitioners.pdf)
- Spiritual Assessment Tool/Communication Tools: <https://www.aafp.org/afp/2012/0915/p546.html>;
- https://www.geneticcounselingtoolkit.com/pdf_files/Cultural%20and%20Spiritual%20Mnemonic%20Tools%2011.06.09.pdf
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Please click the link below so you can provide us with feedback about the helpfulness of this resource.

<https://forms.gle/gHSWsCczLw4eSKeE7>

For questions or additional information, please contact
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