

靈性照護 Spiritual Care

一、課程說明

本課程旨在培養學生，瞭解靈性與健康的相關性、靈性本質、靈性發展過程、靈性之內涵、靈性與宗教之關係、靈性的評估項目、瀕死病患的靈性需求、靈性的相關護理及策略，以協助學生能應用於照護之個人、家庭或社區，以達到全人照護之專業目標。

The work of nursing professionals is concerned with the body-mind-spiritual wellness of patients. This course will improve nurses' spiritual competency. The course includes three domains: learning strategies to improve personal spiritual health; improving nurses' ability to deal with patients experiencing spiritual distress; and understanding spirituality-related research.

二、教學目標

1. Know the importance and definitions of spirituality, religion, and spiritual health (core competency: 3)
2. Know and practice spiritual growing strategies, including awareness, religious coping, relationship building, stress coping, mindfulness-based stress reduction, and so on (core competency: 2 and 3)
3. Understand the popular spiritual distress of patients, and the assessment, care, and evaluation of spiritual care. (core competency: 3 and 7)
4. Understand the status, trend, challenges in spirituality related researches (core competency: 2 and 4)
5. Improve individual spiritual health, the preparing of patient spiritual care provided, and critical thinking of the related researches. (core competency: 4 and 7)