

SPIRITUALITY E-LEARNING



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AIM

- to briefly describe the process the Derbyshire Healthcare NHS Foundation Trust has gone through to develop and embed e-learning training on spirituality
- to describe the e-learning package we are currently piloting



LOCAL CONTEXT

- Spirituality Strategy
- Spirituality Steering Group
- Local audits



ISSUES/DILEMMAS

- Selling it
 - to managers and staff
- Pitching it at the right level
 - all or nothing
- Experiential vs. information giving
 - in what order?
 - how much?
 - when?



E-LEARNING APPROACH

- Popular approach to targeting a large number of people
 - Seen as cost efficient
- Needing to keep it short
- Quality vs. Quantity?
 - Questions as to how well people engage with e-learning packages
 - Where do people take any questions they have?



E-LEARNING PACKAGE

- 2 parts:

- General introduction for all staff
 - Awareness raising of the importance of spirituality in mental health care
- Assessment and care planning
 - for those responsible for assessments and care plans
 - focusing on the 'how to'



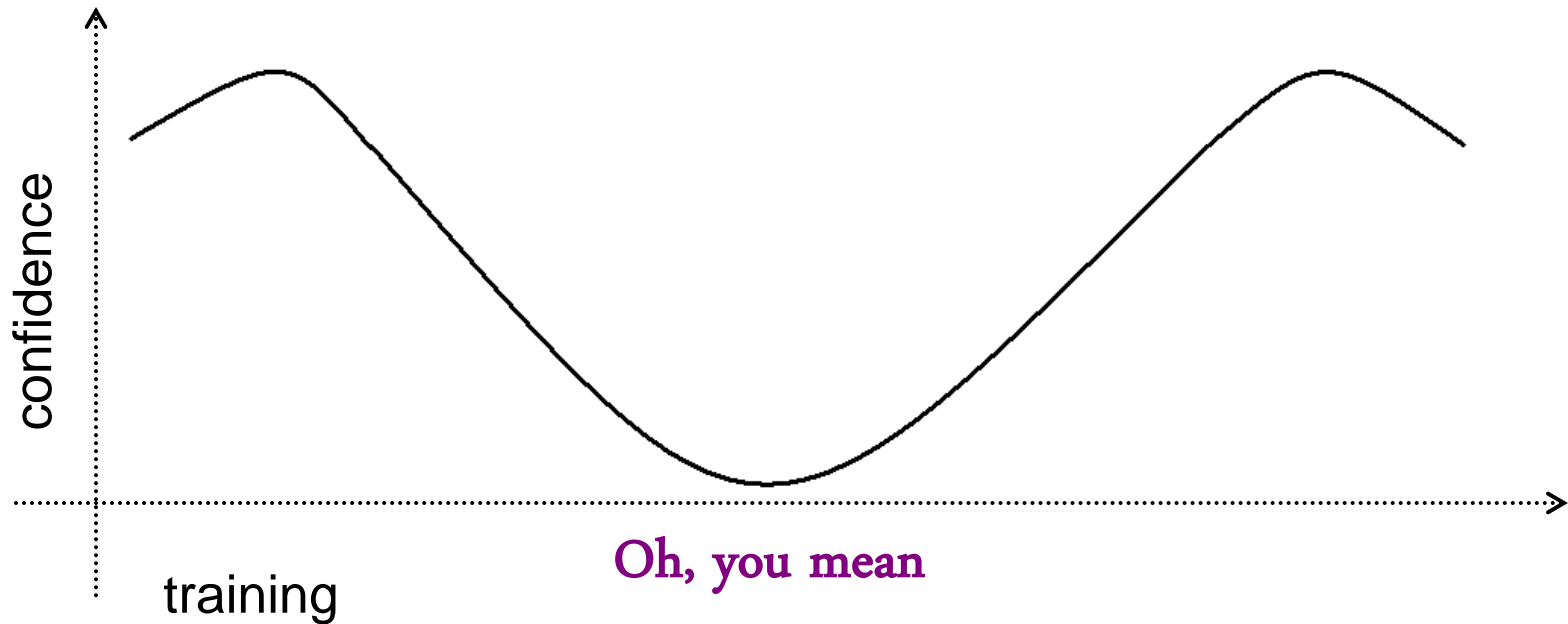
PILOT SESSIONS

- In areas that were involved in the audit
- To provide feedback on the package
- Issue of engaging staff, and keeping them engaged



Oh yes, I always ask
about people's religion.

Ah, I know what
you mean!

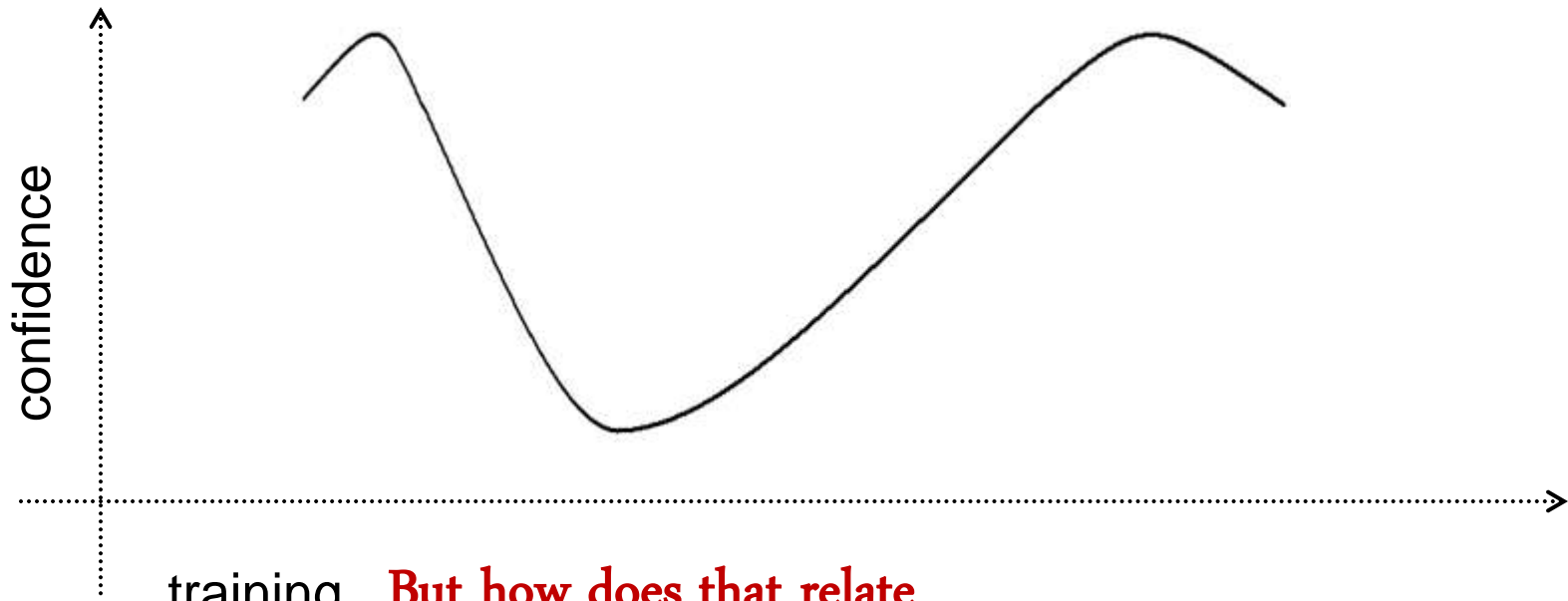


Oh, you mean
spirituality and religion
are different?



Ah, I know what
you mean!

Yes, I can see
how that would
be helpful



training **But how does that relate
to mental health and my
role?**



GENERAL INTRODUCTION

- Awareness raising of the importance of spirituality in mental health care



- What is spirituality?
 - Simple definitions
 - Separating spirituality and religion

- What does spirituality mean to you?
 - Quick reflection



○ Spirituality & Religion

- Religious needs

- Spiritual needs

- Other belief systems

- Some people have beliefs about life which give them a purpose and meaning, but which they do not feel are spiritual.



SPIRITUAL CARE AND ITS RELATIONSHIP TO RELIGIOUS CARE

Spiritual Care is completely person-centred and makes no assumptions about personal convictions or life orientation.

○ TRUE OR FALSE

Religious Care is given in the context of the shared religious beliefs, values, and lifestyles of a faith community.

○ TRUE OR FALSE

Spiritual Care is not necessarily religious

○ TRUE OR FALSE

Religious Care at its best, should always be spiritual.

○ TRUE OR FALSE



- So what does that mean in terms of our everyday lives?
 - Quotes from mental health professionals



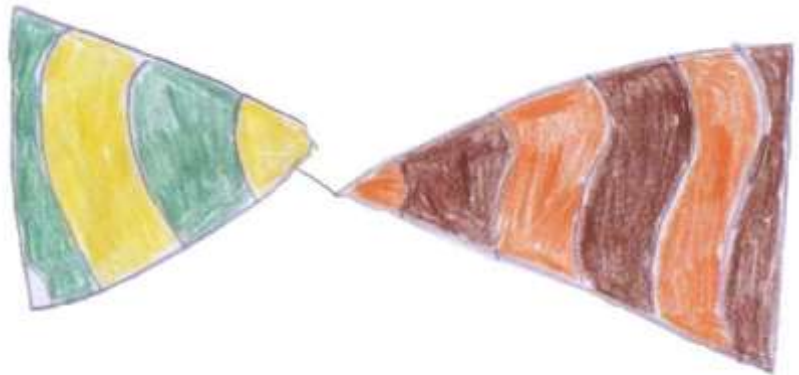
“The butterfly’s wings represent energy
- at rest they symbolise a rest and recuperation
- stillness before moving on again in a changing world”



- So why should we think about spirituality in mental health care?
 - Think about this for a few moments and list 4 reasons why you think an understanding of spirituality may be important in mental health care
 - within mental health there is a developing emphasis upon healing and recovery, where healing is seen as a “deeply spiritual task that stretches beyond the boundaries of disease and cure” (Swinton, 2001, p. 57)



- Evidence base
- Service User thoughts



- Spirituality in Mental Health is about providing care that:
 - incorporates a person's religious, spiritual or other beliefs
 - takes people and their beliefs seriously
 - offers truly person-centred and compassionate care
 - enables an individual to make best use of all their personal and spiritual resources in coping with the doubts, anxieties and questions that arise in a health care setting



○ So how do we incorporate spirituality into mental health care?

• for example:

- by providing individuals with the opportunity and space to contemplate from their own beliefs
- engaging support systems, including faith communities
- being a sensitive listener

○ What can I do?

- most importantly it is about taking people and their beliefs seriously and offering truly person-centred care.



- Summary
- Take some time to think again about what spirituality means to you
 - The following questions may help:
 - What gives your life meaning?
 - What values and beliefs are important in your life?
 - What gives you support and where do you seek it?
 - What relationships are important in your life?
- References / sources of support and further learning



EMBEDDING THE E-LEARNING

- Engage the senior management teams
- ‘Train the trainers’
- Local awareness raising sessions
- Trust induction
- Spirituality intranet resource



MEASURING EFFECTIVENESS

- Re-audit
 - Assessments and care plans
- Staff views / satisfaction
- Service user views
 - has anything changed?
- View of the Department of Pastoral Care

