

## H.O.P.E. Spiritual Assessment Tool

### H—sources of hope:

What are your sources of hope, strength, comfort?

Thinking back to the challenging times in your life, what or who has helped you cope and get through these times?

### O—organized religion—

Are you part of a spiritual or religious community?

If so, does being part of this community help you?

In what ways? Does it help you? How?

What spiritual practices or beliefs help you?

**(Prayer, Meditation, Scripture, Worship, Music, Art, Nature, etc)**

How do you feel you're doing spiritually? How is it with your soul?

### E—effects on your care—

As your nurse, what can I do to help honor your spiritual/religious needs?

As you face this challenge in your life, how can your religious community, (or health care team or other resources) help honor your spiritual/religious needs?

(HOPE spiritual assessment was developed by **Anandarajah and Hight, 2001**

**FCNs:** As you use this tool, remember, not everyone looks to organized religion or God for their spiritual needs. Spirituality can be defined more broadly than religion.

Spirituality may be defined as:

*"Spirituality is a dynamic and intrinsic aspect of humanity through which persons seek ultimate meaning, purpose and transcendence and experience relationship to self, family, others, community, society, nature and the significant or sacred. It is expressed through beliefs, values, traditions, and practices."*

**(White Paper: Spiritual Care and Nursing: A Nurse's Contribution and Practice. NY. 2019 Spiritual Care Association)**

