Spiritual Needs Encountered in Faith Community Nurse Practice

There are many resources that identify spiritual needs. Spiritual needs are not "deficits." They are present in all people, regardless of their worldview. They are normal needs for all of us that may be affected by illness or other life events.

When you assess spiritual needs of a client, be sure to ask what that person perceives as a need versus assuming what their spiritual needs are.

Agostino (1988) quotes Billinger (1960) who describes spiritual needs as the *"deepest requirements of the self, which, if met, make it possible for a person to function with a meaningful identify and purpose so that in all stages of life that person may relate to reality with hope."*

Here is a list of some of the spiritual needs identified in health care literature by Doreen Westera in her excellent book: **Spirituality in Nursing: The Basics and Beyond**

- The need for meaning and purpose in life and in life events.
- The need for love and relatedness (the need to be loved unconditionally and to give love)
- The need for forgiveness (both giving and receiving)
- The need for hope (present and future) and for strength
- The need for spiritual/religious practices and rituals.
- The need for transcendence.
- The need for beauty.
- The need for creativity.
- The need for continuity with the past.
- The need to worship and connect to God or a higher power.
- The need for gratitude.
- The need for expression of faith, personal beliefs and values.
- The need for trust.
- The need for preparation and acceptance of death.

Westera, Doreen. (2017) **Spirituality in Nursing Practice**. pg 141. New York: Springer Publishing Co.

Other resources include these spiritual needs:

- The need for support
- The need for dignity and respect
- The need for self-determination