

SPIRITUAL ASSESSMENT TOOL – FICA©

Spiritual Assessment Tool

An **acronym** which can be used to remember what to ask in a spiritual history is:

- F:** Faith or Beliefs
- I:** Importance and Influence of beliefs
- C:** Community
- A:** Address Care Issues

Some specific questions you can use to discuss these issues are:

- F:** What is your faith or belief?
Do you consider yourself spiritual or religious? Both? Neither?
What things do you believe in that give meaning to your life?
- I:** Is your faith or belief important in your life?
What influences does your faith or belief have on how you take care of yourself?
How have your beliefs influenced in your behavior during this illness?
- C:** Are you part of a spiritual or religious community?
Does the community provide support for you? How?
Is there a person or group of people you really love or who are really important to you?
- A:** How would you like me to address these issues while caring for you?
Are there ways in which we can support you in your faith/spirituality/religion?
Would you like to talk to someone about these matters?
Would like us to arrange for a member of your faith community to come and see you?

General recommendations when taking a spiritual history:

1. Consider spirituality as a potentially important component of every patient's physical well-being and mental health.
2. Address spirituality at each complete physical exam and continue addressing it at follow-up visits if appropriate. In patient care, spirituality is an on-going issue.
3. Respect a patient's privacy regarding spiritual beliefs; don't impose your beliefs on others.
4. Make referrals to chaplains, spiritual directors or community resources as appropriate.
5. Be aware that your own spiritual beliefs will help you personally and will overflow in your encounters with those for whom you care to make the doctor-patient encounter a more humanistic one.

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Further References:

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References

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