

Centre for Paediatric Spiritual Care Newsletter

Birmingham Children's Hospital NHS Foundation Trust

April 2016



The Centre for Paediatric Spiritual Care is a unique resource for anyone working with sick children and their families.

We aim to support and encourage research and resourcing for multidisciplinary spiritual care.

If you think you could contribute to our Centre by adding a resource, writing a blog post or contributing to our research please contact emma.roberts@bch.nhs.uk

Take a look at our website to see more of our research and resources:

www.bch.nhs.uk/cpsc



@BCH_CPSC

Spiritual care is for those of all religions and none, but for many people, religion is an important part of their spirituality. This month, we tell you about some of the ways we provide religious care for our diverse patients and families.

For religious children and families, faith-based support can make a real difference to their time in hospital. Hospital staff can find it helpful to be aware of aspects of religion which may impact their care, for example beliefs about death and dying. Here are some of the ways religious support is provided at Birmingham Children's Hospital...

Religious Events

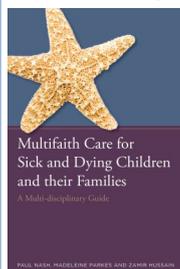


At Birmingham Children's Hospital we have a programme of events to celebrate religious and cultural festivals. There is a group which works to coordinate these events, and includes members of the Chaplaincy, Staff Experience and Play departments.

Celebrations

range from simple activities that can be done with patients on the wards, to bigger events such as our Holi celebration in March.

Religious Resources



We have produced a range of resources for healthcare professionals to use with the children that they work with, including the book 'Multifaith Care with Sick and Dying Children and their Families', which has details about caring for children from each of the six major world faiths. We also have a number of resources for Muslim families, including bereavement resources, a book of Sikh Prayers for an Ill Child, and a range of Christian resources. You can see the full range on our [website](#).

We will be releasing more resources soon, including a resource about organ donation in Islam, these will be announced in our newsletter.

Case study

A 15 year old boy was being treated on the mental health ward for psychotic symptoms, and a chaplain's visit was requested. Eddie was worried about the nature of his sins and whether or not he was likely to go to hell as a result. Over a period of several weeks, the chaplain visited regularly, bringing an attitude of acceptance and encouragement offering prayers expressing God's reassurance and love and addressing some of Eddie's fears.

Featured Article:

Simão, T.P.; Caldeira, S.; de Carvalho, E.C. (2016) The Effect of Prayer on Patients' Health: Systematic Literature Review: *Religions*,7(1), 11.

<http://www.mdpi.com/2077-1444/7/1/11>

There is increasing interest regarding prayer in healthcare. Positive outcomes have been identified regarding spirituality in health. This study aims to investigate the effects on patients' health of using prayer.

A systematic literature review was conducted in May 2015 and updated in November 2015. A total of 92 papers were identified and 12 were included in the review. Prayer was considered a positive factor in seven studies, and several positive effects of prayer on health were identified: reducing the anxiety of mothers of children with cancer; reducing the level of concern of the participants who believe in a solution to their problem; and providing for the improved physical functioning of patients who believe in prayer. Prayer is a non-pharmacological intervention and resource, and should be included in the nursing holistic care aimed at patients' well-being.

Website Updates

Roots and Leaves activity

This is an activity which explores roots, or things that ground us, and hopes and dreams, using a tree template as a starting point for children and young people to customise with their own unique personalities.



All resources are available to download [here](#)

Blog Posts

This month, Sophie Slater-Evans, a student at the Midlands Institute for Children and Youth Mission, has shared her reflections on spending a day at Birmingham Children's Hospital as part of her course, learning what Chaplaincy with sick children and young people involves.



29th February was Rare Diseases Day, and two CPSC members, Paul and Sally Nash, went along to an event at Birmingham Children's Hospital which celebrated the day. They shared the spiritual care activities which we have developed, ahead of the opening of our new Rare Diseases Centre. Sally has written about their experiences.

All blog posts are available to read in full [here](#).

Multifaith Celebrate Project: Festivals in April

Vaisakhi—Sikh	14 th April
Shri Rama Navami—Hindu	15 th April
Passover—Jewish	22 nd April
St George's Day—Cultural	23 rd April



Full details for the festivals can be found [here](#).