

Centre for Paediatric Spiritual Care Newsletter

Birmingham Children's Hospital NHS Foundation Trust

February 2016



One of the key messages that we at the CPSC want to give people is that spiritual care is not something just Chaplains do. This month, we've compiled a [list of resources](#) aimed at various members of the care team to help them incorporate spiritual care into their role.

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 or contributing to our research please contact bch-tr.cpsc@nhs.net

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

www.bch.nhs.uk/cpsc



@BCH_CPSC



Spiritual care can be provided by any healthcare professional working with sick children. That's why we've added a list of online resources tailored to particular disciplines to our website. The resources introduce what spiritual care is, why it is important, and how to provide it.

If you work with sick children and aren't sure what spiritual care is or how you could incorporate it into your work, here are few things to remember...

- Spiritual care doesn't need to be religious. Spirituality is about each person as an individual. It can include what's important to them or what gives them meaning. For some people this will include religion, but it can also include things such as family, interests, personal history or goals.
- Spiritual care doesn't need to be complicated. The spiritual care activities on our website are designed as simple ways to open up conversations about deeper issues in an environment in which the child is comfortable.
- Spiritual care doesn't always need to be something extra. Many healthcare professionals may find that they are already providing their patients with spiritual care simply by caring for them as an individual. NHS Scotland's '[Spiritual Care Matters](#)' resources sums it up: "The member of staff who asks a patient - "How are you today?" and means it, is already involved in spiritual care"

Case Study

A family support play worker arranged a safe way for a young boy, who had spent a long time in intensive care, to go outside and take part in a snowball fight. She saw how this was a normalising experience for him, and also allowed other medical staff to engage with him as an individual. This experience resulted in more efforts to help him off the ward, for example to the playrooms on other wards.

Taken from 'Spiritual Care with Sick Children and Young People'

Multi faith Celebrate Project: February 2016

Chinese New Year—
Cultural— 8th February
2016

Shrove Tuesday—
Christian—9th February
2016

Ash Wednesday—Christian
10th February 2016

Read about this festivals
[here](#).

Featured Article:

Caldeira, S. and Hall, J.
(2012) Spiritual leadership
and spiritual care in
neonatology: *Journal of
Nursing Management* 20,
1069-1075.

[https://
www.researchgate.net/
profile/Silvia_Caldeira/
publication/233417788_Spiri
tual_leadership_and_spiritu
al_care_in_neonatology/
links/00b7d52c47a1c062fa00
0000.pdf](https://www.researchgate.net/profile/Silvia_Caldeira/publication/233417788_Spiritual_leadership_and_spiritual_care_in_neonatology/links/00b7d52c47a1c062fa00000.pdf)

This article aims to explore
spiritual care in the
neonatal care environment
in addition to highlighting
the importance of spiritual
leadership of a health team
in that context.

Website Updates

This month, we have added an activity called 'A Room with a View'. This can be adapted for a variety of circumstances. We have some suggestions for how it can be used to help children think about what they want while they are in hospital, or what is important to them about home.



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

Blog Posts

Nick Ball, Christian Chaplain at Birmingham Children's Hospital, writes about how he provided spiritual care for a patient who was unable to communicate verbally by using humour to connect with her.

Two members of staff at the hospital, Parkash Sohal, a Sikh Chaplain, and Diane Maybey, Therapeutic Consultant, recently visited Punjab, India to support a charity providing healthcare to those who cannot afford it. They have written about their experiences providing care for sick children in this context.

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



New publication: Paul Nash and Sally Nash have published an article in the *Journal for the Study of Spirituality* entitled: 'Reflections on Using Metaphors in Exploring Spiritual and Religious Needs with Young People with Cancer and their Families'. Read the abstract [here](#).

Upcoming events (Email paul.nash@bch.nhs.uk for full details)

****Last chance to book****

Participation day – see the CPSC approach to spiritual care
23rd February 2016.

Cost: £35 (including resource bag)

Multidisciplinary Spiritual Care Accredited Module

15 March 2016, 27 April 2016, 18 May 2016 and 16 June 2016.

Cost: £300 (£250 without assessment)