Contraction and Expansion of the Soul -
Spiritual Determinants in Physical Outcomes in Rehab

Rev'd Don Shipton
Atlantic Canada Stroke Conference
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Or,

“The Return of the Snake”
Cost-effectiveness of Spiritual Care
(E.McSherry, 1987)

Ortho pts who received randomized visits from chaplains -

- LOS reduced 20%
- meds reduced 33% (66%)
- calls to nurses reduces 33% (66%)
Cost-effectiveness
(cont'd)

SCI patients -
- inverse ratio of objective stress to religiosity

CABG pts with strong religious resources
- leave hospital 19.5% faster
- total cost reduced 19%
Religion and Hypertension
(Levin and Vanderpool, 1989)

- 20 Studies

- 5 outcome variables:
  - mean blood pressure
  - SBP and DBP
  - hypertension heart disease mortality
  - hypertension-related mortality
  - history of hypertension
“Subjects reporting high levels of religious commitment seem to be at lower risk for morbidity and mortality”
Spirituality and the Heart
(Levin, 1995)

- “The importance of spirituality to the physical heart may have less to do with physiology then the energies and emotions captured in metaphors about the heart.”
Spirituality and the Heart
(continuation)

- “The heart's (metaphoric) energies have everything to do with how we are in the world, how we are with other people and how we manage both horizontal and vertical relationships.”
Spirituality and the Heart
(cont'd)

- “All these studies suggest that something about spirituality protects against heart disease.”
Rehabilitation Survey
(Anderson et al, 1993)

12 month survey at Sinai Rehabilitation Hospital, Baltimore:

- Spiritual and religious beliefs are important - 74%
- Not enough attention paid to spiritual and religious needs - 45%
- Wanted pastoral visits - 54%
“This study shows that our rehabilitation in-patient population frequently has a substantial amount of unmet religious and spiritual needs.” (Anderson)
The Role of Spirituality and Religiousness in Rehabilitation
(Underwood-Gordon et al, 1997)

“Measure of religious coping can predict the outcome of life crises above and beyond the contributions of non-religious coping mechanisms. Use of religious coping skills by older patients who are acutely or chronically disabled is associated with a diminished risk of incurring depression and increased likelihood of recovery if depression occurs.”
The Role of Spirituality (cont'd)

Recommendations:

1. Identify and examine spiritual and religious eustress and distress in patients receiving rehab
2. Address issues of training, qualifications, and certification of chaplains
3. Evaluate spiritual assessment tools for use in rehab
4. Vigorously access the board range of relevant literature
Basic Spiritual Needs
(Kyllo, 1996)

1. Love
2. Purpose and value
3. Power and control
4. Belongingness

“… that can be met after stroke.”
A Paradigm of Wholeness and Reconstitution
(Do Rozairo, 1997)

• “There is increasing evidence to suggest it is the individual’s volitional system - that is, that person’s inner and interactional world of values, beliefs, attitudes and inspiration - that helps to mediate, buffer and determine the process of successful coping.”
Paradigm of Wholeness
(cont'd)

- Factors that facilitate coping and adaptation:
  1. Spiritual transformation and growth vs disillusion and disintegration
  2. Hope vs hopelessness and despair
  3. Personal control and choice vs disempowerment and passivity
  4. Positive social supports vs separation and rejection
  5. Meaningful engagement and participation vs disengagement and disinterest
"This study revealed that the experience of dissolution and decay can precipitate people into entering into a process of ‘wholing’, in that they move towards rediscovering their true selves and their relationship to the world".
Paradigm of Wholeness
(cont'd)

• “…people who have undergone some crisis or critical incident in their lives may be able to access and experience a ‘deeper reality’ or ‘flow’ in life”
Research summary - long-term experiences of stroke survivors
Yarrow, Gubitz and Phillips, 2004

- loss of self
- confusion
- anger but also:
  - hope
  - surrender
  - acceptance of new self
“…stroke survivors made tremendous efforts to redefine themselves in their newfound lives. Through mourning and reinterpretation, some discover a new sense of meaning, value and gratitude for life, abilities maintained or regained, and family, friends and spiritual connections”.
The old ............. the new
Proposed Spiritual Paradigms

1. The center of gravity in the psyche must shift from the ego to the self

2. Life is to be seen as cyclical, rather than linear
Spiritual Paradigms
(cont’d)

super ego

ego (exec funcion)

id
Spiritual Paradigms
(cont'd)

- Linear perspective:
Spiritual Paradigms
(cont'd)

- Cyclical perspective:
  - growth
  - improvement
  - consolidation
  - knowledge
  - letting go
  - acceptance
  - surrender
  - wisdom
Listening

- study of the soul - psychology
- treatment of the soul - psychology and psychiatry
- care of the soul - spiritual/pastoral care
“To ‘listen’ another soul into a condition of disclosure and discovery may be almost the greatest service that any human being ever performs for another”

– (Douglas Steve)
“I cried unto the Lord…and he heard me”  
– Johnah 2:2
Listening
(cont'd)

“I waited patiently for the Lord; and he enclined unto me, and heard my cry…”.
– Ps 40
Listening (cont'd)

The third ear to the “old” stories -

- the chaos at the beginning of Creation
- the Exodus
- Jeremiah’s potter
- death - resurrection
- “Behold, I make all things new” (Revelation)
Motifs for Transformation

1. Forgiveness
2. Prayer, meditation
3. Surrender
Trans-Faith Paradigm

- Buddhism: the absurd
- Christianity: paradox
- Confucianism: obligation
- Hinduism: duty
- Islam: submission
- Judaism: purposefulness
## Spiritual Assessment

*(Shipton 2003)*

<table>
<thead>
<tr>
<th>Spiritual Health</th>
<th>Spiritual Distress</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Trusting - 0…4…8…12…16…20</td>
<td>Fearful</td>
</tr>
<tr>
<td>• Participating - 0…4…8…12…16…20</td>
<td>Resistant</td>
</tr>
<tr>
<td>• Supported - 0…4…8…12…16…20</td>
<td>Abandoned</td>
</tr>
<tr>
<td>• Empowered - 0…4…8…12…16…20</td>
<td>Passive</td>
</tr>
</tbody>
</table>

**Spiritual Distress Score:**

1........20........40........60........80

(Conv...)(Distress)(Despair)
Questions for the rest of us

- Do we anticipate our own ego-death?
- What spiritual resources will we call upon?
- Do we trust we will be transformed?
- In what way?
Thank you
References


References (cont’d)