

PFE/SCW-23 - Award in Spiritual Dimension in Elderly Care for Healthcare Workers

EQF/MQF Level: 5

ECTS Value: 4 ECTS

Duration: 11 Sessions

Contact Hours: 20

Self-Study Hours: 75

Assessment Hours: 5

Accreditation Category: Further Education Programme

Programme Description

Spirituality plays a crucial role in holistic care, yet it is often overlooked. This course addresses the challenges in conceptualizing spirituality and offers clarity on its integration into elderly care. Participants will explore the meaning of spirituality and gain competence in spiritual practice. The course covers attitudes towards spirituality, assessment of patients' spiritual needs, and factors affecting its integration into nursing care. Practical guidance is provided to equip healthcare workers with skills to incorporate spirituality into their practice effectively.

Entry Requirements

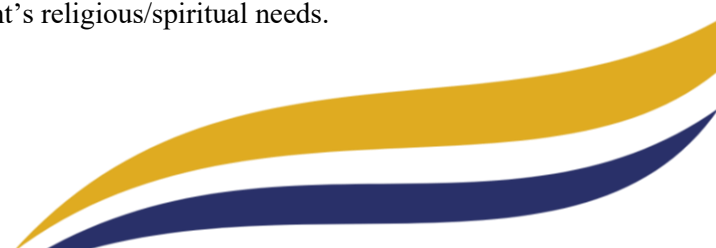
Qualifications: Possess a minimum of an MQF/EQF Level 4 or higher qualification.

Language: Applicants must have a basic understanding of Maltese and be proficient in English.

Digital: Applicants must know how to access and use the internet.

Overall Objectives

At the end of the module/unit, the learner will be able to:

- Define spirituality, spiritual care, and religiosity.
 - Recognize the importance of spirituality, spiritual care, and religiosity for elderly patients.
 - Identify principles of therapeutic relationships, such as empathy and providing a non-judgmental presence to support spiritual care, as well as respecting patients' dignity and individuality.
 - Demonstrate specific communication skills to support spiritual care competency in providing spiritual care/service for patients.
 - Demonstrate confidence in implementing spiritual care in everyday elderly care practice.
 - Apply specific resources available to support the patient's religious/spiritual needs.
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Programme Structure and Mode of Delivery

The course will be delivered through 10 face-to-face lectures as follows:

Session 1: Defining Spirituality and Spiritual Care in Healthcare – Competencies in Spiritual Care

Spirituality and spiritual care in healthcare encompass how patients and healthcare professionals seek and express meaning, purpose, connection, value, or transcendence within the context of illness and health. An increasing body of evidence demonstrates that spirituality is associated with improved health outcomes, patient satisfaction, medical decision-making, and quality of life. This session will introduce various definitions of spirituality and spiritual care, along with the multidimensional spiritual field.

Session 2: Interpersonal and Intrapersonal Spirituality

Intrapersonal Spirituality addresses personal spirituality, emphasizing that healthcare workers must nurture their own spirituality to provide effective spiritual care. Students will explore the significance of self-reflection and self-awareness in personal and professional growth. Interpersonal Spirituality focuses on building relationships through effective communication skills, recognizing individuals' unique spiritual and cultural worldviews, fostering companionship, and delivering compassionate care.

Session 3: Spiritual Assessment and Evaluation of Care

This session introduces learners to formal and informal approaches for assessing patients' spiritual needs, planning interventions based on available resources, and evaluating whether patients' needs have been met.

Session 4: Loss, Grief, and Compassion in the Elderly

Learners will explore the inevitable experience of grief and loss, as well as feelings of isolation in the elderly. Understanding the grief process, as described by Elisabeth Kübler-Ross, will enable healthcare workers to prevent spiritual distress and provide compassionate care to the elderly.

Session 5: Spiritual Care in Elderly Rehabilitation

This session focuses on addressing the spiritual needs of elderly individuals undergoing rehabilitation. It explores strategies for promoting creativity and addressing feelings of suffering and solitude.

Session 6: Spiritual Care and Mental Health

Learners will gain insights into various mental health issues affecting the elderly and acquire skills to manage and provide care for elderly individuals experiencing mental health challenges.



Session 7: Spiritual Care in Dementia

This session provides information on dementia in the elderly and equips learners with skills to manage care in this context, as well as supporting families to better understand and cope with the situation.

Session 8: The Role of Religion in Spiritual Care for the Elderly

This session highlights the integral role of religiosity in spiritual care.

Session 9: The Sacraments in Different Religions and Spirituality

Learners will explore religious practices across various denominations present in our society.

Session 10: Case Scenarios in the Spiritual Dimension of Elderly Care

This session presents case scenarios to assess and evaluate learners' knowledge, skills, and attitudes acquired during the program, preparing them for application in elderly care settings.

Assessment

There will be a short multiple-choice examination at the end of the course.

Certification

Upon successful completion of this course, participants will be awarded an accredited certification.

