

Palliative Care Development in the Asia Pacific

Raising Professional Awareness Through Spirituality

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WHO Collaborating Centre
for Training in Hospice & Palliative Care

Palliative C a r e Development in the Asia Pacific



1 **Current Address**

Healthcare Professionals' Awareness & Cancer Patients' Needs
in the Asia Pacific

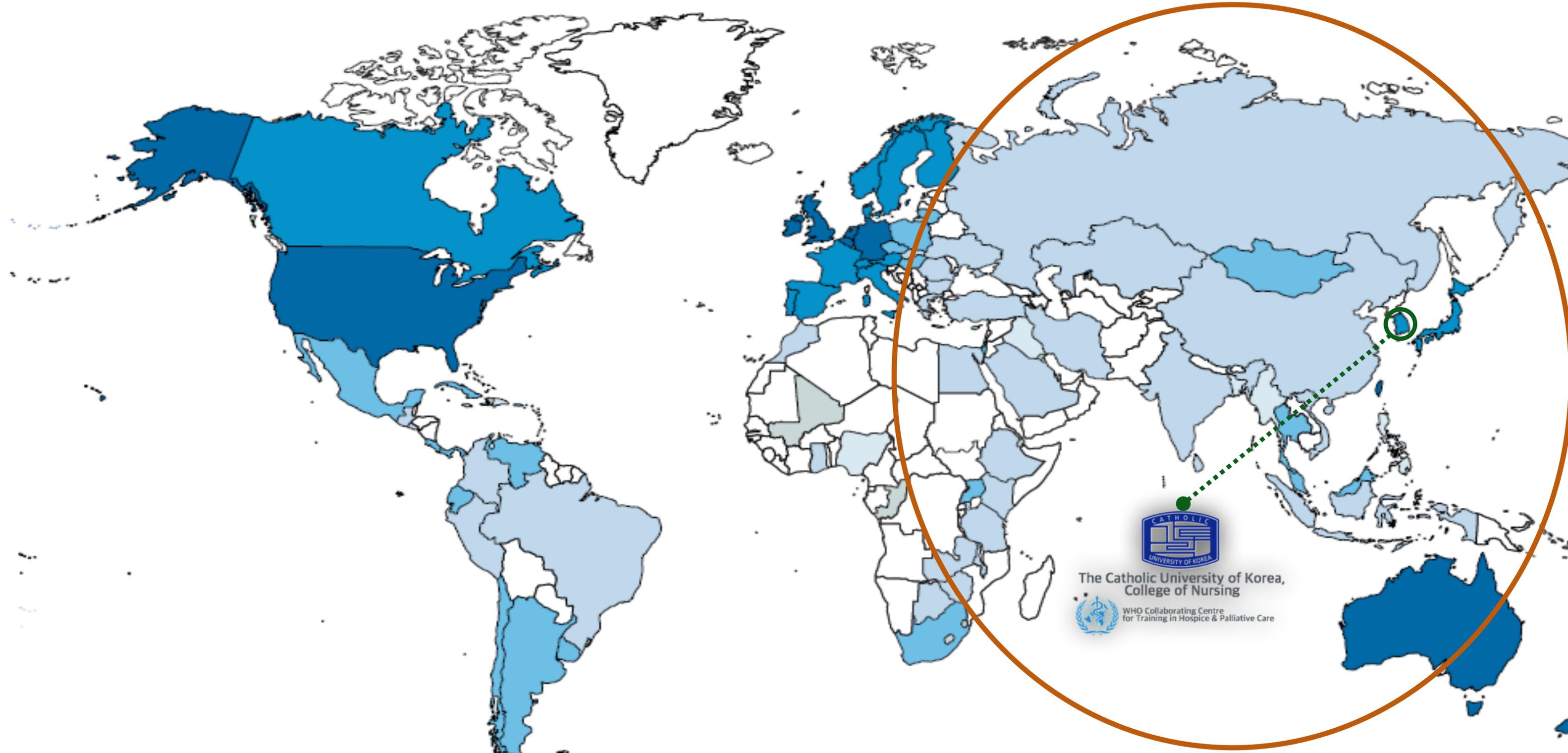
2 **Future Direction**

Spirituality-based Training Program for the Asia Pacific

Healthcare Professionals' Awareness & Cancer Patients' Needs in the Asia Pacific



2015 Quality of Death Index Overall scores




The Catholic University of Korea,
College of Nursing
 WHO Collaborating Centre
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Four Surveyed Countries

Mongolia
QOD Rank 28/80
GDP Rank 135/191

S. Korea
QOD Rank 18/80
GDP Rank 12/191

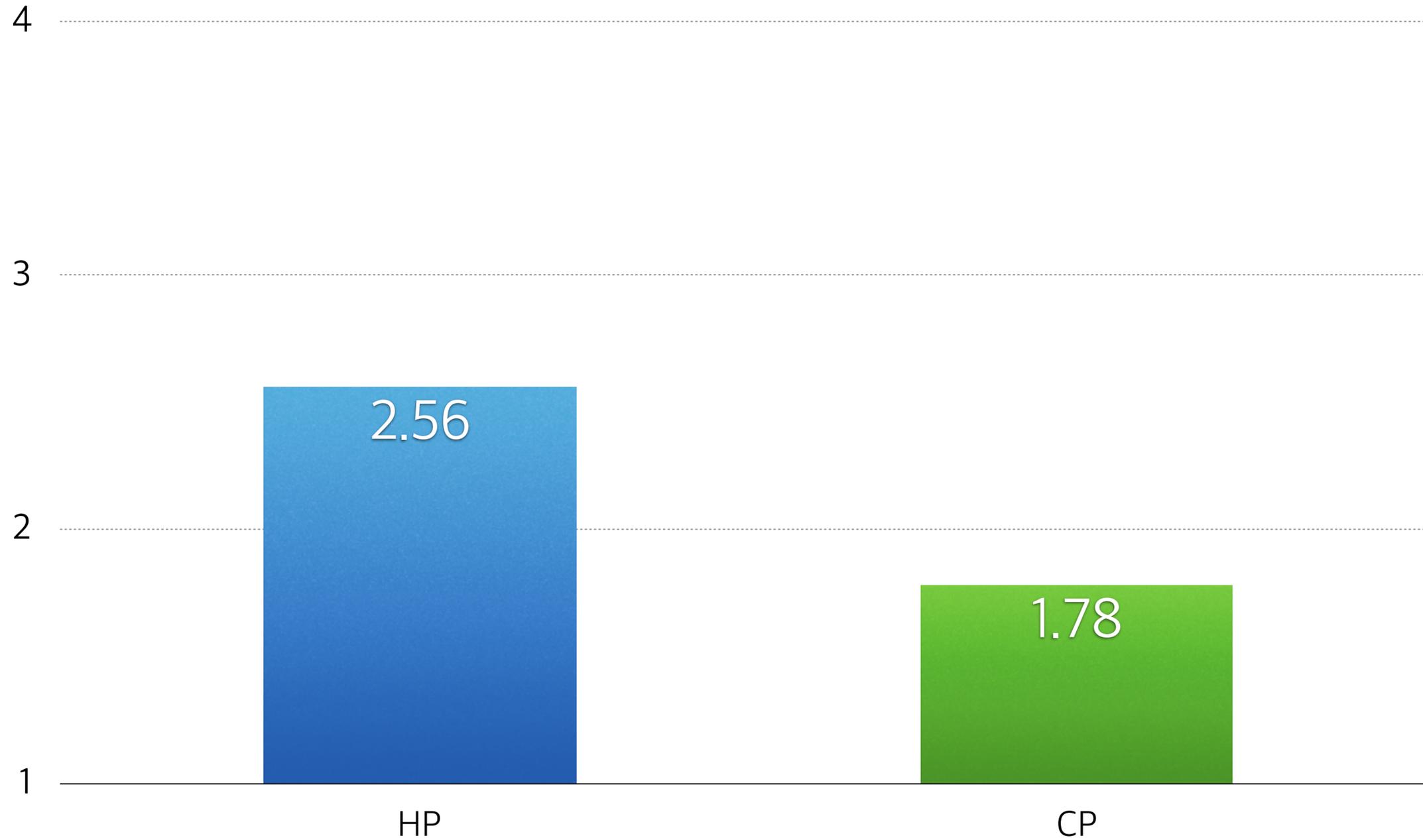
Vietnam
QOD Rank 58/80
GDP Rank 47/191

Solomon Islands
QOD Rank N/A
GDP Rank 174/191



Survey Results_Know Hospice&Palliative Care?

HP=Healthcare Professionals(n=195) | CP=Cancer Patients(n=142)

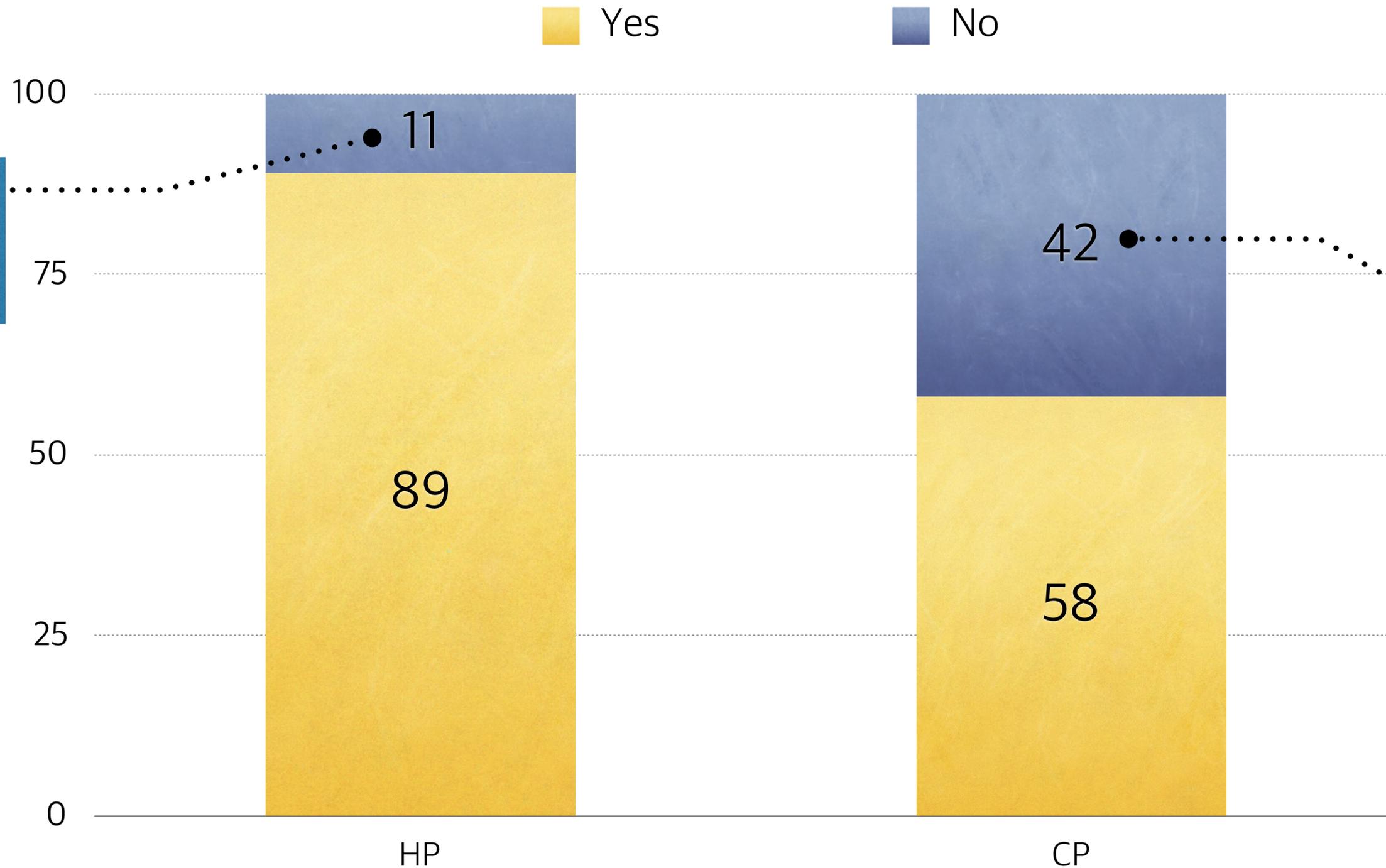


Survey Results_Wish to Use Hospice&Palliative Care?

Why NO?

43%

Lack of
Service

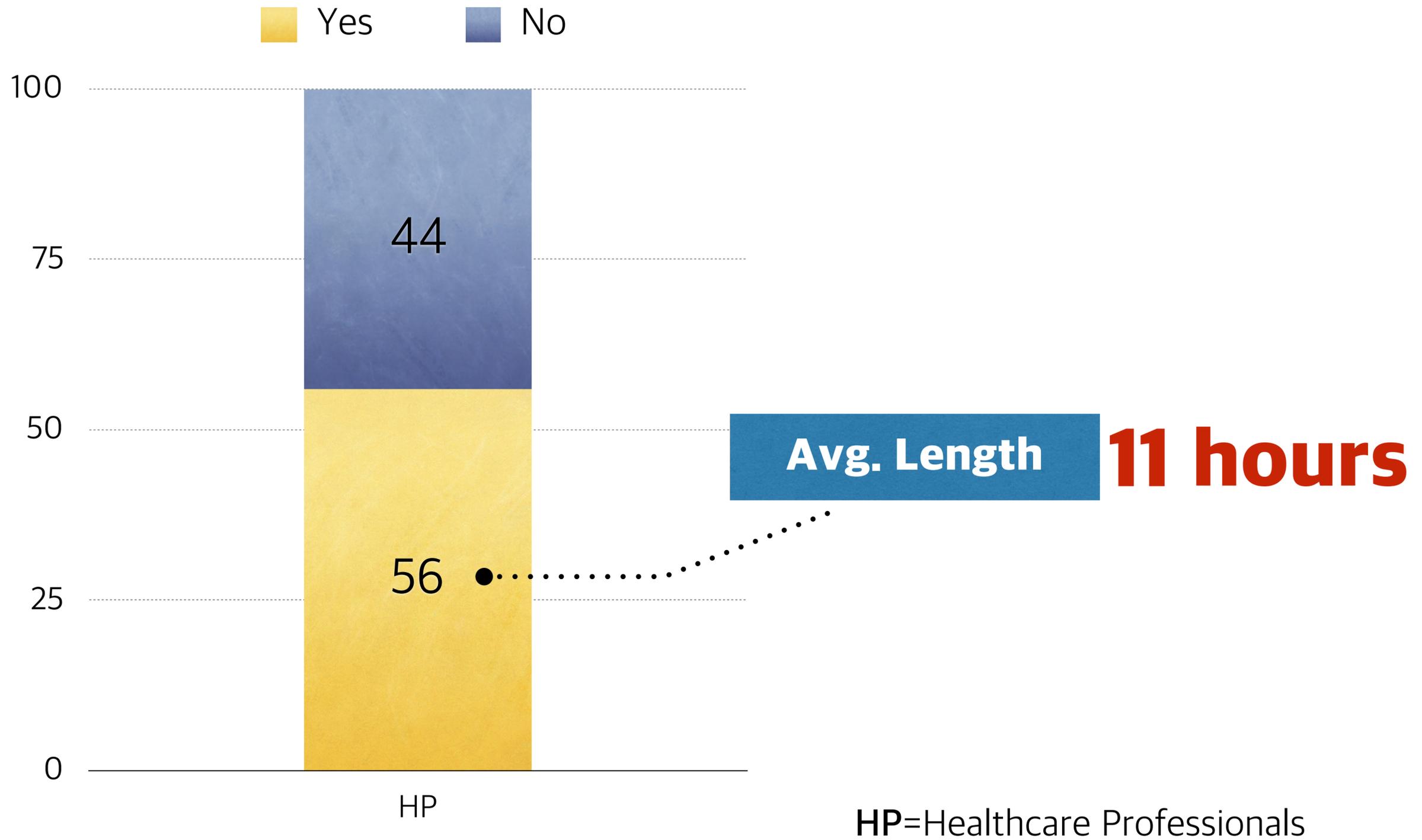


Why NO?

66%

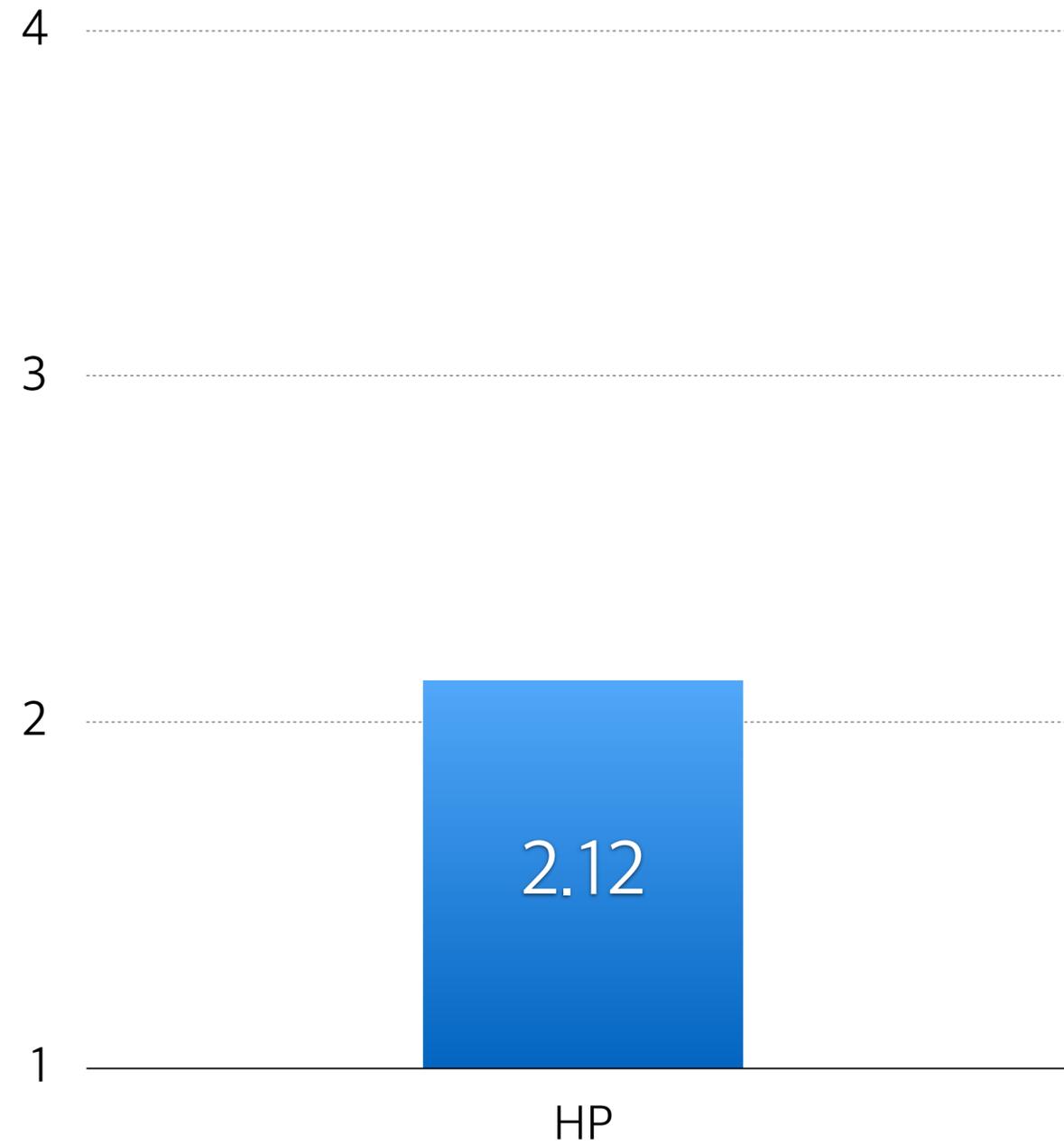
Lack of
Knowledge

Survey Results Learned Hospice & Palliative Care?



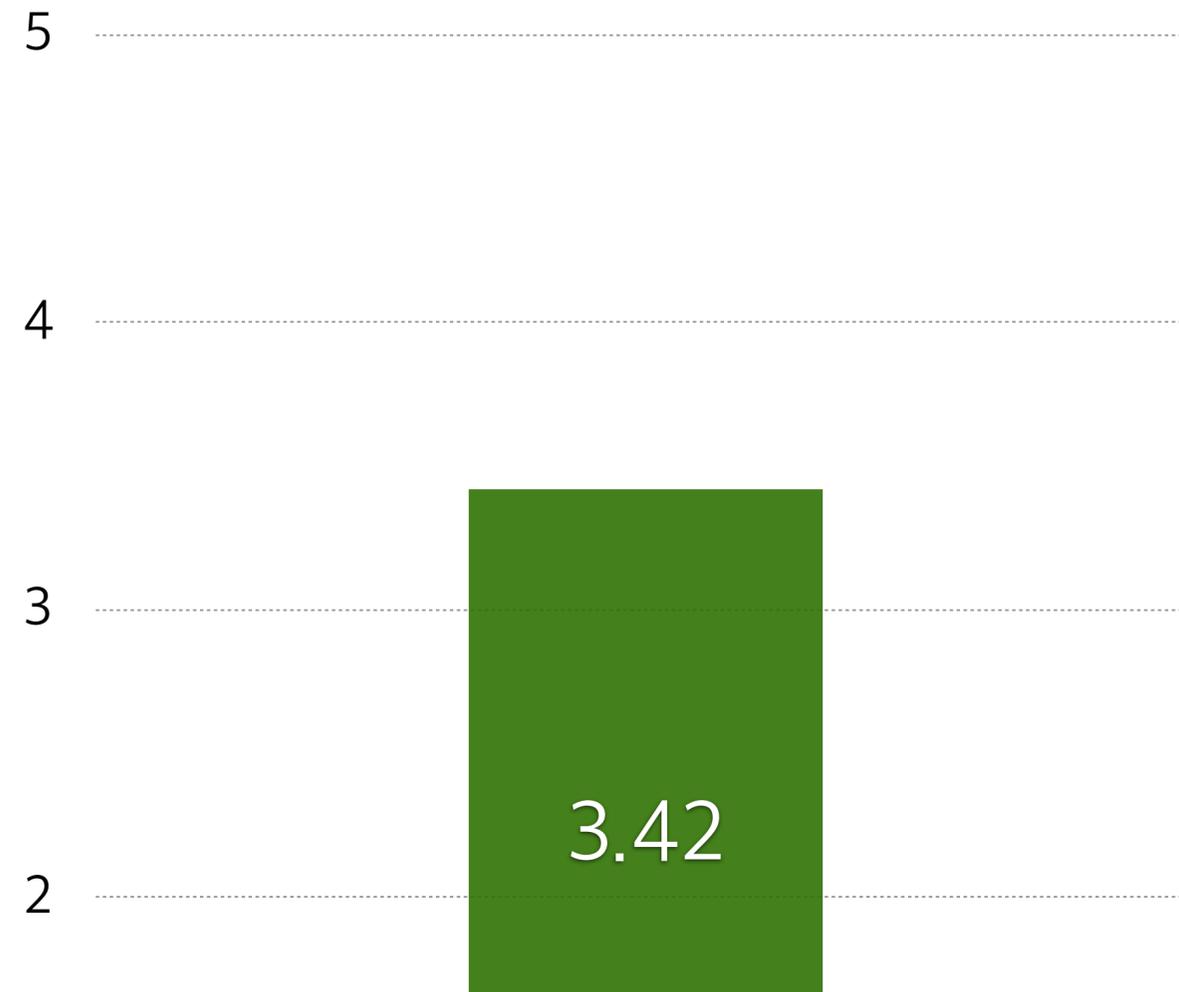
Survey Results_HP's Hospice&Palliative Care Confidence

HP=Healthcare Professionals



Survey Results_CP's Hospice&Palliative Care Needs

CP=Cancer Patients

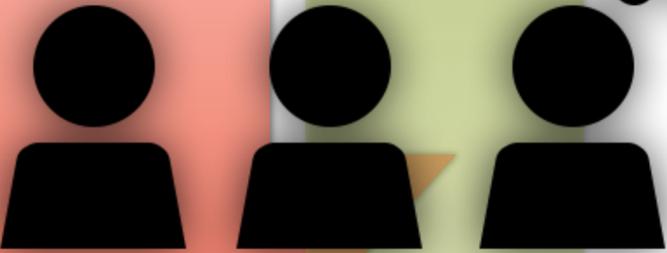
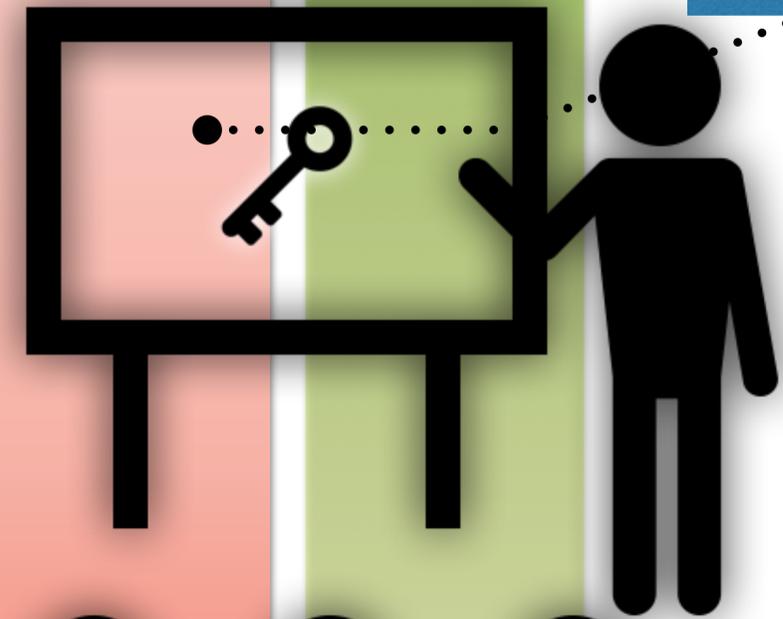


This means that professionals in the Asia Pacific needs to be trained to address the complex needs of patients despite low level of support and resources.

Survey Implications I

Bottom-up Development
(Training, Education, etc.)

It can also lead to top-down
development



Top-down Development
(Law, Policy, etc.)

Survey Implications II

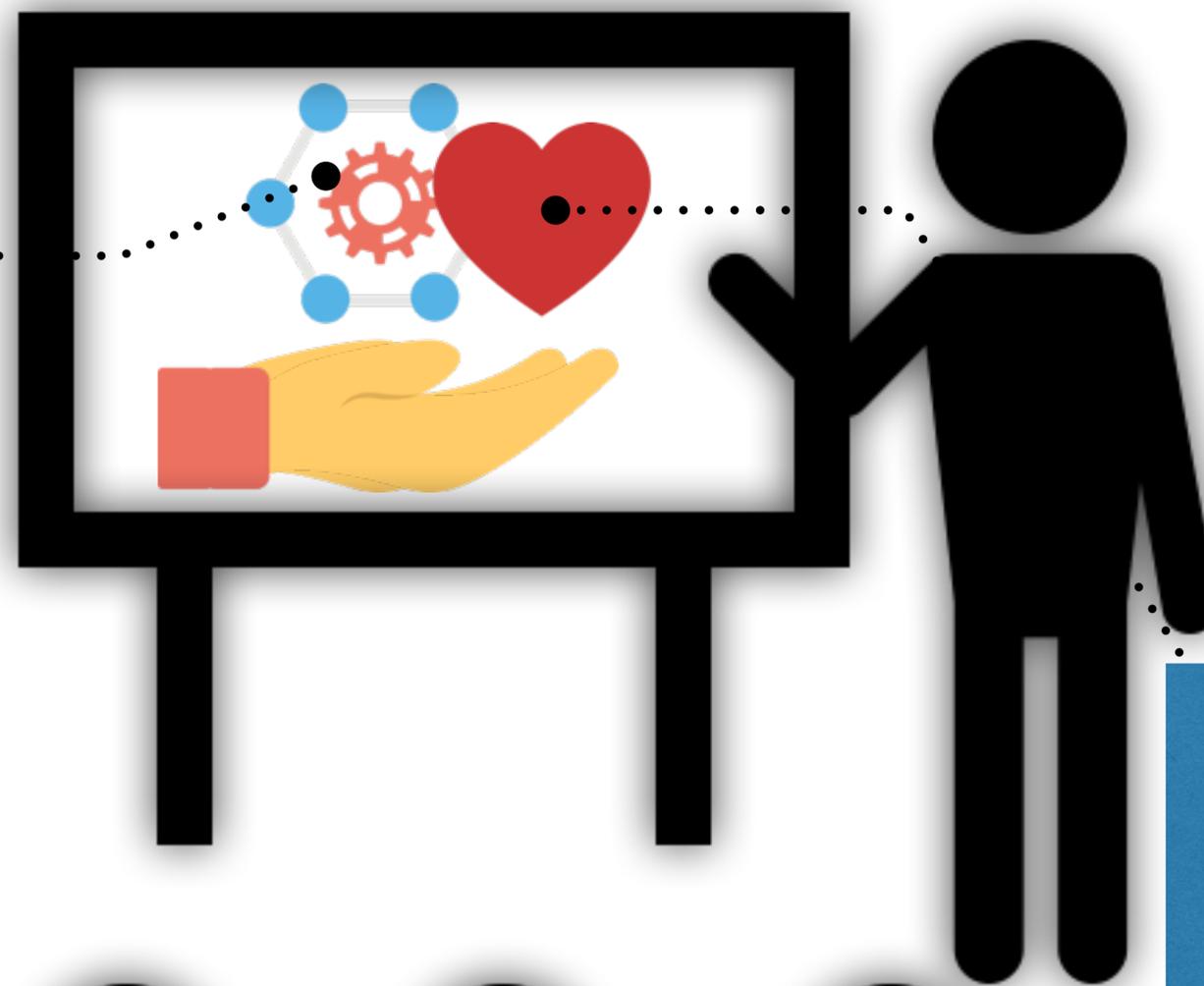
Training professionals from low-resource settings
Flinders Univ & APHN, 2006-2012
led to policy developments



Survey Implications II

Training and Education In Developed Countries of Asia Pacific

Healthcare systems:
biomedical & task-oriented

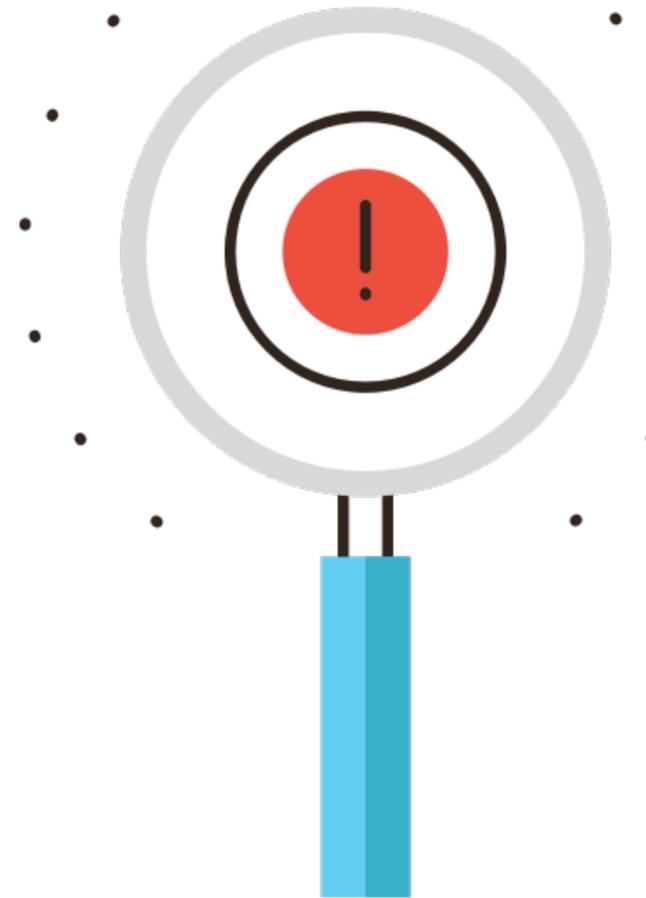


Spiritual dimension:
Need for **holistic** training to foster
professional awareness &
competence

Future Direction | Spirituality-based Training Program for the Asia Pacific



Evidence



Suggestions

Evidence



Patients have spiritual needs that influence overall quality of life, but are not receiving adequate spiritual care.

Professionals acknowledge importance of spiritual care, but feel that they do not have sufficient knowledge and time.

Professionals are experiencing psychosocial / existential crises, but need efficacious intervention for their wellbeing.

Need for spiritual interventions that enhance both patients' & professionals' well-being

Holy Name Meditation Program

Session	Themes
Weekly	1 Workshop: Introduction to Spiritual Care and Choosing a holy word/phrase
	2 Repetition of a Holy Word & Harnessing Emotions : Silently repeat a holy word/passage from major religious traditions as often as possible during the day.
	3 Slowing Down : Calm the mind to reduce hurry and tension that causes stress & carelessness
	4 One-Pointed Attention : Give full concentration to one thing at a time
	5 Training the Senses : Overcoming indulgence or conditioned habits
	6 Putting Others First : Obtaining freedom from self-will and separateness, Expand the circle of love

key component - choosing a word/phrase that one finds meaningful
by great spiritual figures

Anywhere & Anytime, For Everyone

Holy Name Meditation

Middle Manager Nurses

5 weeks

- 1 Improved Spiritual well-being
- 2 Improved Spiritual integrity
- 3 Reduced Burnout
- 4 Improved Leadership

Holy Name Meditation

Clinical Nurses

8 weeks

- 1 Improved Spirituality
- 2 Improved Empathy
- 3 Improved Positive affect
- 4 Improved Job satisfaction
- 5 Improved Leadership practice
- 6 Reduced Stress
- 7 Reduced Burnout

Holy Name Meditation Program | Effects



Spiritual Care Leadership Program

Holy Name Meditation

Cancer Patients

5 weeks

- 1 Improved Spiritual well-being
- 2 Decreased Anxiety
- 3 Decreased Depression

Holy Name Meditation

Nursing Students



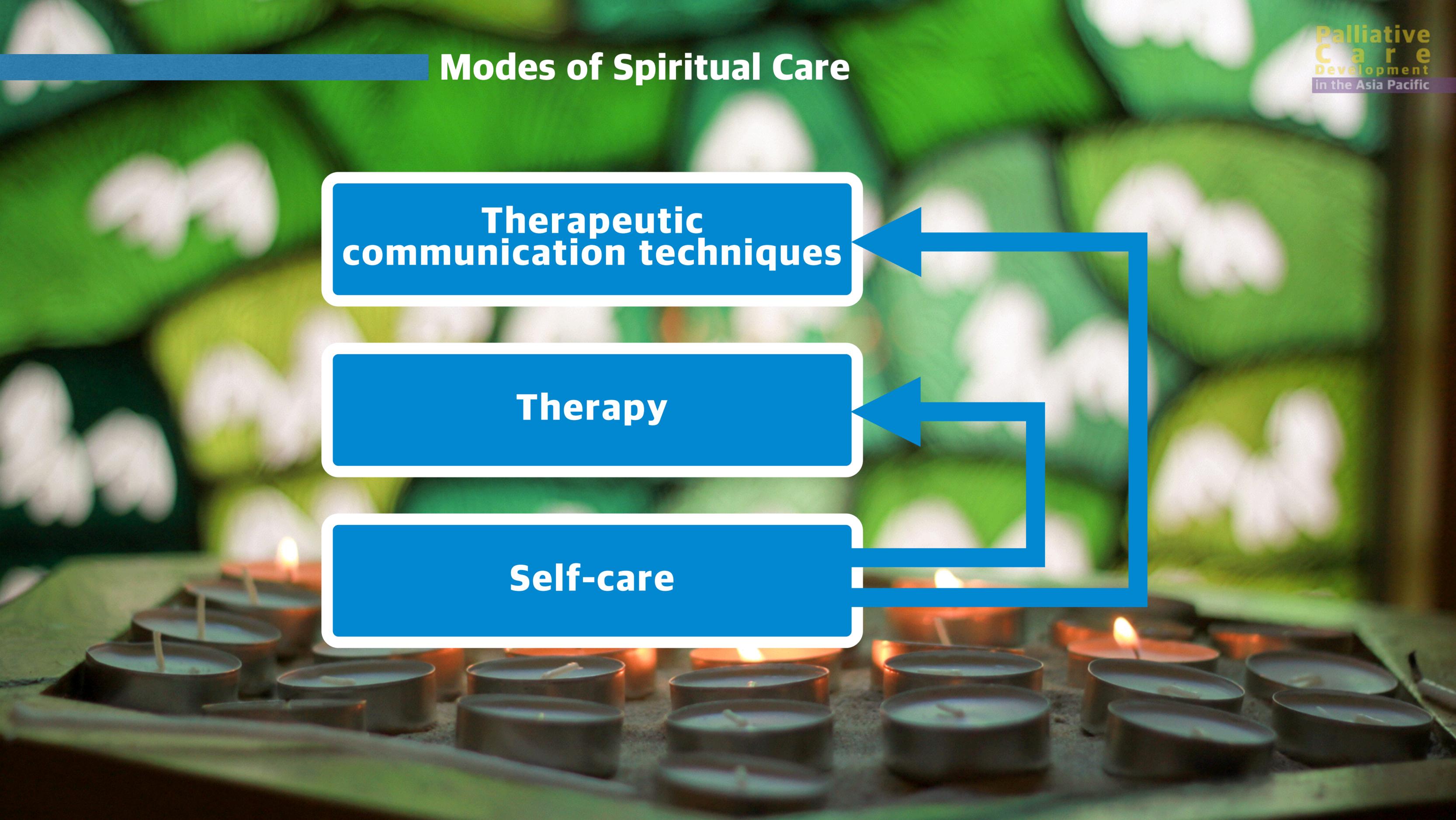
- 1 Improved Spirituality
- 2 Improved Empathy
- 3 Reduced Stress

Modes of Spiritual Care

**Therapeutic
communication techniques**

Therapy

Self-care



Self-care

Modes of Spiritual Care

- 1 Massage
- 2 Reconciliation with self or others
- 3 Spiritual support groups
- 4 Meditation**
- 5 Sacred / spiritual readings or rituals
- 6 Yoga
- 7 Exercise
- 8 Art therapy
- 9 Journaling

Modes of Spiritual Care

Therapeutic communication techniques

1 Compassionate presence

- 2 Reflective listening, query about important life events
- 3 Support patient's sources of spiritual strength
- 4 Open-ended questions to illicit feelings
- 5 Inquiry about spiritual beliefs, values and practices
- 6 Life review
- 7 Continued presence and follow-up

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Therapy

Modes of Spiritual Care

- 1 Guided visualization for “meaningless pain”
- 2 Progressive relaxation
- 3 Breathing practice or contemplation**
- 4 Meaning-oriented therapy
- 5 Referral to spiritual care provider as indicated
- 6 Use of story telling
- 7 Dignity-conserving therapy

Training professionals to engage in meditative self-care can be an effective & efficient solution to improve the well-being of patients & professionals.



Compassion

Many healthcare professionals say:
do not have enough time & knowledge to provide spiritual care

Spiritual Care

“Being consciously in the present moment with another or others”

Healing Presence

Holistic training
to promote **professional awareness & compassion**

Transformation of awareness & heart through meditative self-care -> *Healing Presence*
Powerful spiritual care



Conclusive Suggestion for Asia Pacific

“I want to reduce their suffering holistically.
It is my dream to set up a palliative care unit in my hospital.”

Wah Wah Myint Zu

Participant of Flinders Univ & APHN Palliative Care Training

Training professionals to have compassionate hearts for the suffering patients will awaken their passion within,
& turning into advocates for palliative care development.

Planting the Seeds of Compassion

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-
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The development & dissemination of spirituality-based training program to develop professional awareness & encourage holistic self-care practice...



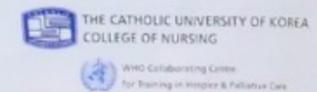
Compassionate Presence in West Africa

11~22 December 2017, Lomé, Togo



International Hospice & Palliative Care Training - L'Atelier de formation sur les soins palliatifs -

11 ~ 22 October 2017 / CHU Sylvanus Olympio (Lomé, Togo)



**Participants | 20 professionals from Benin, Burkina Faso, Chad, Côte d'Ivoire, Togo
1 doctor & 1 nurse from the same hospital formed 1 team**



Program | Theory & clinical practice on pain management, theory & reflective discussion on holistic care, meditation exercise, etc.



Raising Professional Awareness Through Spirituality



Thank You