

# Palliative Care Development in the Asia Pacific

## Raising Professional Awareness Through Spirituality

Sr. Julianna Yong, Ph.D., RN, SOLPH

Professor & Director



The Catholic University of Korea,  
College of Nursing



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

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## **2 Future Direction**

Spirituality-based Training Program for the Asia Pacific

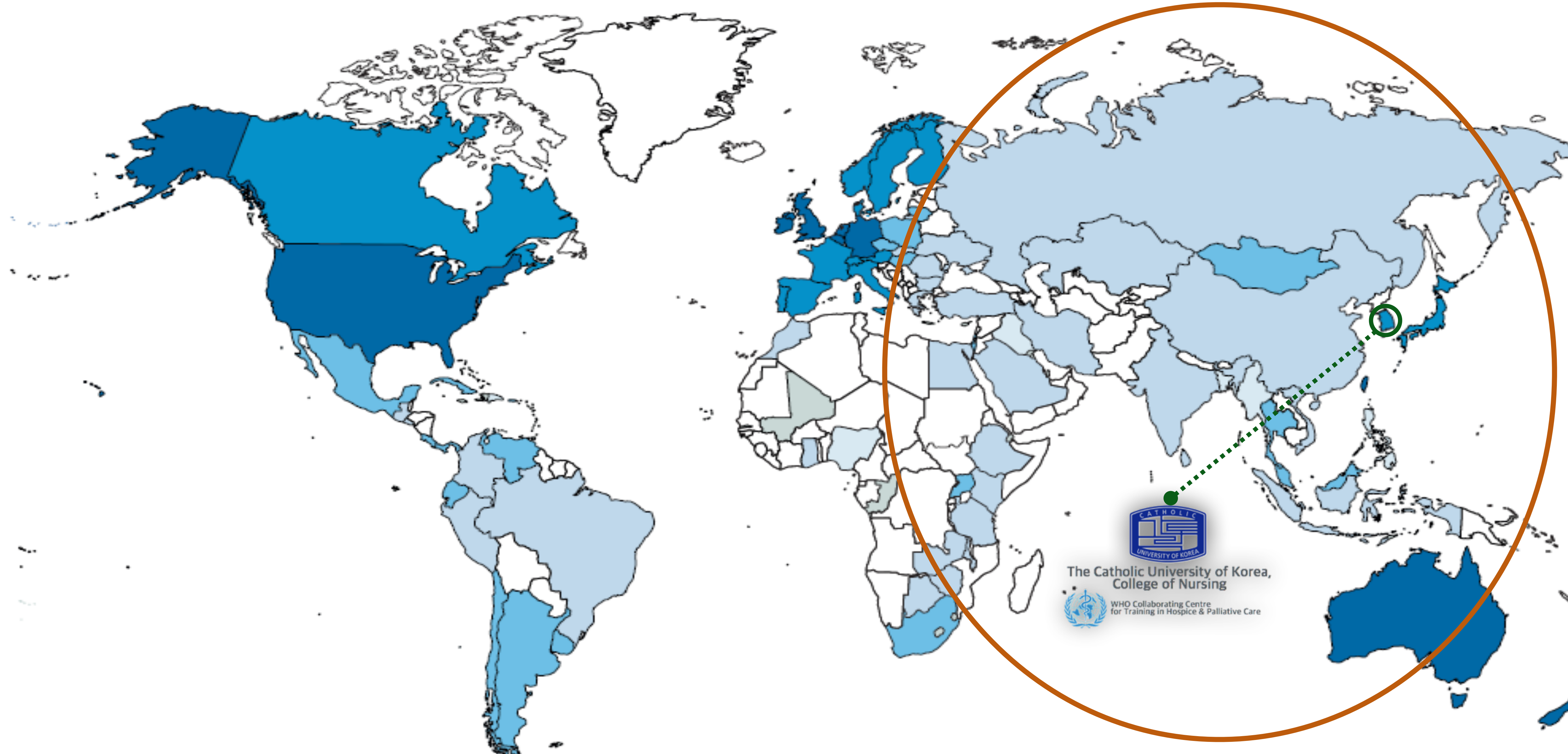
# Healthcare Professionals' Awareness & Cancer Patients' Needs in the Asia Pacific





# 2015 Quality of Death Index

Overall scores





## Four Surveyed Countries

**Mongolia** ●  
QOD Rank 28/80  
GDP Rank 135/191



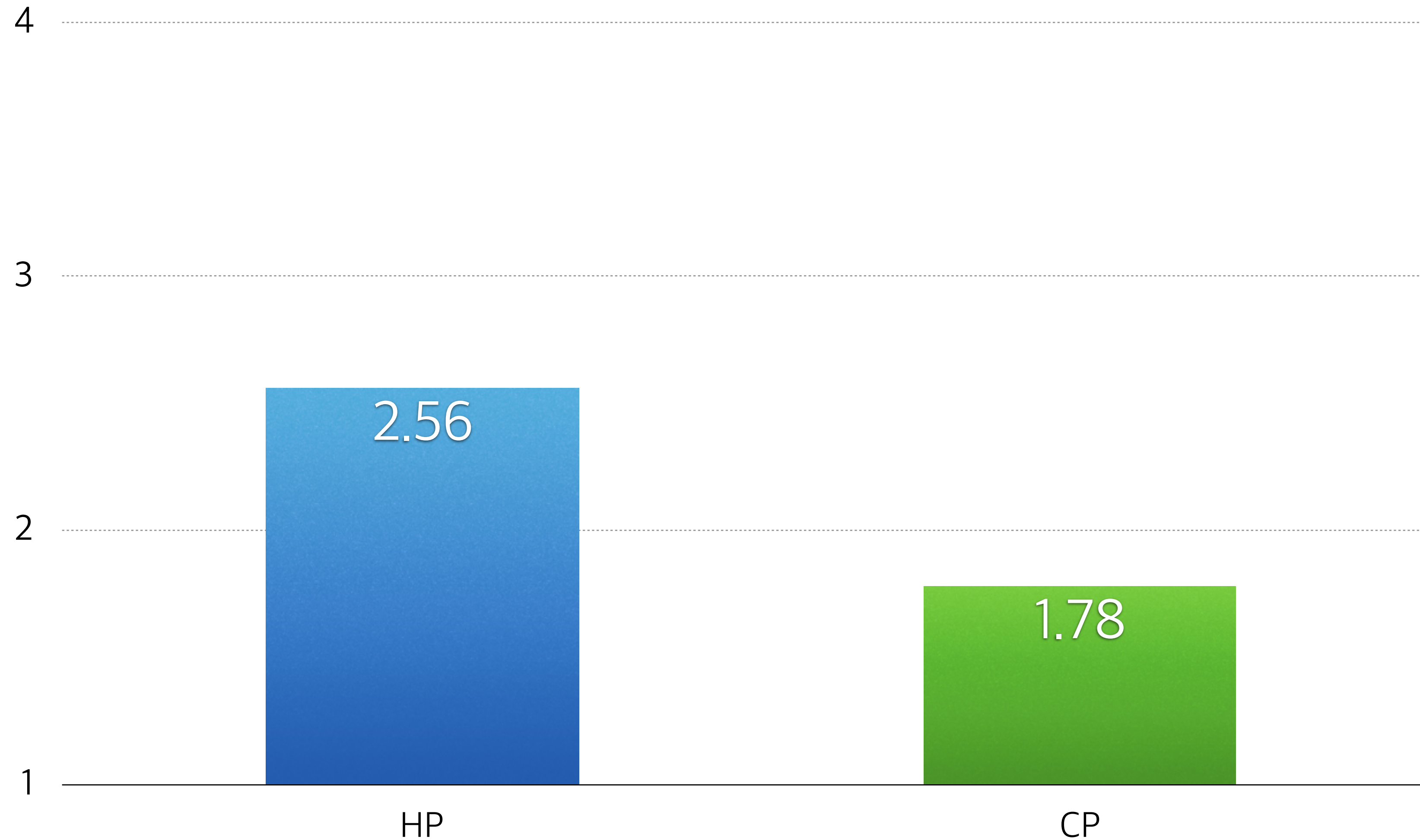
**S. Korea**  
QOD Rank 18/80  
GDP Rank 12/191

**Vietnam**  
QOD Rank 58/80  
GDP Rank 47/191

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

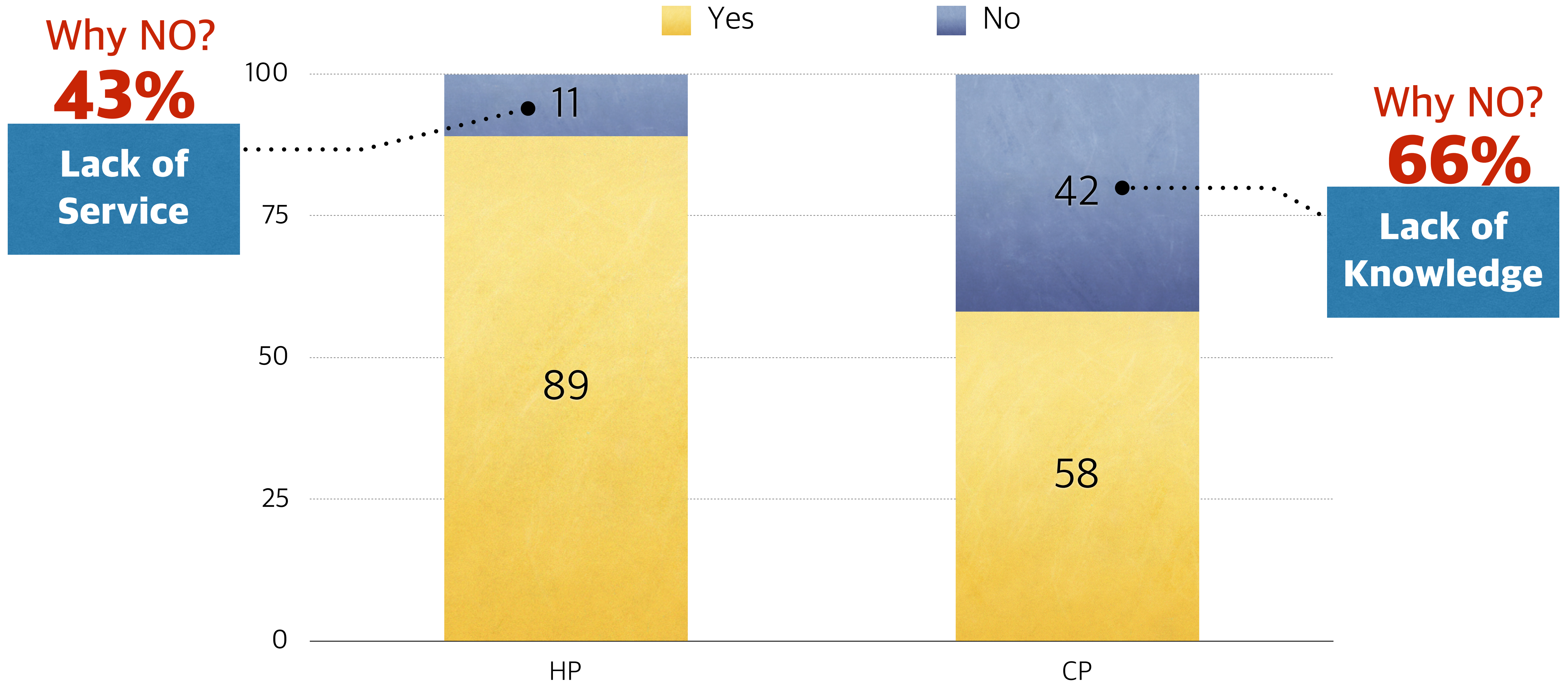
# Survey Results\_Know Hospice&Palliative Care?

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



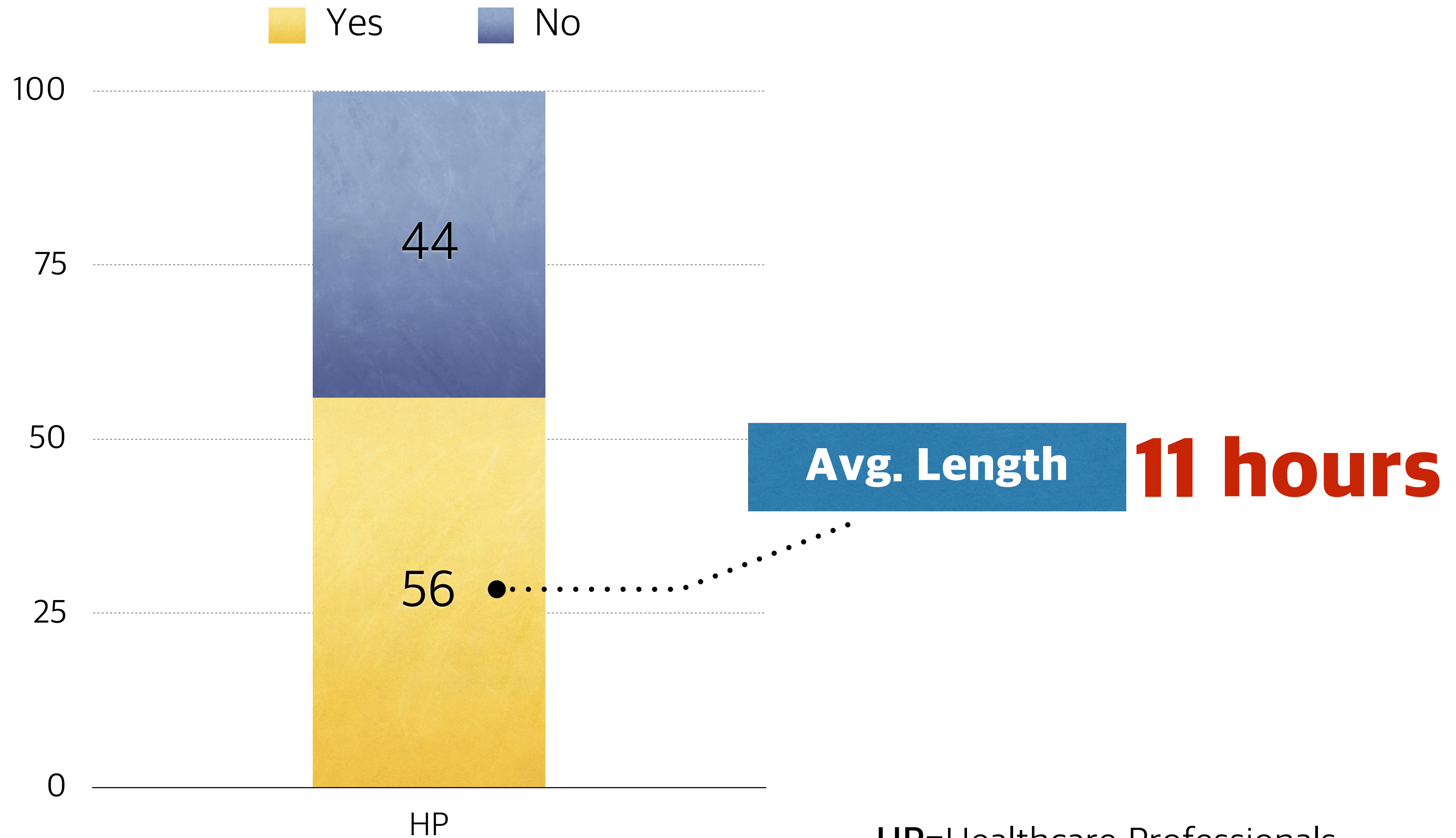


# Survey Results\_Wish to Use Hospice&Palliative Care?





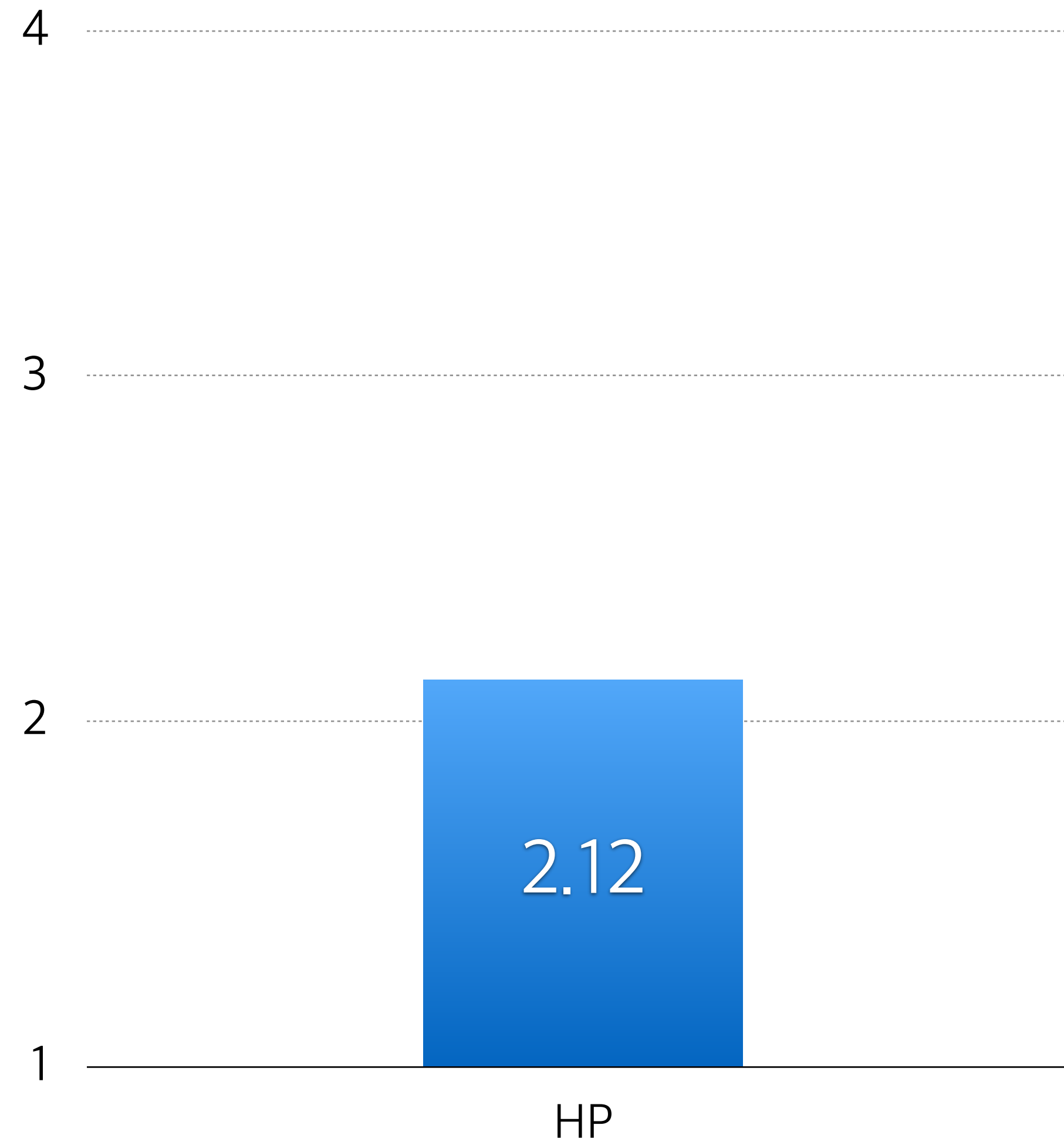
## Survey Results\_Learned Hospice&Palliative Care?





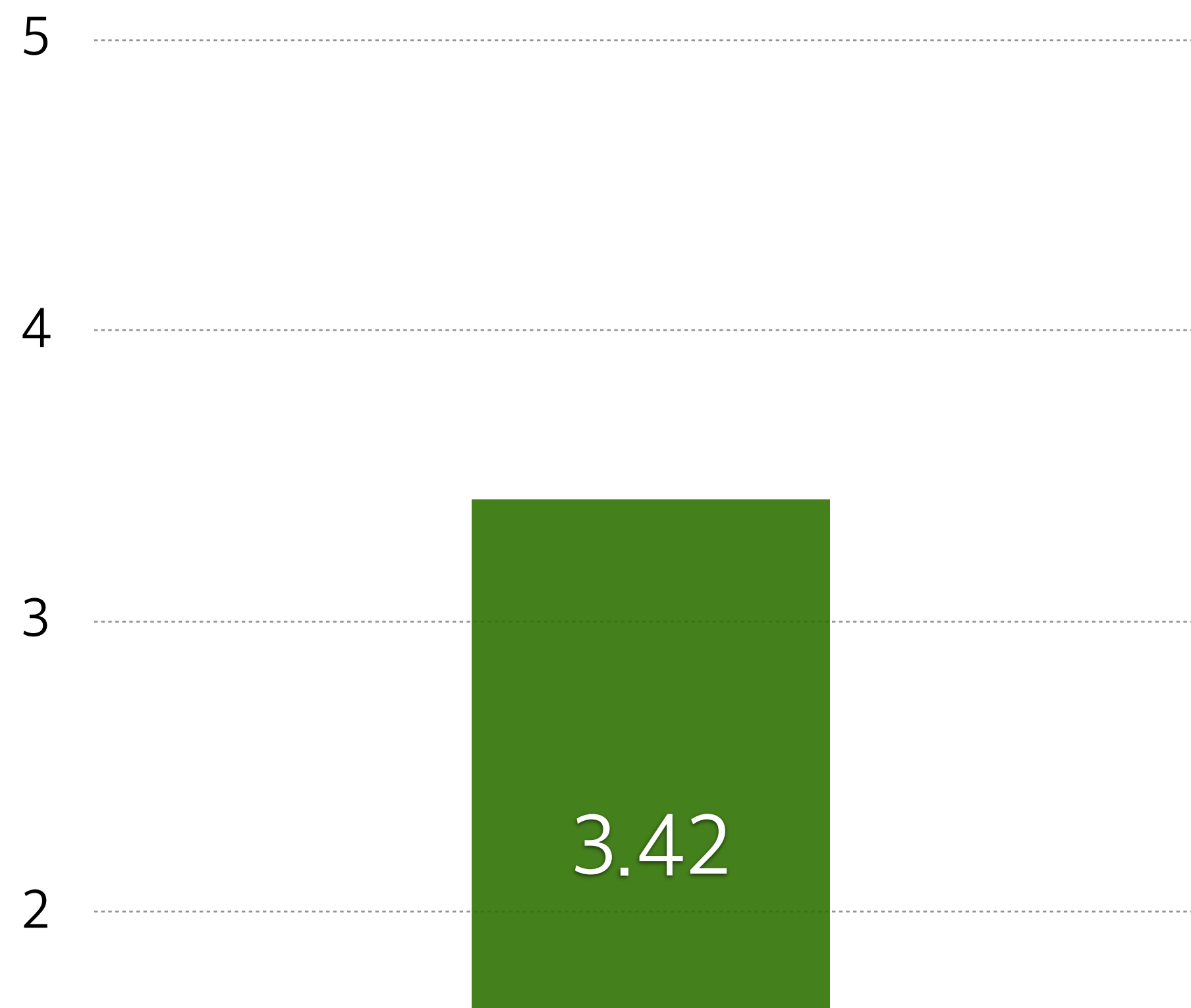
# Survey Results\_HP's Hospice&Palliative Care Confidence

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.

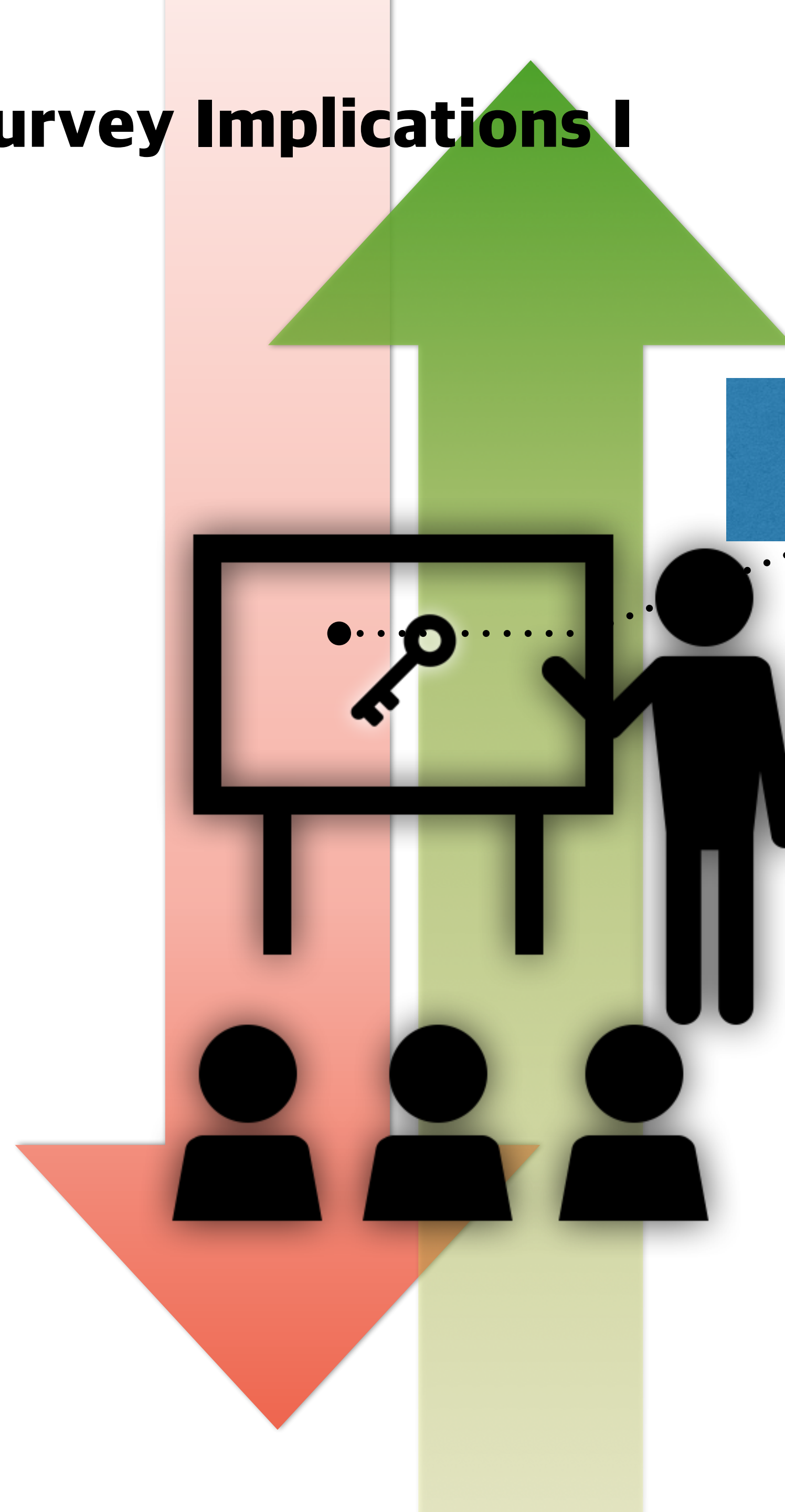


# Survey Implications I

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**

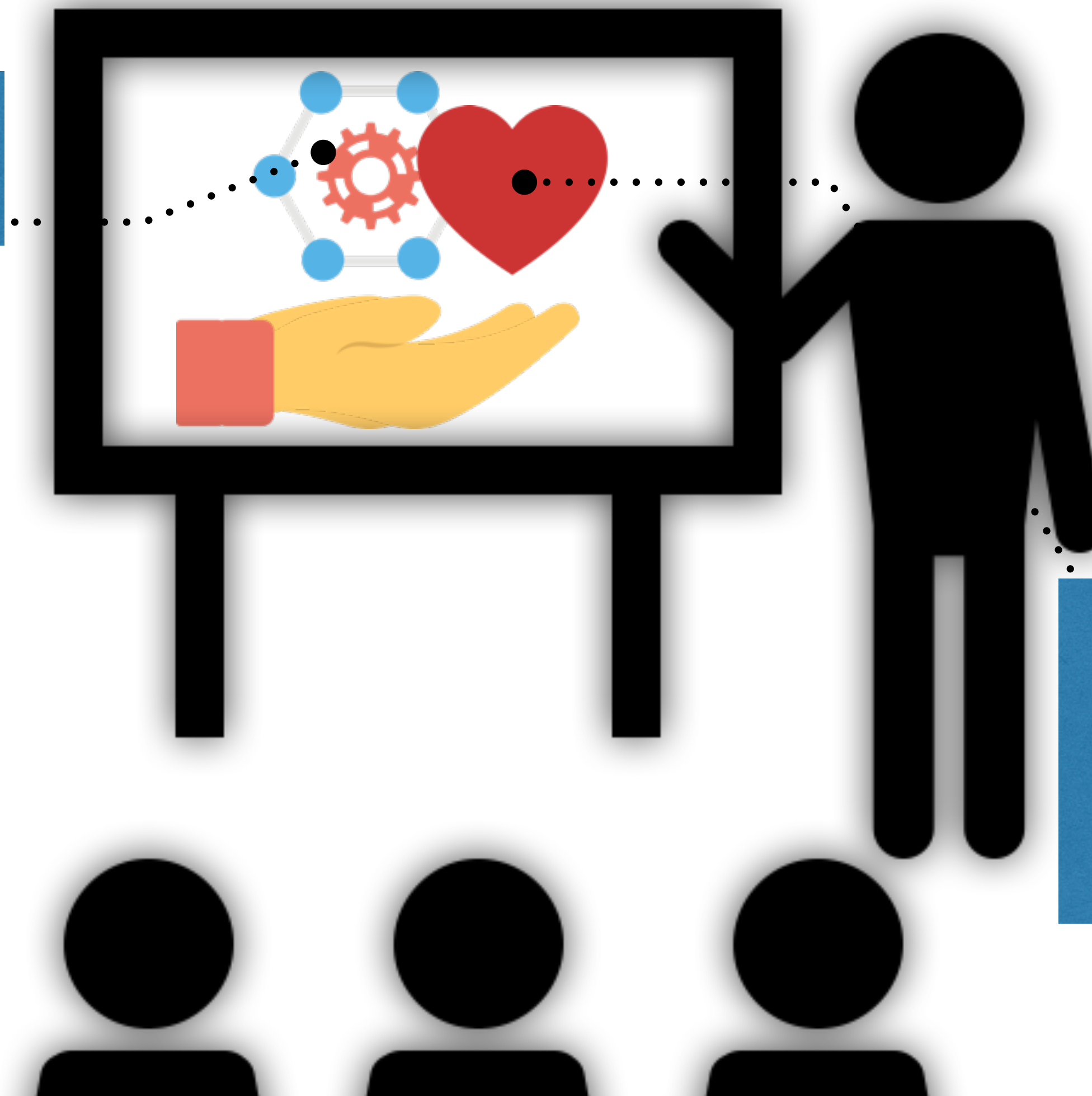




## Survey Implications II

# Training and Education In Developed Countries of Asia Pacific

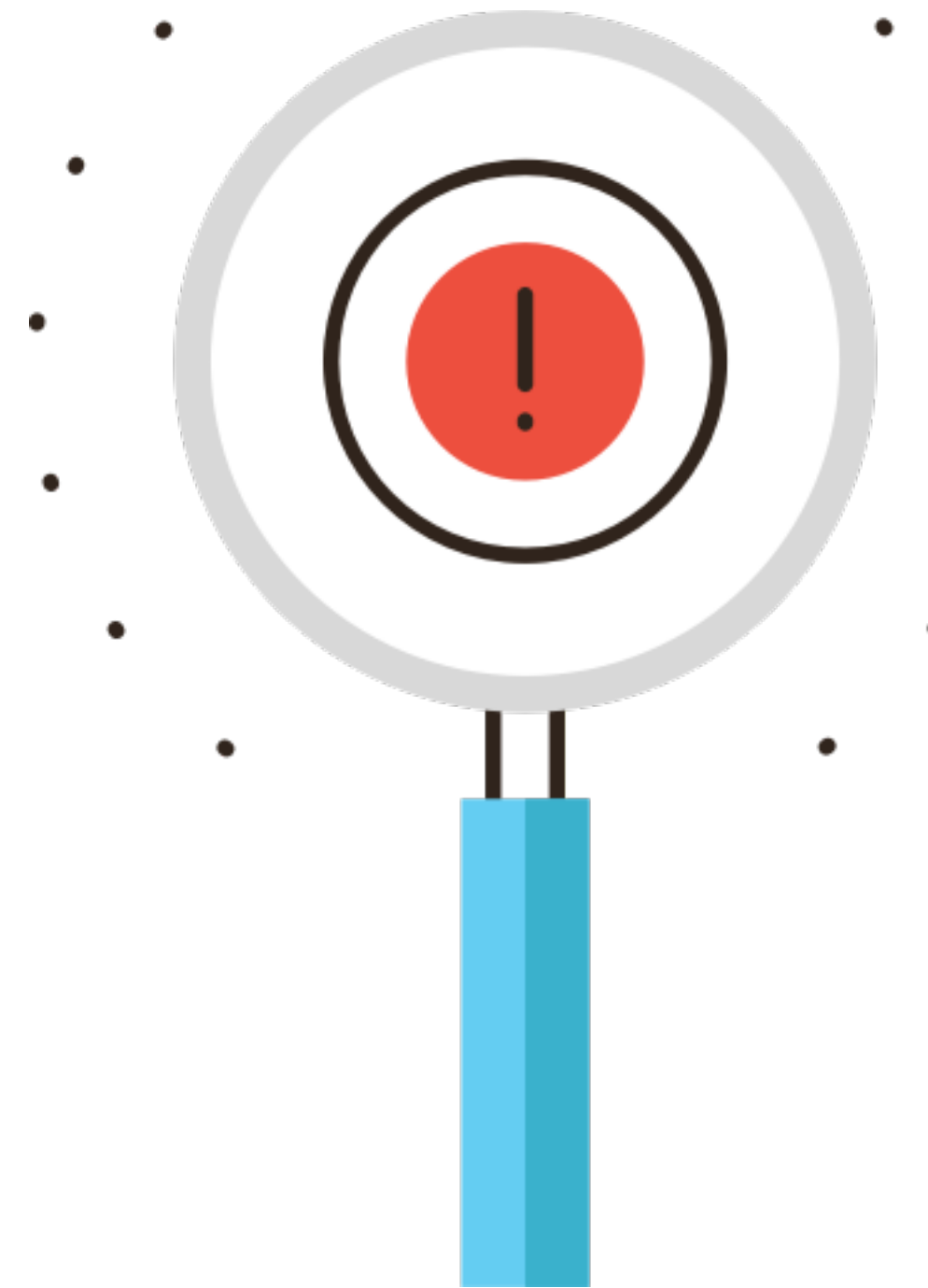
Healthcare systems:  
biomedical & task-oriented



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.**

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

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**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 <b>Spiritual Care and Choosing a holy word/phrase</b>
	2	Repetition of a Holy Word & Harnessing Emotions : <b>Silently repeat a holy word/passage</b> from major religious traditions as often as possible during the day.
	3	Slowing Down : <b>Calm the mind to reduce hurry and tension that causes stress &amp; carelessness</b>
	4	One-Pointed Attention : <b>Give full concentration to one thing at a time</b>
	5	Training the Senses : <b>Overcoming indulgence or conditioned habits</b>
	6	Putting Others First : Obtaining freedom from self-will and separateness, <b>Expand the circle of love</b>
	<b>key component - choosing a word/phrase that one finds meaningful</b>	
		by great spiritual figures
	8	Spiritual Companionship : <b>Anywhere &amp; Anytime, For Everyone</b>

# **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

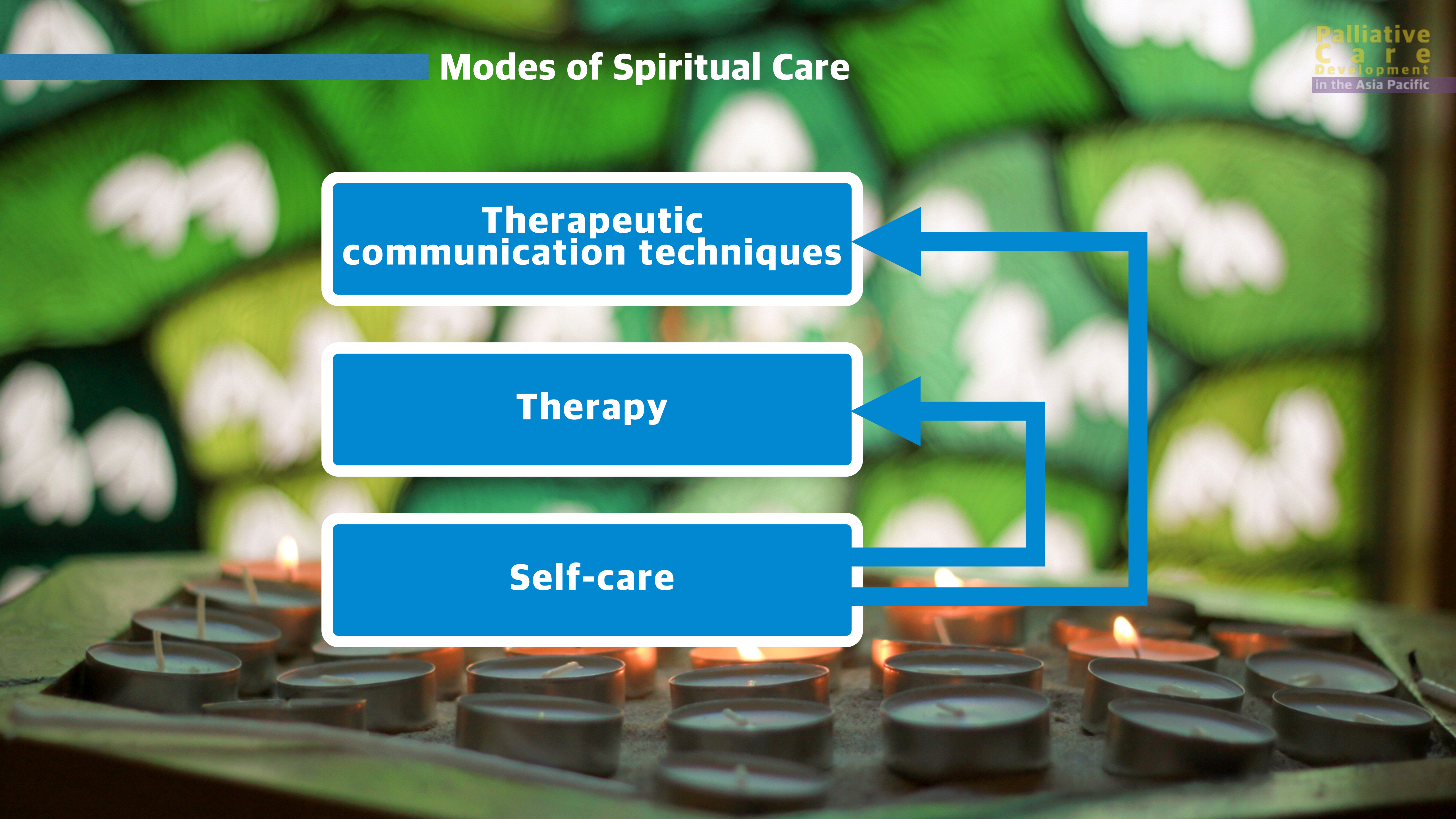


# Modes of Spiritual Care

**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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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



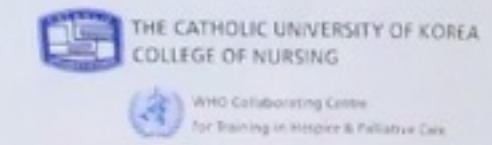


# International Hospice & Palliative Care Training

## - L'Atelier de formation sur les soins palliatifs -



11 ~ 22 November 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