



OXFORD TEXTBOOK OF SPIRITUALITY IN HEALTHCARE

LIVRO DIDÁTICO DE OXFORD DA ESPIRITUALIDADE NOS CUIDADOS DE SAÚDE

LIBRO DE TEXTO DE OXFORD DE LA ESPIRITUALIDAD EN SALUD

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The first edition of "Oxford textbook of spirituality in healthcare" was published in October 2012 and comes together in a systematic and comprehensive knowledge, essential for attention that is expected of health professionals regarding the spirituality of their patients. This work is a collaboration of eighty-one persons with recognized research and scientific publications on the topic in various areas and representing different disciplines relating to health, such as theology, philosophy and ethics. Among these contributors are the three editors, Mark Cobb, Christina Puchalski and Bruce Rumbold, whose research is evident in the area of spirituality and palliative care. The prologue is of Edmund Pellegrino, ethicist, emphasizing the multidisciplinary nature of the work and its importance for clinicians, researchers or teachers.

The book is divided into six sections that give to the reader a clear and coherent way. Each section is organized into chapters related to each other, but mutually exclusive, which is promoting an inviting and didactic reading. These chapters cover the concepts, clinical practice, research, policy, education and possible future prospects.

The first section is entitled "traditions" and part of a first chapter that revisits the historical and ancient between medicine and religion. Here are thirteen other chapters that develop different religions and beliefs, from the secular to the more contemporary, such as Christianity, Buddhism, the indigenous spirituality, Islam, Judaism or even new age spirituality.

The second section, devoted to "concepts" consists of eleven chapters. Each chapter develops a different concept but closely related to the general theme. The first

chapter of this section deals with the theme of knowledge about spirituality and highlights the importance of health professionals in being aware concerning what they know about spirituality and how they know. In this chapter the author continues with a question that is fundamental to start reading the chapters about other concepts such as personality, belief, hope, meaning and purpose of life, compassion, dignity, suffering, culture and religion. Thus, the concept of spirituality, which is so often touted as subjective and difficult to define, will be highlighting others that are confused with it but it differs, though they are always related.

Goes to the third section entitled "practice." Here are developed seventeen chapters focusing on attention to spirituality of patients in clinical practice. In this section the reader finds the complexity and multidimensional nature of spirituality, the way can be expressed by patients and how it can be addressed by health professionals. In the course of reading are revealed the reasons for and strategies to bring this dimension to the practice of health care. Some chapters highlight specific contexts of practice, such as palliative care, elderly care, childcare or even care to patients with mental disorders and psychiatric disorders. Other chapters deepen professional categories with particular attention to nurses, social workers, doctors, chaplains or other professionals responsible for complementary therapies. In addition to the contexts and professionals, this section is still possible to find chapters that present models of assessment and intervention, as models of spiritual care, counseling or the dignity therapy, developed by Chochinov and published internationally.

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Oxford textbook of spirituality...

The fourth section, entitled "research" consists of nine chapters. The first chapter brings together concepts related to research methodology, from the qualitative to the quantitative paradigm, addressing different methods. It is a chapter that systematizes knowledge related to research, not only in the specific area of spirituality, but her will directed strategies and prospects. In other chapters the reader can find instruments for measuring phenomena related to spirituality and research results about various coping and resilience, spiritual well-being and its relation to physical and mental health, prayer and meditation, quality of life or evidence empirical about religion and health.

The fifth section is devoted to "political and education", divided by ten chapters. Here the focus is the discussion of health policy and its positioning on the inclusion of spirituality. However, only addresses the situation of the United States of America, Australia, and the UK. Also in this section we discuss the competencies for spiritual care, aspects of training and curriculum development, with deepening of specific training programs and devotes a chapter to a case study. Are also highlighted the importance of interdisciplinary team and ethical principles in spiritual care. These ethical considerations are developed through a specific approach is not limited to principlist ethics, and provides examples of situations dilemmas as well as the principles that practitioners must meet to safeguard the respect and dignity of patients. This section provokes questions and opens perspectives for research. Highlight those related to the discussion of what the professional who has the responsibility for the spiritual care, what kind of training should take, what is the meaning of the spiritual carers in other cultural contexts and other countries.

With these questions is come the last section, entitled precisely "challenges" and consists of three chapters. The first deepens contemporary spirituality, a gaze directed to the present, emphasizing the importance of this dimension for people in today's world. The second chapter is devoted to religion in the future and starts exposing the assertion that there is only one future, but many futures for religion. The last chapter of the section and the work develops, precisely, spirituality and the future of health care and was written by the three organizers. This chapter highlighted the evidence of the return to the discussion of spirituality in health care and the ethical, political, and emerging from its inclusion in health care. The authors say that this change is only possible if

accompanied by changes in health systems, such as the patient-centered approach and policies more compassionate and fair.

This book is an essential tool for students, professionals and researchers. Despite being divided into several chapters, each is clear, systematic, didactic and relatively brief. Is organized following a thread about spirituality in health care in different areas, allowing started the theme A more extensive exploration and grounded. But on the other hand, how each chapter is developed allows their individual reading in an interesting and understandable. It is an essential handbook about an emerging theme and current, which has been developed in the research, the results have tended to emphasize its importance in the life and health of patients, as well as the ethical imperative to be included in clinical practice.

REFERENCE

Cobb M, Puchalsky C, Rumbold B, organizadores. Oxford textbook of spirituality in healthcare. Nova lorque: Oxford University Press; 2012. 501p.

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