

Spiritual distress in palliative care patients and caregivers: Concept analysis



“Encontro com Dra. Jean Watson”

Martins, Helga^{1,2}; Silva, Rita Santos³; Bragança, Joana³; Romeiro, Joana¹; Caldeira, Sílvia³

¹Fellow of Postdoctoral Program in Integral Human Development, Universidade Católica Portuguesa, Institute of Health Sciences, Centre for Interdisciplinary Research in Health, Lisbon, Portugal. E-mail: hemartins@ucp.pt

²Polytechnic Institute of Beja.

³Universidade Católica Portuguesa, Institute of Health Sciences, Centre for Interdisciplinary Research in Health, Lisbon, Portugal.

Keywords: Caregivers; Palliative care; Patients; Spirituality.

INTRODUCTION

Spiritual distress is a nursing diagnosis originally identified in the Taxonomy NANDA-International, Inc., in 1978 (Herdman et al., 2021). Spiritual distress in palliative care is expected since it is experienced in 23% of patients (Velosa et al., 2017). This status is related to suffering and a lack of meaning in life (Caldeira et al., 2017).

PURPOSE

This analysis aims to clarify the concept of spiritual distress and identify its main attributes.

METHOD

► **Methodology:** of Beth Rodgers (Rodgers, 2000), literature review carried out in April 2022;

► **Electronic databases:** LILACS, MedicLatina; SciELO; CINAHL, MEDLINE and PubMed;

► **The search strategy equation was as follows:** (Spiritual distress” [Abstract] OR “Existential distress” [Abstract]) AND (“Palliative care” [MESH] OR “Terminal Care” [MESH]) AND (“Caregivers” [MESH] OR “Carer*” [Abstract] OR “Care Giver*[Abstract]”);

► **Inclusion criteria were:** articles in Portuguese, English, Spanish and French; quantitative, qualitative studies, mixed methods; editorials, letters to the editor, and comments;

► 1510 citations were identified, after excluding the duplicates, 617 remained. Subsequently, the title and abstract were read and 116 remained. After the full reading of the articles ► **23 articles.**

RESULTS

ANTECEDENTS

- Awareness death
- Caregivers burden
- Existential issues
- Lack of financial support and social support
- Loss of autonomy, of control and relationship
- Rupture of belief system
- Sense of disintegration of the self
- Traumatic life events
- Uncertainty about future
- Unmet spiritual needs

ATTRIBUTES

- Alienation
- Disconnection
- Feel anger, punished, abandoned by God
- Guilt
- Inability to self-forgiveness
- Isolation
- Loneliness
- Loss of meaning and purpose in life
- Loss sense of self
- Not feel at peace
- Questioning the meaning of their experiences
- Suffering

OUTCOMES

- Anxiety
- Decrease of quality of life
- Decrease spiritual well-being
- Decrease general well-being
- Denial
- Depression
- Hopelessness

CONCLUSION

It is vital to conduct the concept analysis of spiritual distress since it indorses the clarification of the definition and reinforces the development of knowledge in palliative care.

REFERENCES

- Caldeira, S., Timmins, F., de Carvalho, E. C., & Vieira, M. (2017). Clinical validation of the nursing diagnosis spiritual distress in cancer patients undergoing chemotherapy. *International Journal of Nursing Knowledge*, 28(1), 44–52. <https://doi.org/10.1111/2047-3095.12105>
- Herdman, T. H., Kamitsuru, S., & Lopes, C. T. (2021). *Nursing diagnoses: Definitions & classification, 2021-2023* (12th ed.). Thieme.
- Rodgers, B. L. (2000). Concept analysis: An evolutionary view. In B. L. K. Rodgers, Kathleen A. (Ed.), *Concept development in nursing: foundations, techniques and applications* (2 ed., pp. 77-102). Philadelphia: Saunders.
- Velosa, T., Caldeira, S., & Capelas, M.L. (2017). Depression and spiritual distress in adult palliative patients: A cross-sectional study. *Religions*, 8(8),156. <https://doi.org/10.3390/rel8080156>