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Spiritual aspects of living with spinal cord injury while in rehabilitation: a qualitative review

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INTRODUCTION

According to the World Health Organization, between 250.000 and 500.000 people worldwide suffer a spinal cord injury (SCI) each year, and more than 90% cases are traumatic. These injuries cause ***profound changes in life*** and have a negative implication on well-being and quality of life.

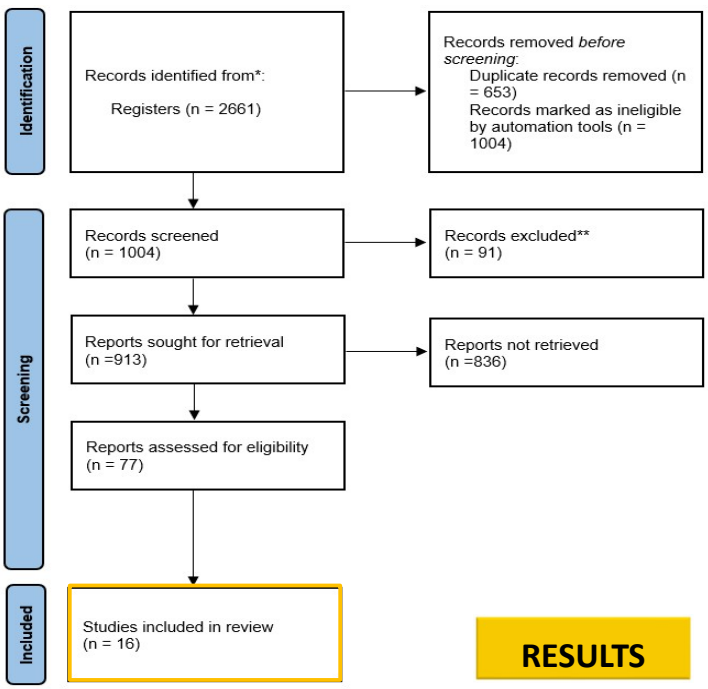
Spirituality may represent a critical dimension in living and overcoming this condition which usually happens unexpectedly. As so, the healthcare approach considers a ***holistic*** paradigm in which individuals are unique and require ***dignity preserving care***.

OBJECTIVE

This review aims to identify the spiritual aspects of the experience of adults living with SCI while in the rehabilitation process.

METHODOLOGY

- JBI methodology
- Qualitative studies focusing on spiritual needs, spiritual responses, or spiritual practices of adults with SCI while in rehabilitation process
- CINAHL complete, MEDLINE, PubMed, Nursing and Allied Health Collection, CDSR, PsycINFO, MedicLatina, SciELO – Scientific Electronic Library Online, RCAAP and CAPES Brazil
- No language or time limits
- Software SUMARI was used to all reviewing process



RESULTS

Spirituality	Spiritual needs	Spiritual coping
• Life satisfaction • Quality of life • Mental health • Resilience	• Faith • Hope • Meaning and purpose	• Beliefs and values • Spiritual well-being

CONCLUSION

Spirituality is an important factor in adjustment after SCI. Spiritual needs have been identified and spirituality seem a coping mechanism used by these patients. The evidence from this qualitative review may inform new nursing intervention that can be implemented and tested.

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