

STEP: A Mobile app for the evaluation of spiritual distress

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Background

The modernization and implementation of digital systems are crucial points in the field of health due to the technological revolution in recent years. In this way, adoption and investment in new forms of care become imperative in this context.

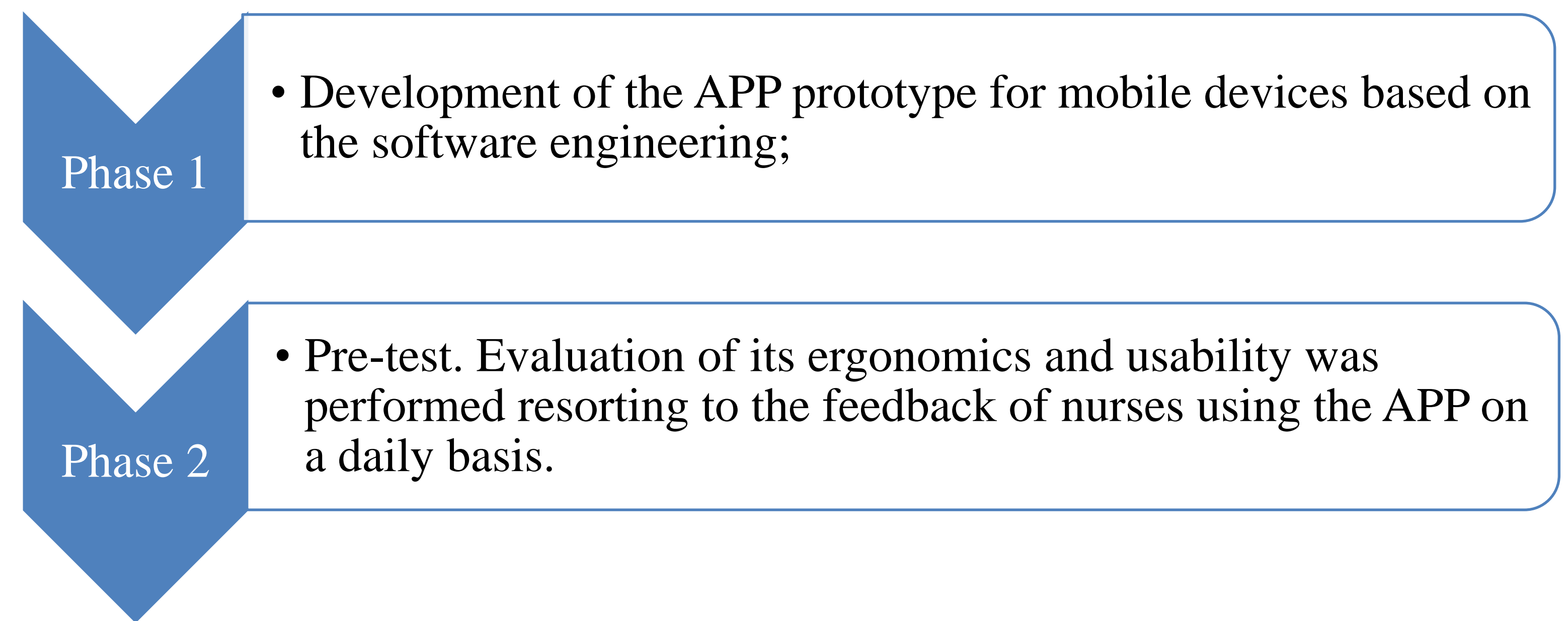
The implementation of user-friendly apps is essential for integrating spirituality into clinical practice, particularly in people suffering from health conditions, such as the ones in palliative care.

Aim: To introduce a brand-new mobile application called STEP [Spirit disTrEss aPp].

Keywords: APP; Assesment; Digital health; Spiritual distress.

Methodology

The methodology for its development comprised two phases:

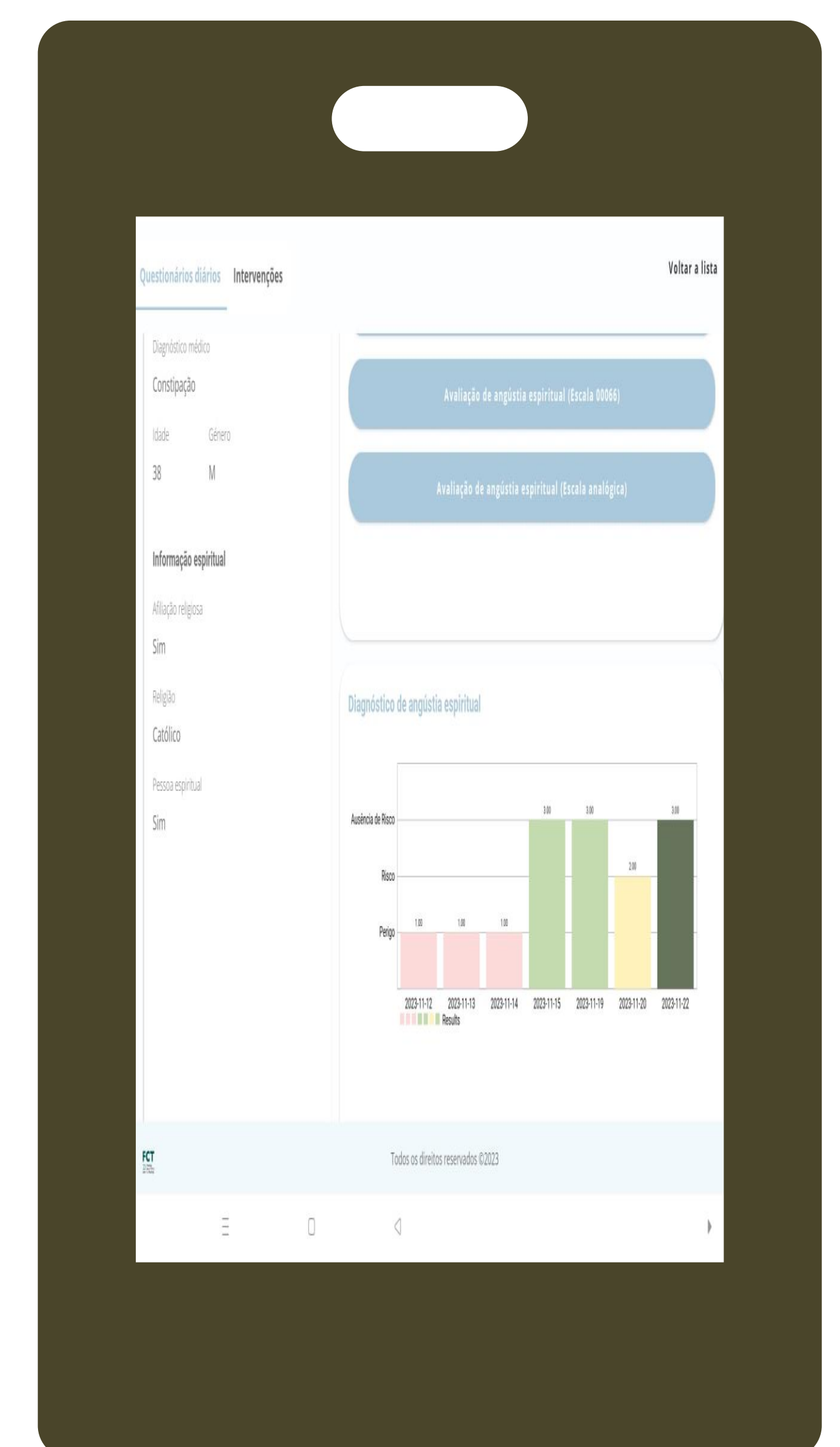
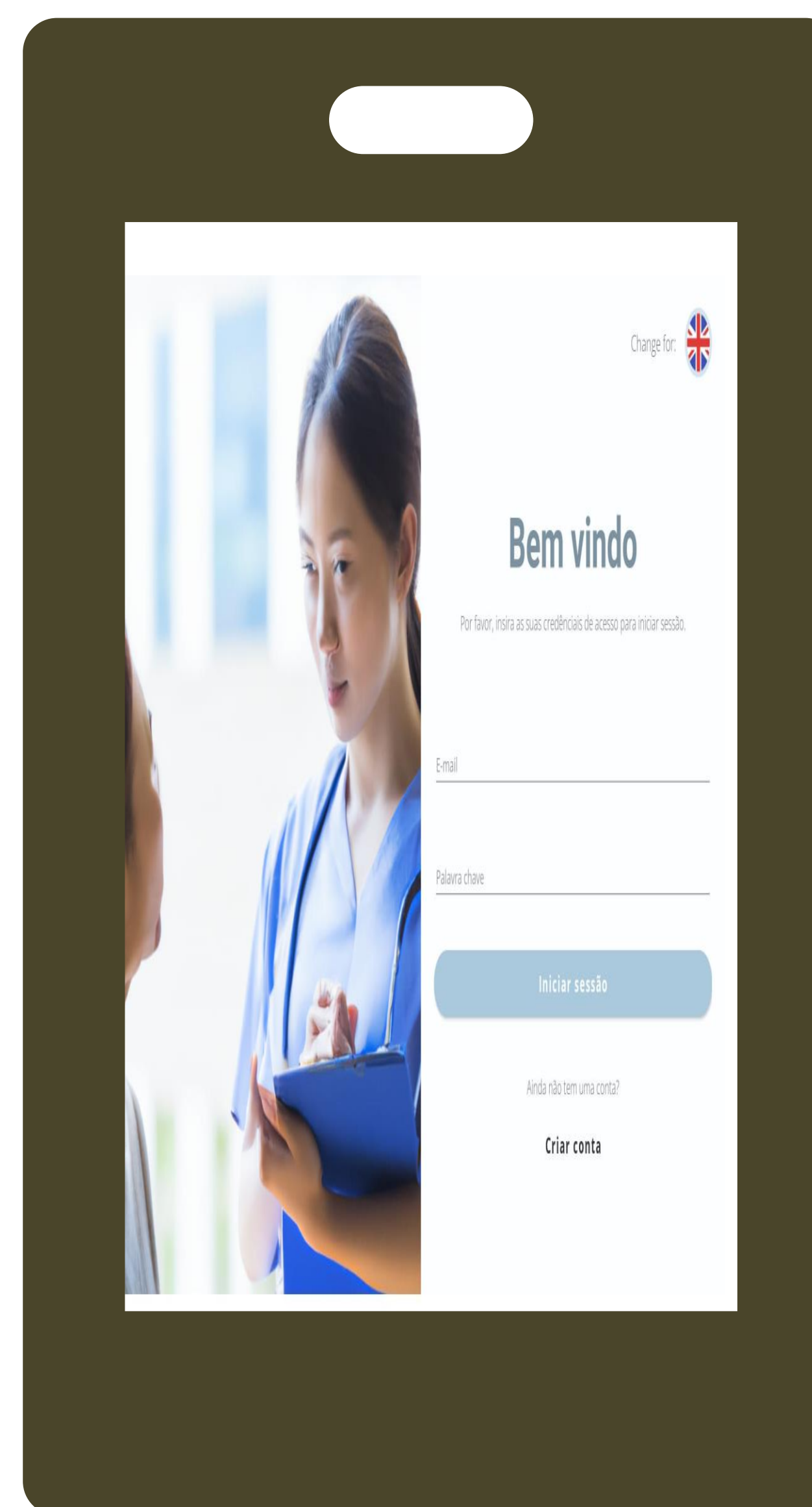


The quality and feasibility of the program and its pre-test evaluation as well as the results of its preliminary assessment were used to improve the app over time.

Results

- The development of this APP seems to reinforce a more holistic and comprehensive care of patients in palliative care.

- This tool helped nurses to diagnose the early stages of spiritual distress and deliver a customized nursing intervention according to the degree of distress experienced by the patients.



Discussion/Conclusion

This experimental project focused on developing an application prototype that helps and supports the reasoning and clinical decision-making of health professionals in assessing the degree of spiritual distress of the patient.

In this sense, the STEP APP is a reliable digital tool that enables ongoing monitoring of patient's spiritual needs and helps to integrate spirituality into the clinical practice of healthcare professionals.

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