



Spiritual care providers accompany patients and their loved ones. Through listening and dialogue, they help them to better cope with their experience of illness, and they respond to their spiritual questions, regardless of cultural background.

What might be some spiritual questions?

When hospitalized with a serious illness or declining health, people often ask themselves these kinds of questions:

- > Why is this happening to me?
- > What have I done to make this happen to me?
- > Do I need to change how I live?
- > What will happen to my family?
- > Will my life be affected forever?
- > Will I die from this?

Spiritual care providers will help you to explore these questions more clearly.

What is spirituality?

Everyone seeks to find meaning in their experience, especially when illness strikes.

Each person does this through their own spirituality, whether or not they are aware of it.

It is what influences how we see the world and our place in it. It also relates to the meaning we give to our life, to suffering, to illness, and to what happens after death. It is expressed in our beliefs, religious or not, our values, and our practices.

What is spiritual accompaniment?

Spiritual needs are more present in times of distress. We often feel alone, even if we're well surrounded. Sometimes it's hard to talk about these things with our loved ones. The spiritual care provider is the person to whom we can confide our concerns.

He or she helps us identify what is most important in our lives, what has value, what is essential and vital. We can then rely on this to face the trials we're experiencing.

These essential points are the foundation of our existence and give it meaning. The fact that our body is affected by illness does not diminish what is essential in us. On the contrary, this foundation remains solid and helps us keep a steady course in life despite the illness.





Who are the spiritual care providers?

They are professionals with a broad knowledge of spirituality and religion. They are university-trained, in theology or religious science. They are also trained in counseling.

They respond to the spiritual needs of patients and their loved ones with a very open approach. They take into account the beliefs, religious or not, of the person consulting them.

Their presence in all hospital care units contributes to the humanization of care.

When can I see a spiritual care provider?

This can be done at any time during your hospital stay, whenever you need it. Often, people call on the spiritual care provider:

- At the beginning of their stay, to talk about the experience of finding themselves in the hospital. The first days are often difficult and disturbing.
- When they want to talk about a particular situation in their lives.
- When their morale is affected by bad news or when their recovery is taking longer than expected.
- When they have questions relating to spirituality or religion.
- To meditate or pray together.
- When the patient and their family have to face the reality of death.
- To prepare and celebrate a ritual, religious or not.



Don't stay alone if you're experiencing inner discomfort. The spiritual care provider is an available resource, and is part of your care team.

If you'd like to meet with a spiritual care provider, ask a member of your care team. The provider on your team will meet with you as soon as possible, on weekdays.

You can also call directly, at extension 11631.

Your spiritual care provider:

Name:

There is, at the CHUM, a quiet room for meditation, silence, and reflection...

> D Pavilion, 2nd Floor, Room D02-4002, near the cafeteria



USEFUL RESOURCES

Other health sheets published by the CHUM are available. Ask for those that might fit your situation.



You can also find them on our website

chumontreal.qc.ca/fiches-sante

The content of this document in no way replaces the recommendations and diagnoses made, or the treatment suggested by your health professional.

To find out more about the Centre hospitalier de l'Université de Montréal
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