Spiritual Assessment Tools

FICA Spiritual Inventory

Faith or beliefs
Do you consider yourself spiritual or religious?
Do you have spiritual beliefs that help you cope with stress?

If the patient responds “no,” the physician might ask, “What gives your life meaning?” Sometimes patients respond with answers such as family, career, or nature.

Importance
What importance does your faith or belief have in your life?
Have your beliefs influenced how you take care of yourself in this illness?
What role do your beliefs play in regaining your health?

Community
Are you part of a spiritual or religious community?
Is this of support to you and how?
Is there a group of people who really love or who are important to you?

Communities such as churches, temples, and mosques, or a group of like-minded friends, can serve as strong support systems for some patients.

Address in care
How would you like me, your physician, to address these issues in your health care?

Often it is not necessary to ask this question but to think about what spiritual issues need to be addressed in the treatment plan.
(Puchalski 2000)

FACT Spiritual History Tool

Faith (or Beliefs)
Active (or Available, Accessible, Applicable)
Coping (or Comfort); Conflict (or Concern)
Treatment Plan

F: What is your faith or belief?
Do you consider yourself spiritual or religious?
What things do you believe that give your life meaning and purpose?

A: Are you active in your faith community?
Is support for your faith available to you?
Do you have access to what you need to apply your faith?

C: How does your faith help you cope or bring you comfort?
Does your faith raise any concerns or potential conflicts with making decisions related to your medical treatment?

T: Treatment Plan

1. Patient is coping well
   a. Support and encourage
   b. Reassess at a later date

2. Patient is coping poorly
   a. Encourage patient to address these concerns with their own faith leader
   b. Provide spiritual counseling, prayer, sacred scripture dependent upon relationship and similarity
   c. Make a referral to the hospital chaplain
   (Larocca-Pitts 2008)