Spiritual Self-Assessment

As you consider these questions, think about how your responses might affect your communication with patients, their families, and the health care team. Also, consider ways to incorporate your own sense of spirituality into your life.

1. Do you belong to a spiritual or religious community? How important is this to you?

2. Do you consider yourself a spiritual or religious person?

3. What gives your life meaning?

4. In the course of your work, how do you process your exposure to suffering and death?

5. Who provides you support: In your personal life? In your professional life?

6. Are you comfortable discussing spirituality and religion with patients?

7. How would you/do you handle patients whose belief systems conflict with medical science or necessary treatment?

8. Are you aware of spiritual resources for patients in your work/learning environment or in your community?