Chaplain Intern Orientation

- I. INTRODUCTION & CARING ABOUT OTHERS

 EXERCISE 1 ON THE 3 C'S OF PASTORAL CARE
- II. BASICS OF SPIRITUAL ASSESSMENT

 EXERCISE 2 —A SPIRITUAL SELF ASSESSMENT
- III. BASICS OF THE CHAPLAIN VISIT

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- IV. BASICS OF CHAPLAIN CHARTING

 EXERCISE 4 WRITE A HYPOTHETICAL CHART NOTE
- V. IN CONCLUSION DON'T PANIC HERE'S WHY! HOMEWORK – DO A "CHAPLAIN VISIT" TONIGHT

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LET'S INTRODUCE OURSELVES

- The purpose of this class...
- Who are you?
- Why are you here?

- I. INTRODUCTION
- CHAPLAIN COMPETENCY: CARING ABOUT OTHERS
- Definition of the Competency:
- **The Chaplain will care about others.
- **The Chaplain will have the heart of a servant, in a spirit of giving, always aware of The Calling upon him/her in The Divine Name, and keeping the solemn charge placed in his/her hands.
- Behaviour:
- **The Chaplain will, at the minimum, do unto others as he/she would have other do unto him/her, unto his/her family, unto his/her friends and unto himself/herself. The Chaplain will provide competent, courteous and compassionate pastoral care to patients, families, staff, visitors, colleagues – and to himself/herself.

RHMC Mission

 "The Mission of The RHMC is to provide compassionate, accessible, high quality, cost effective health care to the community; to promote health; to educate healthcare professionals; and to participate in appropriate clinical research." [1]

Chaplain Dep't Mission

"...is expressed through the metaphor of 'open arms.'
 Chaplains come with open arms as sign and symbol of The Sacred. We focus on wholeness as the intention of The Divine; drawing out the person's spiritual perspectives and gifts."

Chaplain Dep't Vision

• "...is one of 'transformation' and 'healing.' We see Chaplaincy as a transforming presence, fostering the healing spirit throughout the hospital community." [2]

[1] Orientation Manual Aug 2008.doc, p 2.

Orientation Manual Aug 2008, doc, p 3.

1. COMPETENCY – WHAT WE DO

- **Our minimal standard of care
- **that we as pastoral caregivers are able to manage and maintain a minimal level of functioning, skills & service
- **regularly, consistently and without fail
- **defines an entry level skill and not beyond that
- **such that, if it is not being met, we go back to learn, study, collaborate & train more
- **NOT perfection but our baseline
- **spurring the dedicated caregiver on to excel beyond minimal levels of care

2. COURTESY - WHAT WE SAY

- interacting with everyone (patients, families, staff & peers) in a way that
- **conveys grace, acceptance and understanding
- **reflects the RHMC core value of respect for others
- **being committed to a deepening understanding of & sensitivity to
- ----social, ethnic, cultural and religious differences
- **delivering emotional, spiritual & religious care
- ----that shows respect in all that we do, say and feel as we care for others
- ----that is focused on the needs of those placed in our charge, rather than meeting our needs
- ----that is based on needs of those we care for and not ours
- ----that honors the beliefs and values of those we minister to

3. COMPASSION - WHAT WE FEEL

- Respect and courtesy opens our hearts to feel and live out compassion
- **which allows us to draw closer to the pain and needs of others
- **standing in the shoes of another for a time and feeling the experience of another
- ----but always realizing the shoes belong to the other, and not to us
- **avoiding the opposite, the enemy of compassion, judgmentalism
- ----which lets us distance ourselves from what we don't understand or accept

EXERCISE 1 - ON THE 3 C'S OF PASTORAL CARE

- 1. Picture your closest loved one unconscious on a ventilator in the hospital ICU.
- 2. Give the experience a 3-4 word title.
- 3. Picture yourself sitting at the bedside crying quietly.
- 4. The Chaplain offers to visit with you and you accept.
- 5. What would competent, courteous & compassionate pastoral care look like?
- 6. Write 1 sentence for each category that you would want to hear the Chaplain say or see the Chaplain do – competent; courteous; compassionate.
- Let's share.

II. CHAPLAIN COMPETENCY: SPIRITUAL ASSESSMENT

Definition of the Competency:

**Chaplains have a working understanding of the Department's spiritual assessment criteria and are able to use it in assessing patient or family member's spiritual beliefs and support needs.

Behavior:

- **the Chaplain identifies in documentation the verbal and behavioral cues using the criteria for functional spiritual states defined in the spiritual diagnosis taxonomy.
- **The Chaplain writes justification for their functional assessment using the appropriate criteria
- **the Chaplain conducts spiritual assessment interviews using the Department's assessment interview methodology and uses the information to frame desired contributory outcome.

WHAT ARE WE ASSESSING? WHAT IS SPIRIUTALITY? [1]

- Spirituality [from Nursing Spiritual Diagnosis]
- **"the life principle that pervades a person's entire being
- **the volitional, emotional, moral-ethical, intellectual and physical dimensions
- **that generates a capacity for transcendent values
- **which integrates and transcends the biological and psychosocial nature."
- [1] Orientation Manual Aug 2008.doc, p 21.

SPIRITUALITY IS A LIFE PRINCIPLE

- **"one or more core values and meaning constructs held by a person
- **that shapes beliefs and gives direction to one's life.
- **connects values, beliefs, will and action
- **the organizing role... [in] constructing one's life as a meaningful whole
- **creates perspective that permits one to rise above manifest difficulties."

SPIRITUALITY IS SUFFICENTLY BROAD

- **"to encompass both religious and nonreligious expressions of spirituality
- **does not equate traditional religious belief with "spirituality
- **does not equate an absence of traditional religious practice with a poor spiritual state."

NURSING DIAGNOSES OFFER A SPECTRUM OF SPIRITUAL HEALTH [1]

- **Spiritual Well Being
- **At Risk for Spiritual Distress
- **Spiritually Distressed
- **Spiritual Despairing & Hopelessness
- [Please review 2008 Chaplain Orientation Manual, p 22-26.]
- [1] Orientation Manual Aug 2008.doc, p 21.

- What is the 4-category sliding scale of spiritual health used at RHMC?
- **A dynamic sliding scale of spiritual health helps guide pastoral care in each visit:
- Coping Well (4) Spiritual Concerns (3) Spiritual Distress (2) Spiritual Despair (1) *

* We do NOT number levels of spiritual health in practice at RHMC. This is a learning tool ONLY for our classroom exercises.

Spiritually Coping Well [1]

This person is "...coping well with their circumstances by using well-rooted spiritual resources and emotional maturity, even in dire circumstances. People in this category are often a low priority for the Chaplaincy Services."

Spiritual Concerns [1]

This person has "emerging spiritual concerns" that "present as pre-crisis states, where people rely increasingly on existing spiritual resources, as they feel more at risk. Chaplaincy here focuses on mobilizing existing resources."

Spiritual Distress [1]

This person is "...most likely to benefit from their initial conversation with a Chaplain. Spiritual Distress is a crisis state requiring a pastoral response that helps draw out and identify points of distress, and helps the person reframe their beliefs and values to better meet the current challenge."

Spiritual Despair [1]

- This person is experiencing a deep hopelessness of withdrawal and failure of spiritual coping of the soul. They generally do "...do not respond well to conversation based, short-term Chaplaincy involvement. The Chaplain must gauge how deeply into despair the person has withdrawn. Chaplaincy with persons in despair requires a longer-term plan, involving regular contacts with the Chaplain, identification of the points of despair, reframing ideas of hope, and a greater degree of interdisciplinary cooperation."
- [1] Orientation Manual Aug 2008.doc, p 13.

- We can summarize these 4 states of spiritual health as:
- **Spiritual Coping Well [score = 4/4]
- Spiritual Well Being is intact;
- fully functioning; feeling no stress.
- **Spiritual Concerns [score = 3/4]
- Spiritual Well Being is intact;
- fully functioning; under some stress
- **Spiritual Distress [score = 2/4]
- Spiritual Well Being is partly compromised;
- approaching or at limits of functioning; under severe stress.
- **Spiritual Despair [score = 1/4]
- Spiritual Well Being is completely compromised;
- functioning has broken down; completely overwhelmed by stress

- Using The RHMC 4- Category Sliding
 Scale of Spiritual Health [1]
- Let's picture a linear scale of 4 to 1
- 4 = Spiritually Coping Well
- 3 = Spiritual Concerns
- 2 = Spiritual Distress
- 1 = Spiritual Despair

Listen using the 4-Point "Mount Carmel Spiritual Assessment Instrument" [1]

- 1. Concept of GOD
- "Do you have a sense that GOD is somehow with you through your illness?"
- 2. Support Systems
- "I am wondering what kind of support you have from family, friends and community?"
- 3. Hope for & in
- "What do you hope for? Where do you put your hope in?"
- 4. Meaning of Illness
- "Are you able to find meaning or make sense of all this in some way?"
 - [1] Mount Carmel Medical Center, Pastoral Care Department, "Spiritual Assessment Instrument [SAI]."

EXERCISE 2 – SELF ASSESSMENT - MT CARMEL SAI

- 1. Think of a difficult time in your adult life.
- **picture the Story history; experience; feelings
- 2. Give that time a 3-4 word title:
- 3. Draw a 4-quadrant square cross.
- **label the quadrants: Holy; Support; Hope; Meaning
- 4. Write a quick short sentence for each area of spiritual health:
- **Quadrant I How did you feel about The Holy?
 - **Quadrant II What support did you have?
 - **Quadrant III What did you hope for and in?
- **Quadrant IV What meaning did you see?
- 5. Give each quadrant of spiritual health a score of 4,3,2,1.
 - **4 = spiritually coping well
 - **3 = spiritual concerns

- **2 = spiritual distress
- **1 = spiritual despair

- 6. Add total and divide by 4. What is your score?

- 7. Where were you on the RHMC spiritual health sliding scale of 4 to 1? Circle one:
- coping well (4) concerns (3) distress (2) despair (1)
- 8. Regarding that same difficult time in your adult life, where are you now? Be guided by how you feel now. Circle one:
- coping well (4) concerns (3) distress (2) despair (1)
- 9. What pastoral care was given to you then? By whom? How was it helpful? How was it not?
- Let's share
- * We do NOT use number grades for spiritual assessment at RHMC. This is only an exercise tool.

III. THE CHAPLAIN VISIT – INITIATION OF CARE, ETC

Definition of the Competency:

**The Chaplain communicates their name, their role, the reason for initiating contact, and asks permission to spend time with the patient/family – in a manner that is clear and understandable to the patient/family.

Behavior:

- **The Chaplain follows Department authorized care initiation scripts when meeting patients and families
- **The Chaplain asks permission to speak with the patient or family
- **The Chaplain accepts and documents patient or family refusal of services.

■ FOLLOW THESE 3 RULES [1]

- 1. Introduce Yourself in Role State your title "Chaplain" clearly in your introduction [2]
- 2. Explain Your Visit Let the patient or family member know the reason for making contact with the patient or family.
- 3. Establish Consent Ask the patient's/family's permission to talk with the patient or spend time with the family.
- [1] Orientation Manual Aug 2008.doc, p 6.
- [2] Except initially in emergency room trauma cases

THE RHMC CHAPLAIN VISIT PROTOCOL

■ I. INTRODUCE YOURSELF TO THE CORRECT PATIENT

- **Verify the correct identity of the pt
- "Hello, Sir. May I ask your name please? Thank you, Mr. Jones."
- **Your name, title, place in pt care team & reason for being there
- "My Name is hospital Chaplain Bill Smith. I am part of your care team on this unit. I would like to offer to visit with you to see how we might be able to support you further."

■ II. OBTAIN PERMISISON

- **Ask permission to visit. If pt/family decline, graciously accept.
- "Would that be okay?"

■ III. ASK THE MAGIC QUESTION

- **Elicit the pt's story and be prepared to listen. Use "open-ended" questions that can not be answered with a simple "Yes" or "No."
- "What problem brought you into our hospital?"

■ IV. GIVE BACK A REFLECTIVE SUMMARY

- **Give back a summary of pt's story [history, experience, feelings) to validate, correct, affirm
- "You were just diagnosed with a heart problem. You've been through a very scary time the last 24 hours. It came as a shock and you feel overwhelmed. Did I hear you right?"

■ <u>V. ASK SECOND PERMISSION & TRANSITION</u> <u>QUESTION</u>

- **Ask for permission to delve deeper with open ended questions
- "I'm curious to know more. Would it be okay if I asked you about some of these things in more detail? What are the important things in your life right now?

- VI. ASSESS USING THE MOUNT CARMEL MODEL [1]
- **The Holy spiritual; religious:
- Do you have a sense that GOD is with you through this? How so?"
- **Support connectedness to family, friends & Faith community:
- "What kind of support do you have around you from your family, friends & Faith community?
- ** Hope hope for temporal things; hope in things beyond self: "What do you hope for now? And what do you put your hope in?"
- **Meaning of illness & suffering; purpose of life:
- "I wonder if you see a meaning in what you are going through?"
- Coping Well (4) Spiritual Concerns (3) Spiritual Distress (2) Spiritual Despair (1)
- [1] Mount Carmel Medical Center, Pastoral Care Department, "Spiritual Assessment Instrument [SAI]."

■ VII. OFFER PASTORAL CARE

- **Listen, explore more deeply, accompany, affirm the story
- **Conversation, Scripture, prayer, religious needs, other needs, referrals
- "Would you like me to pray with you about these things? What shall we pray about?"

■ VIII. CLOSE THE VISIT

- **Thank pt/family for allowing you to visit. Advise how to have Chaplain contacted.
- "Thank you so much for allowing me to visit with you. Please have your Nurse page us at any time."

EXERCISE 3: USE PROTOCOL TO OPEN CHAPLAIN VISIT

- 1. Break into pairs: 1 person is Chaplain, the other the patient.
- 2. Scenario:
- It is 06:00 hours. You have arrived to the ICU after being paged by the pt's Nurse. Mr. Abc Def was admitted yesterday at RHMC for chest pains. His heart Doctor found a coronary artery that was severely blocked during a coronary catheterization exam yesterday. Staff are preparing Mr. Def to go to the operating room now for coronary artery bypass surgery. He had a short episode of "straight-line" heart rhythm this morning for about 30 seconds, during which time he passed out. The Nurse reports he has a wife and kids, who were in until late last night. He is quietly reciting PSALM 23 as you enter the room.

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- 3. Apply the RHMC Chaplain protocol to open the visit:
- **identify the patient
- EX: "Hello Mr. Def."
- **identify your self by your name and your role/title
- EX: "My name is Mno Pqr. I am the hospital Chaplain on duty this morning."
- **state why you are there
- EX: "Your Nurse tells me that you are going for some major surgery this morning and that you've had a difficult night. She asked if I could come by this morning to visit with you now."
- **ask permission to visit
- EX: "Would that be okay?"
- **begin the Chaplain visit and ask the magic question
- EX: "Mr. Def, what happened that brought you into our hospital?"
- **role play for a few minutes with the Story and the roles.
- 4. Go. Feel free to be creative
- 5. Stop. Switch roles. Go.
- Let's share.

IV. CHAPLAIN CHARTING - DOCUMENTATION

Definition of the Competency:

**The Chaplain is knowledgeable of all Department protocols and documentation requirements and uses them when filing all forms of documentation.

Behavior:

 **The Chaplain completes the following forms of documentation accurately according to Department policy and procedure

Chaplain documentation in the medical record is NOT optional. Who says so?

- **Joint Commission for the Accreditation of Hospital Organizations
- **American Hospital Association
- **The RHMC and our hospital Chaplain Dep't
- **professional standards of Chaplain Associations

The Chaplain chart note is NOT the pt

- **but it does document your pastoral assessment & care
- **is part of the pt care & collaboration with other staff
- **communicates to other staff that you were there & what you found
- **brings closure & self-debriefing to Chaplain before going to next case
- **is a legal document and it is required!

Therefore...

- **try to document cases as they occur
- **reality is you will need to keep notes
- **don't let chart notes pile up past 24 hours
- **completed chart notes belong in the chart!

The Chaplain chart note should be...

- **free of confidential confessional information
- **professional
- **complete
- **legible worthless if only you can read them!
- **timely
- **in common language that staff can understand
- **date, time, duration
- **signed with your legal signature & title
- **contribute and communicate something of value to the patient care team
- **enable next Chaplain including you to be aware of & build on pastoral care work

- Some general guidelines for Chaplain chart notes [1]
- **Write notes in black ink only.
- **Write notes legibly in spaces provided
- **Sign or initial notes as required
- **This legal document requires your legal signature
- ----First and last name, title and rank "Fred Rogers, Chaplain Intern."
- ----error 1 line through, write "error," your initials.
 - [1] Orientation Manual Aug 2008.doc, p 18, 45-46.

- **Do not give personal opinions
- **Do not record pt comments or complaints re quality of care
- **Limit notes to statements or facts related to spiritual needs assessment & care
- **Confine notes to relevant facts & issues
- **Do not give opinions on matters outside of your role as hospital Chaplain

Further...

- **if you see a pt or review a chart, you write a note
- **this is protected information
- ----not to be shared outside of hospital
- ----not to be shared in public areas in or out of this facility
- ----not to be shared outside of appropriate care areas
- ----not to be shared with staff not directly involved in care
- **Place Chaplain note in chart progress note section in timely manner

Avoid using medical diagnostic language, unless quoting pt

- **do NOT write, "Pt is depressed."
- ----you may write, "Pt seemed sad."
- ----you may write, Pt stated to me, "I feel depressed."
- **do NOT write, "Pt is anxious."
- ----you may write, "Pt seems agitated."
- ----you may write, Pt states to me, "I feel anxious."

Use everyday language to write of issues [1]

- **existential crisis
- **hopelessness
- **realism
- **despair
- **guilt
- **shame
- **anger at GOD
- **anger at others
- **feeling abandoned by GOD or others
- **not being remembered
- **lack of trust
- [1] "Turing in to Spiritual Themes." The George Washington University. 2008.

RHMC Chaplain chart form follows "SOAPIE" [1]

- S Subjective
- **What the patient said.
- O Objective
- **How the pt acted
- A Assessment
- **The Holy; Support; Hope for & in; meaning
- **coping well concerns distress despair
- P Plan
- **What you planned to do for this pt?
- I Implementation
- **How you carried out your pastoral care
- E Evaluation
- **How the patient responded in words and behavior
- [1] Mount Carmel Medical Center, Pastoral Care Department, "Spiritual Assessment Instrument [SAI]."

Insert spiritual care form of choice here

EXERCISE 4 – WRITE A HYPOTETICAL CHART NOTE

- 1. Consider the same scenario:
- It is 06:00 hours. You have arrived to the ICU after being paged by the pt's Nurse. Mr. Abc Def was admitted yesterday at RHMC for chest pains. His heart Doctor found a coronary artery that was severely blocked during a coronary catheterization exam yesterday. Staff are preparing Mr. Def to go to the operating room now for coronary artery bypass surgery. He had a short episode of "straight-line" heart rhythm this morning for about 30 seconds, during which time he passed out. The Nurse reports he has a wife and kids, who were in until late last night. He is quietly reciting PSALM 23 as you enter the room.

- 2. Break into pairs. 1 person is Chaplain, the other is patient.
- 3. Take a deep breath and picture yourselves in the scenario.
- **Can you envision the Story?
- **Talk with each other as patient and Chaplain for a few minutes. Creatively expand a hypothetical story line together.
- 4. Stop. Switch roles. Go.

- 5. You will now both think as the Chaplain:
- **Write a few words describing the patient's Story:
- **The History; The Experience; The Feelings
- 6. Write a few words for each:
- **The Holy; Support; Hope for/in; Meaning
- 7. Where is the patient on the RHMC spiritual health scale?
- **coping well concerns distress despair
- 8. What pastoral care did you provide? Is follow up or other care needed? What?
- 9. Let's write a BRIEF Chaplain Chart note for this visit together.
- Let's share

- V. CONCLUSION DON'T PANIC!
- DEFINITION OF THE COMPETENCY:
- **The Chaplain will not panic! This 2 hour class was designed to give a short introduction to the art and science to a part of hospital pastoral care. In no way are you expected to suddenly grasp everything and be an expert!

Behavior:

**It is reasonable to feel some anxiety. That's part of being human. We learn & grow by being open, sharing & working together in humility & charity. Keep in mind that you are NEVER alone. There are always fellow Chaplains & other staff to ask questions of & [often] to back you up. There are always more ways to grow & serve. And we go forth in The Presence and Peace of The LORD!

The LORD is always with us! [1]

 1: The LORD is my Shepherd; I shall not 2: He maketh me to lie down in green pe He leadeth me beside the still waters 3: He restoreth my soul: He leadeth me in th paths of righteousness for His Name's sake. 4: Yea, though I walk through the valley of the shadow of death, I will fear no evil: for Thou art with me; Thy rod and Thy staff they comfort me. 5: Thou preparest a table before me in the presence of mine enemies: Thou anointest my head with oil; my cup runneth over. 6: Surely goodness and mercy shall follow me all the days of my life: and I will dwell in The House of The LORD for ever.

• [1] KJV, PSALM 23

Therefore we have His Peace!

- בוֹלוֹם SHALOM Peace!
- "Blessed be he that cometh in The Name of The LORD...!" [1]
- [1] KJV, PSALM 118:26
- בוֹלוֹם SHALOM Peace!
- "Blessed be he that cometh in The Name of The LORD...!" [1]
- [1] KJV, PSALM 118:26

<u>To be a center of GOD's Peace – for ourselves and then for others! [1]</u>

- Lord, make me an instrument of Your Where there is hatred, let me sow love where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy.
- grant that I may not so much seek
 to be consoled as to console;
 to be understood as to understand;
 to be loved as to love.
 For it is in giving that we receive;
 it is in pardoning that we are pardoned;
 and it is in dying that we are born to eternal life.
 Amen.
- [1] Prayer of Saint Francis of Assisi.

O Divine Master,

- HOMEWORK DO A CHAPLAIN VISIT TONIGHT
- **Do a "Chaplain visit" with a family member, friend, etc tonight. They are the patient. You are the Chaplain. It can be a real situation or you can create a hypothetical story line. Keep the visit short and simple.
- **Write a hypothetical Chaplain chart note using The RHMC Chaplain chart note form provided. Don't get complicated.
- **Bring it in tomorrow in the sealed envelope provided and leave it in my mailbox. I will return it to you with my confidential comments.
- **Thank you and welcome to this ministry team!