

Princess Mfum

Spirituality in Clinical Practice

Worldview Perspectives: The Christian Nurse

3/27/23

As a nursing student, I have cared for a wide range of patients in various clinical settings. Throughout my clinical experiences, I have found that I often develop close relationships with my patients. At the heart of nursing is the concept of caring, and caring requires forming connections with those we care for. As a nursing student, I have found that building relationships with my patients is essential for providing compassionate, patient-centered care. When I take the time to get to know my patients, I am better able to understand their unique needs, preferences, and concerns. This, in turn, allows me to provide care that is tailored to their individual needs and preferences. I have learned that caring for patients is not just about addressing their physical needs but also about tending to their emotional and spiritual needs. While nursing school has provided me with a strong foundation in clinical skills and knowledge, I have come to realize that caring for patients in a holistic manner involves recognizing and attending to their spiritual needs as well. Patients who are facing illness, injury, or other challenging situations often turn to their faith and spirituality for comfort and support. I have seen firsthand how patients draw strength from their spiritual beliefs and practices during times of struggle. By witnessing their faith in action, I am inspired to deepen my own spiritual practices and seek out ways to incorporate spirituality into my own life and nursing practice.

I had the privilege of completing a clinical rotation in a long-term care facility. During this experience, I had the opportunity to care for a patient who profoundly impacted my spiritual life.

The patient I cared for was an elderly woman who had been admitted to the facility after suffering a stroke. Despite her physical limitations, she remained an active member of the community within the facility, attending daily activities and forming close relationships with both staff and other residents. As I spent time caring for her, I quickly learned that she was a Christian and deeply devoted to her faith. Throughout the course of my clinical experience, I had numerous opportunities to engage in spiritual conversations with this patient. We would often talk about her faith, and she would share with me stories of her spiritual journey and how it had impacted her life. As I listened to her, I found myself deeply moved by her unwavering faith and the peace that it brought her in the midst of her physical struggles.

Reflecting on this experience, I can see that it had a profound spiritual impact on my life. While I had always considered myself a person of faith, this patient's steadfast devotion and unwavering trust in God challenged me to grow in my own spiritual life. Through our conversations, I began to see my own faith in a new light and was inspired to explore my relationship with God on a deeper level. This experience has also impacted the way that I approach my nursing care. Prior to caring for this patient, I had not fully appreciated the role that spirituality can play in a patient's healing and overall well-being. However, seeing firsthand the comfort and strength that this patient drew from her faith has made me more aware of the importance of addressing the spiritual needs of my patients. I now make a point to engage in spiritual conversations with my patients, when appropriate, and to ensure that they have access to any spiritual resources they may need.

In conclusion, my clinical experience caring for an elderly Christian patient has had a profound impact on my spiritual life and the way that I approach my nursing care. Through our conversations, I was challenged to grow in my own faith and to appreciate the importance of spirituality in the healing process. I am grateful for this experience and for the role that it has played in shaping me as a nurse and as a person.