



**BC
CAN
CER**

Provincial Health Services Authority

SPIRITUAL HEALTH

Supporting person-centred care

Spiritual Care

Spiritual Care is a holistic approach to healthcare which values and affirms spirituality and faith as part of the healing process. We support patients and families during their cancer care and assist them in connecting to their own inner spiritual resources and practices.

"Health is a large word. It embraces not the body only, but the mind and spirit as well."

James H. Miller

How to Contact Us

Patient & Family Counselling

604.877.6000 x 672194

BC Cancer – Vancouver
600 West 10th Avenue
Vancouver, BC
Canada V5Z 4E6
www.bccancer.bc.ca



Attending to spiritual health is vital to overall well-being and should be considered in each person's healthcare plan

Spiritual Health

BC Cancer recognizes spiritual health as an important part of person-centred care that includes all dimensions of a person: spiritual; physical; mental; emotional; and social.

Spiritual health needs may arise in response to a cancer diagnosis, and individuals may find themselves looking for ways to find meaning and purpose in life, ways to express themselves or ways to connect to their faith or beliefs.

Spiritual Health Practitioners can offer help and comfort during your cancer journey.

Spiritual Health Practitioners

At BC Cancer, Spiritual Health Practitioners work as part of the inter-professional care team with Patient and Family Counselling.

We are multi-faith practitioners who have been trained by the Canadian Association of Spiritual Care and practice according to the standards set by BC Ministry of Health.

We serve people of all communities, faiths, and religious and non-religious traditions. We support patients, families, and health care staff emotionally and spiritually in moments of need, based on the person's beliefs, cultural background, values, and practices. We can, if requested, contact faith community leaders.

If you would like to connect with a Spiritual Health Practitioner, please contact Patient and Family Counselling at **604.877.6000 x 672194**



Spiritual Distress

When faced with a crisis, people can often experience Spiritual Distress. Spiritual Distress is a response to a disruption of a person's core spirituality or a lack of spiritual well-being. It is a conflict between an individual's belief system and lived reality.

Spiritual distress can occur when:
patients are waiting for a diagnosis;
have a major setback or complications;
when there is pain or suffering; when the patient's beliefs don't support the treatment recommendations; when patients are wishing for a ritual of faith.

Spiritual distress can also affect family members and caregivers, especially when they are responsible for making difficult and sometimes life-changing decisions on behalf of a loved one or experiencing compassion fatigue.