

HOPE Approach to Spiritual Assessment

Utilizing a spiritual assessment tool will guide the interdisciplinary team through a systematic approach to identifying a resident's spiritual background and needs. The HOPE Spiritual Assessment tool aids with evaluating the spiritual background and needs of the resident.

HOPE Approach to Spiritual Assessment		
H	Sources of Hope , meaning, comfort, strength, peace, love & connection	<ul style="list-style-type: none"> • What are your sources of hope, comfort, and peace? • What helps you during difficult times?
O	Organized religion	<ul style="list-style-type: none"> • Are you a member of an organized religion? • What religious practices are important to you?
P	Practices /personal spirituality	<ul style="list-style-type: none"> • Do you have spiritual beliefs, separate from organized religion? • What spiritual practices are most helpful to you?
E	Effects on medical care and end-of-life issues	<ul style="list-style-type: none"> • Is there any conflict between your beliefs and the care you will be receiving? • Do you hold beliefs or follow practices that you believe may affect your care? • Do you wish to consult with a religious or spiritual leader when you are ill or making decisions about your healthcare?

Source: Anadarajah, G., & Hight, E. (2000). *Spirituality and medical practice: Using the HOPE questions as a practical tool for spiritual assessment.* www.aafp.org/.

HOPE Approach to Spiritual Reassessment/Follow-up

Spiritual reassessment will need to be performed periodically to ensure that the resident's spiritual needs are continuing to be met. If a significant change is noted, the interdisciplinary team should meet to revise the spiritual care plan.

HOPE Follow-up		
H	Sources of Hope , meaning, comfort, strength, peace, love & connection	<ul style="list-style-type: none"> • Have you still been able to connect to your source of hope, strength, comfort, and hope? • If not, how can we help you rekindle that closeness? • Has any change in your physical or mental health attributed to this?
O	Organized religion	<ul style="list-style-type: none"> • Have you still been able to be a part of your religious community? • Have you been visited recently by anyone that is part of your organization? • Have you felt lonely or distant lately? <i>If yes, see if a spiritual volunteer can come more often</i>
P	Practices /personal spirituality	<ul style="list-style-type: none"> • Are you still able to practice the traditions of your faith? • Are there any resources we can get for you to help you grow in your beliefs? • On a scale from 1-10, how would you rate your closeness to God or higher power? Refer to the God or higher power they referenced upon admittance
E	Effects on medical care and end-of-life issues	<ul style="list-style-type: none"> • Has anything changed in your health that has inhibited you from practicing your beliefs? • If the resident is close to death, refer to the original assessment to see how they would like to be treated. • Has anything changed recently that would affect the way that you are receiving medical treatment?

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