

Spirituality (General References)

Barnum, B. S. (1998). Nursing theory. Philadelphia, PA: Lippincott-Raven Publishers. In chapter 9, Barnum discusses “spirituality and ethics in nursing theory”.

Berghash, R., & Jillson, K. (1998). Thoughts on Psyche, Soul, and Spirit. Journal of Religion and Health, 37 (4), 313-322. Some thoughts by the authors distinguishing the concepts and relating them to psychological health.

Burkhardt, M. A. (1989). Spirituality: An analysis of the concept. Holistic Nursing Practice, 3 (3), 69-77. The author contrasts spirituality and religiosity, notes how researchers have studied the concept, provides descriptive characteristics which emerge from the literature, and provides a definition of “spiriting” (“the unfolding of mystery through harmonious interconnectedness that springs from inner strength”). She notes the importance of “being with” the client and of listening for indications that the client has significant relationships and experiences of connection.

Burkhardt, M. A. (1994). Becoming and connecting: Elements of spirituality for women. Holistic Nurse Practitioner, 8 (4), 12-21. A qualitative study of 12 women from Appalachia in which connecting and becoming are described as central concepts of spirituality.

Burkhardt, M. A. (1998). Reintegrating spirituality into health care. Alternative Therapies, 4 (2), 128-127. Believing that “spirituality permeates every encounter”, this author contrasts healing and curing, describes how spiritual expression may be encouraged through the telling of one’s story, and notes how prayer may be integrated into healthcare.

Ellison, C. W., & Paloutzian, R. F. (1982). Loneliness, spiritual well-being and the quality of life. In L. Peplau and D. Perlman, (Eds.). Loneliness: A Sourcebook of Current Theory, Research and Therapy. New York, NY: John Wiley and Sons, 224-237.

Emblen, J. D. (1992). *Religion and spirituality* defined according to current use in nursing literature. Journal of Professional Nursing, 8 (1), 41-47. Screening nursing literature published between 1963 to 1989, the author extracts words related to religiosity and spirituality to form a concept analysis contrasting the two concepts. She then provides a brief history of change of meanings related to philosophical shifts in nursing. A good summary of the concepts up to that point in history.

Goddard, N. C. (1995). “Spirituality as integrative energy’: A philosophical analysis as requisite precursor to holistic nursing practice. Journal of Advanced Nursing, 22, 808-815. The author contrasts spirituality and religiosity then uses principles of logic to conceptualize spirituality as “integrative energy”.

Goldberg, B. (1998). Connection: An exploration of spirituality in nursing care. Journal of Advanced Nursing, 27, 836-842. Using one of Walker and Avant’s processes of concept synthesis, the author explores phenomena related to spirituality in the literature and

sorted them into fewer categories – all products of “relationship”. She then chooses “connection” to represent a synthesis of the phenomena.

Guillory, J. A., Sowell, R., Moneyham, L. & Seals, B. (1997). An exploration of the meaning and use of spirituality among women with HIV/AIDS. Alternative Therapies, 3(5), 55-60. Authors interviewed 45 women aged 20 to 63 in a focus group format to explore the *meaning and use of spirituality in HIV infected women*. Six major themes emerged in the analysis, the first being “connectedness with a supreme being” and the second being communication with that being via prayer and/or meditation. Participants identified prayer as the most frequently used practice to seek healing.

Kaye, J., & Robinson, K. M. (1994). Spirituality among caregivers. Image: Journal of Nursing Scholarship, 26 (3), 218-221. Using a Spiritual Perspectives Scale, authors compared the spirituality of caregivers (of Alzheimer’s victims) with non care-giving wives. Although findings did not reach statistical significance, caregivers did score somewhat more in the predicted direction. Caregivers used private prayer and sought spiritual guidance more often than non care givers. They also tended to more often frame both joys and problems within a spiritual perspective.

Macrae, J. (1995). Nightingale’s spiritual philosophy and its significance for modern nursing. Image: Journal of Nursing Scholarship, 27 (1), 8-10. A brief examination of Nightingale’s interest in mysticism, universal law, and health.

McGlone, M. (1990). Healing the spirit. Holistic Nurse Practitioner, 4(4), 77-84. The author contrasts the terms *cure* and *heal*, and notes how the “quality of relationship” differs in interactions leading to each. She notes that illness can actually be a cure for “time famine”, allowing us to focus on spiritual concerns. She also briefly discusses prayer and meditation, spiritual healing, and therapeutic touch.

McSherry, W., & Draper, P. (1998). The debates emerging from the literature surrounding the concept of spirituality as applied to nursing. Journal of Advanced Nursing, 27, 683-691. Authors explore three debates emerging in nursing literature related to the concept of spirituality. These debates center on deriving a conceptual and theoretical view of spirituality that will be functional for the profession; reclaiming the spiritual heritage of nursing in a milieu dominated by science, technology, and secularism; and viewing spirituality from a truly holistic perspective (where it is not *reduced* to one of several parts of our being, but understood to be impinging, infiltrating and penetrating “all areas of our life in a subtle way establishing meaning and purpose”). An insightful article examining some of the subtler aspects of the quest to understand spirituality within the health care arena. Useful reference list with many citations related to spiritual care.

Meraviglia, M. G. (1999). Critical analysis of spirituality and its empirical indicators. Journal of Holistic Nursing, 17 (1), 18-33. A concept analysis of spirituality proposing *prayer* and *meaning in life* as empirical indicators.

Muldoon, M. H., & King, J. N. (1991). A spirituality for the long haul: Response to chronic illness. Journal of Religion and Health, 30 (2), 99-108. Authors examine the concept of spirituality including “newer” models of “whole person spirituality”. Basic principles of *intrinsic worth* and *drive to grow* are derived from this spirituality model and discussed in relation to care in chronic illness.

Nagai-Jacobson, M., & Burkhardt, M. (1989). Spirituality: Cornerstone of holistic nursing practice. Holistic Nurse Practitioner, 3(3), 18-26. An exploration of the concept of spirituality including concepts such as “attending to that which you know”, “interconnectedness”, “listening with one’s being”, “connections with the sacred”, and “presence and silence”.

Newman, M. (1989). The spirit of nursing. Holistic Nurse Practitioner, 3 (3), 1-6. Newman discusses spirituality in relation to “pattern recognition” and “sensing into one’s own field”. For her, the nurse’s task is to facilitate the “insight into his or own pattern” (facilitated by a shared consciousness or connection).

Newshan, G. (1998). Transcending the physical: Spiritual aspects of pain in patients with HIV and/or cancer. Journal of Advanced Nursing, 28, (6), 1236-1241. Spirituality is conceptualized to consist of hope, meaning, and love and relatedness in this article which explores spiritual tools (including presence) the nurse may employ in the care of patients with pain.

Rosen, I. M. (1991). The spiritual dimension of cognitive therapy. Journal of Religion and Health, 30 (2), 93-98. A brief look at cognitive aspects of spirituality (noting Ken Wilber’s spectrum of consciousness).

Stuart, E., Deckro, J., & Mandel, C. (1989). Spirituality in health and healing: A clinical program. Holistic Nurse Practitioner, 3 (3), 35-46. A very interesting application of Herbert Benson’s “relaxation response” within the clinical setting of a Hypertension Group Program. Practical application of a mind-body-spirit approach.

Taylor, P., & Ferszt, G. (1990). Spiritual healing. Holistic Nurse Practitioner, 4(4), 32-38. Authors discuss such concepts as touch, accompaniment, and prayer in relation to healing and death.

Widerquist, J. (1992). The spirituality of Florence Nightingale. Nursing Research, 41 (1), 49-55. The spirituality of the “founder of nursing” is discussed related to implications for how she viewed nursing practice. A brief reference to Nightingale’s “craving after God”.