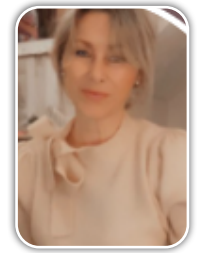


Spirituality at end of life

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Abstract

Spirituality at end of life is often associated with religion and from practice, this is a misconception. Religion is a way of making sense of express spirituality. Spirituality concerns itself with the essence of the person and as nurses we are best placed to explore hopes, legacy, accomplishments and heritage to enable patients to make sense of their illness and bring peace to their soul. Spiritual care is often not approached for fear of distressing patients at this sensitive period as well as nurses own perceptions or knowledge base not being skillful enough to deliver spiritual care. The need to deliver care that is holistic incorporating spiritual care is equally important as assessing pain or agitation at end of life.

Biography

Melissa Naili is a Registered Nurse and qualified in 2007, worked within a Nursing home, acquiring an end of life care award for the home, in partnership with another nurse until 2013. Challenging taboos and improving end of life care through adopting best practice in developing spirituality. She has continued this within community/district nursing and is the palliative link. Currently she is exploring spirituality whilst studying a module at the University of Nottingham and is keen to train colleagues around spiritual care delivery.



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