

FICA ~ A Spiritual Assessment Tool

F Faith or Beliefs

Specific questions to elicit responses:

- Do you consider yourself spiritual or religious? Both? Neither?
- What things do you believe in that give meaning to your life?
- What is your faith or belief?

I Importance and Influence of Beliefs

Specific questions to elicit responses:

- Is your faith or belief important in your life?
- What influence does your faith or belief have on how you take care of yourself?
- How have your beliefs influenced your behavior during this illness?
- What role do your beliefs play in regaining your health?

C Community

Specific questions to elicit responses:

- Are you part of a spiritual or religious community?
- Does the community provide support for you? How?
- Is there a person or group of people you really love or who are really important to you?

A Address Care Issues

Specific questions to elicit responses:

- How would you like me, as your healthcare provider, to address these issues while caring for you?

¹ Puchalski, CM. Spiritual Assessment Tool. *Innovations in End of Life Care*. 1999; 1(6): 1-2