



“Pearls” from your Palliative Care Team June 2004

“FICA” A spiritual assessment tool^{1 2}

F Faith or Beliefs

- ✦ 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

- ✦ 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 behaviour during this illness?
- ✦ What role do your beliefs play in regaining your health?

C Community

- ✦ 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

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

¹ Hospice/Palliative Care Training for Physicians; UNIPAC 2: *Alleviating Psychological and Spiritual Pain in the Terminally Ill*, 2nd Edition. Storey, P and Knight C. American Academy of Hospice and Palliative Medicine. ISBN 0-913113-27-1. 2003, p79

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