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ADVANCED SPIRITUAL CARE COURSE FOR VIETNAM NURSING MASTER'S PROGRAM

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ABSTRACT

This article introduces a course of advanced spiritual care for the Vietnam nursing master's program. The course description, goals, teaching methods, schedules, content, and evaluation process are addressed. The ultimate aim is that the Vietnam nursing master's students in this advanced spiritual nursing care course explore their own spiritual status through reflection upon the development process and the analysis of concepts of spiritual well-being, crisis, distress, and suffering. Using basic spiritual knowledge, the Vietnam nursing students can improve their practical spiritual assessment skills to further comprehend clinical cases. The course also helps them identify their own spiritual problems through the narrative process and therapy and design spiritual interventions using therapies involving literature, music, art, and nature.

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INTRODUCTION

Considering the lack of spiritual care in Vietnam, a course of advanced spiritual care for the Vietnam nursing master's program was implemented and conducted in nine teaching units in January and February, 2019. This elective course accounts for two credits and consists of 30 hours of teaching. The objective is to apply the process of narrative research and healing through certain concepts, and use the existing literature on spirituality and spiritual care to lead nursing students to explore and analyze the spiritual stories and problems of cases. Ultimately, nursing students should develop spiritual care interventions for the cases by following their spiritual problems. Additionally, the nursing students can understand their own spiritual development and relationship with themselves, others, and faith; they can also experience spiritual interventions focused on literature, music, nature, and art therapies. After completing this course, the Vietnam nursing students have understood and explored the concepts of spirituality and spiritual care, applied spiritual assessment skills to the narrative process, described and analyzed the spiritual problems of the cases, developed spiritual nursing interventions for the cases, realized their own spiritual

development and relationship with themselves, others, and faith; and formed spiritual interventions focused on literature, music, nature, and art therapies. The teaching methods of the Vietnam nursing master's program advanced spiritual care course included lectures, leading, demonstration, discussion, and case analysis. The course evaluation consists of completing individual assignments on the definition of spirituality and spiritual care (10%); model cases of spiritual well-being, crisis, distress, and suffering (20%); reflection of spiritual development (10%); spiritual assessment (20%); course participation (10%); and group assignments on the narrative stories and spiritual care interventions of the cases (30%). The following are the course plan and schedule of the advanced spiritual care course for the Vietnam nursing master's program (Tables 1 and 2). The course content of the advanced spiritual care for the Vietnam nursing master's program included an introduction to spiritual nursing (Ku, Cheng, and Yang, 2017); the current status of spiritual nursing (Ku, 2017; Leeuwen, 2008; Pike, 2011); a spiritual conceptual analysis (McBrien, 2006) of well-being (Yang, Yen, and Chen, 2011), crisis (Agrimson and Taft, 2008), distress (Ku, Kuo, and Yao, 2010), and suffering (Yang, Lai, and Chao, 2008); a spiritual development course (Ku, 2017); a course on spiritual assessment skills (Bomeman, 2011; Cheng, Lai, Livneh, and Tsai, 2011; Hsieh and Wang, 2011; Ku, 2017; Shipley, 2010);

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Table 1. Course Plan of Advanced Spiritual Nursing Care

Course Title	Advanced Spiritual Care in Nursing
Course Level	Vietnam Nursing Master's Program
Course Hours	2 credits/30 hours
Course Description	The objective of this course is to apply the process of narrative research and healing through certain concepts and use the existing literature on spirituality and spiritual care to lead nursing students to explore and analyze the spiritual stories and problems of cases. Ultimately, nursing students should develop spiritual care interventions for the addressing the cases' spiritual problems. Additionally, the nursing students can understand their own spiritual development and relationships with themselves, others, and faith; they can also experience spiritual interventions focused on literature, music, nature, and art therapies.
Course Goals	After completing this course, the students should have 1. understood and explored the concepts of spirituality and spiritual care 2. applied spiritual assessment skills to the narrative process 3. described and analyzed the spiritual problems of the cases 4. developed spiritual nursing interventions for the cases 5. realized their own spiritual development and relationship with themselves, others, and faith, and formed spiritual interventions focused on literature, music, nature, and art therapies
Teaching Methods	Lecture, leading, demonstration, discussion, case analysis
Evaluation	1. definition of spirituality and spiritual care 10% (individual) 2. model cases of spiritual well-being, crisis, distress, and suffering 20% (individual) 3. reflection of spiritual development 10% (individual) 4. spiritual assessment assignments 20% (individual) 5. narrative stories and spiritual care interventions of the cases 30% (group) 6. course participation 10%

Table 2. Course Schedule of Advanced Spiritual Nursing Care

Course Number (Teaching Hours)	Course Content
1 (2 hours)	Introduction to Spiritual Nursing
2 (3 hours)	Current Status of Spiritual Nursing
3 (4 hours)	Spiritual Concept (1)-Well-being Spiritual Concept (2)-Crisis Spiritual Concept (3)-Distress Spiritual Concept (4)-Suffering
4 (4 hours)	Spiritual Development
5 (4 hours)	Spiritual Assessment Skills: Listening Empathy Presentation
6 (4 hours)	Narrative Research and Narrative Healing Demonstration of the case study
7 (3 hours)	Ku (2010) developed four domains of spiritual interventions, which included the relationship of patients: <ul style="list-style-type: none"> ▪ With themselves ▪ With others ▪ With faith ▪ With facing death
8 (3 hours)	<ul style="list-style-type: none"> ▪ Literature, music, nature, and art therapies ▪ Facing death (grief and sorrow)
9 (3 hours)	Case study report (Group 1/2/3)

narrative research and healing demonstration based on a case study (Morgan, 2008; Ku, Ku, and Ku, 2009; Liu, Yang, and Ku, 2017); a class on the four domains of spiritual interventions, namely the relationship of patients with themselves, others, faith, and facing death; literature, music, nature, and art therapies (Ku, 2017); merging into the elderly (Chen, Wang, and Ku, 2012; Lee, Ko, and Ku, 2016; Lin, Chiou, and Ku, 2012); and hospice care (Hsu and Ku, 2009; Hsu and Ku, 2009; Huang and Ku, 2008; Shih and Ku, 2008).

Outcomes of the Advanced Spiritual Nursing Care Course: After completion of the advanced spiritual nursing care course, each Vietnam nursing student in the master's program have written their own definition of spirituality and spiritual care; modeled cases of spiritual well-being, crisis, distress, and suffering; and reflected on their own spiritual development. Additionally, they will have written practice assignments on spiritual assessment skills to conduct interviews about the cases in groups, described the narrative stories, identified the spiritual problems, and designed spiritual care interventions for the cases. Finally, the Vietnam nursing master's students in the advanced spiritual nursing care course will have explored their own spiritual status through reflection on the development process and analysis of the concepts of spiritual well-being,

crisis, distress, and suffering. With basic spiritual knowledge, the Vietnam nursing students can improve their practical spiritual assessment skills to further comprehend clinical cases and identify their spiritual problems through the narrative process and therapy as well as design spiritual interventions through alternative therapies involving literature, music, art, and nature.

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