THERE IS ALWAYS HOPE:

The Essence of Spiritual Care
Rev. Tessie Mandeville is a board-certified chaplain who serves on the Palliative Care Team at PeaceHealth St. Joseph Medical Center in Bellingham, WA.

Tessie traces her palliative care roots to the HIV/AIDS pandemic and the work she did as a pastor in local congregations before she even learned there was a specialty field of medicine called “palliative care”.

Tessie is passionate about serving people with life-limiting illnesses and helping them have the necessary, sometimes difficult, occasionally even funny, conversations about end-of-life.

To ensure she has her own good quality of life, Tessie sings, writes, bikes, hikes, spends time with family and friends, and recently was licensed as a foster parent for the state of Washington.

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DISCLOSURES

• I have no financial or commercial interests to disclose.
• Understand a working definition of spirituality and how it is an essential component of wholeness

• Distinguish between “hope”, “cure”, and “optimism”

• Describe recent articles on the science of hope and how hope protects the brain

• Conclude that there is reason (and science) for hope
Christina Puchalski, MD, Director of the George Washington Institute for Spirituality and Health, contends that "spirituality is the aspect of humanity that refers to the way individuals seek and express meaning and purpose and the way they experience their connectedness to the moment, to self, to others, to nature, and to the significant or sacred."
WHAT IS RELIGION?

Religion is a fundamental set of beliefs and practices generally agreed upon by a group of people. These set of beliefs concern the cause, nature, and purpose of the universe, and involve devotional and ritual observances. They also often contain a moral code governing the conduct of human affairs.

www.allaboutreligion.org
RELATIONSHIP BETWEEN SPIRITUALITY AND RELIGION

**Spirituality**
- Where do I find meaning?
- How do I feel connected?
- How should I live?

**Religion**
- belief
- comfort
- reflection
- ethics
- awe

- What practices, rites, or rituals should I follow?
- What is right and wrong?
- What is true and false?
SPIRITUALITY IS AN ESSENTIAL COMPONENT OF WHOLENESS
Is there hope for achieving emotional and spiritual wellness even when one’s body remains sick?
Hope is NOT:

• If I think positively this will go away
• If I pray enough or have enough faith, this illness will go away
• If I eat leafy greens at every meal and meditate three times a day this will go away

Many people do all of this and still succumb to illness.
what is hope?
Hope is Both Powerful and Fragile
DIFFERENCES BETWEEN HOPE, CURE, & OPTIMISM

**Optimism** says “Everything is going to work out just fine.”

To **Cure** is to “eliminate all evidence of disease”

**Hope** is an attitude that looks for possibility in whatever life deals us. Hope advises us to look squarely at the realities that confront us while remaining aware of the possibilities. –Bruce T. Marshall
HOPE PROTECTS THE BRAIN
Bilateral Medial Orbitofrontal Cortex (mOFC)
Read each item carefully. Using the scale shown below, please select the number that best describes you and put that number in the blank provided.

1=Definitely False  
True  
2=Mostly False  
True  
3=Somewhat False  
4=Slightly False  
5=Slightly True  
6=Somewhat True  
7=Mostly True  
8=Definitely True

___ 1. I can think of many ways to get out of a jam.
___ 2. I energetically pursue my goals.
___ 3. I feel tired most of the time.
___ 4. There are lots of ways around any problem.
___ 5. I am easily downed in an argument.
___ 6. I can think of many ways to get the things in life that are most important to me.
___ 7. I worry about my health.
___ 8. Even when others get discouraged, I know I can find a way to solve the problem.
___ 9. My past experiences have prepared me well for my future.
___ 10. I’ve been pretty successful in life.
___ 11. I usually find myself worrying about something.
___ 12. I meet the goals that I set for myself.

Agency: ___________

Add Scores on items: 2, 9, 10 and 12. Scores range from a 4 to a 32. Higher scores reflect higher agency.

Pathways: ___________

Add scores on items: 1, 4, 6 and 8. Scores range from a 4 to a 32. Higher scores reflect higher pathways thinking.

Total Hope Score: ___________ (Add Score for Pathways to the Score for Agency)

Add the agency and pathway scores. Scores of 40 – 48 are hopeful, 48 – 56 moderately hopeful, and 56 or higher as high hope.
• The anatomy of hope
• The psychology of hope
• The science of hope
• The reason for hope
• The biology of hope
• Fostering hope
• Living with hope
All that remained in the box was Hope. It fluttered from the box like a beautiful dragonfly, touching the wounds created by the evil creatures, and healing them. Even though Pandora had released pain and suffering upon the world, she had also allowed Hope to follow them.
It may not help us live longer but it will help us live better.
WHAT QUESTIONS MIGHT YOU HAVE FOR ME?

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Thank You