

عنوان مقاله:

The Effectiveness of spiritual skills in improving the quality of life and deactivating the spiritual intelligence of renal patients

محل انتشار:

سومین کنفرانس ملی نوآوری و تحقیق در علوم انسانی، مدیریت و معارف اسلامی (سال: 1398)

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خلاصه مقاله:

Background: Patients who suffer from chronic renal disease face problems in many aspects of their life; problems such as physical and social as well as mental such as stress, anxiety, depression. In addition, they exhibit an amount of spiritual needs, which relate and influence the psychological adaptation to the illness. The aim of present study was to examine evidence of spirituality and health outcomes, mostly in the complex codex of a chronic and life treating disease such as chronic renal disease. Methods: In this semi-experimental study, in the dialysis department of Hajar hospital in Shahrekord, 18 patients under hemodialysis and 12 control were selected according to the inclusion criteria. Regarding outpatient care, spiritual care was carried out in the form of spiritual counseling based on the sound-heart consulting model. Spiritual skills were taught to improve the four-dimensional relationship (relationship with God, self, others, and the universe of nature) with an educational booklet. The spiritual health of patients with Alison's questionnaire was examined before intervention. Data were analyzed with descriptive statistics (mean, standard deviation) and inferential statistics (Chi-square, t-test, Fisher exact test, Friedman). The SPSS24 software was used. Results: At the beginning of the study, the level of spiritual well-being of patients was moderate, however, after the implementation of spiritual care there was a significant increase in the existential health and total score of spiritual well-being ($P < 0.05$). Conclusion: Considering, assessing and addressing chronic kidney disease patient's spirituality and spiritual needs is necessary and it can have a positive outcome in health related quality of life, mental health and life expectancy.

کلمات کلیدی:

Spirituality, Chronic Kidney Disease, health outcomes

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