

Table 13-1: FICA: Faith and Belief, Importance and Influence, Community, and Address/Action in Care

F Faith, Belief, Meaning

“Do you consider yourself spiritual or religious?”

“Do you have spiritual beliefs that help you cope with stress?”

If the patient responds “no,” the physician might ask, “What gives your life meaning?”

I Importance and Influence

“What importance does your faith or belief have in your life?”

“Have your beliefs influenced you in how you handle stress?”

“Do you have specific beliefs that might influence your health care decisions?”

C Community

“Are you a part of a spiritual or religious community? Is this of support to you and how?”

“Is there a group of people you really love or who are important to you?”

Communities such as churches, temples, and mosques can serve as strong support systems for some patients.

A Address/Action in Care

“How should the healthcare provider address these issues in your health care?”

Referral to chaplains, clergy and other spiritual care providers.