

SACH

Number 12 December 2002

Soundings

Meeting the spiritual needs of patients in the NHS in Scotland - the role of the hospital chaplain

The research project looking at hospital chaplaincy and the spiritual needs of patients outlined in the last SACH soundings has now begun. This involves a Team from Aberdeen University - Dr Harriet Mowat, Dr John Swinton and Clare Guest.

This is a wonderful opportunity for you to have your say with regard to these issues and will involve the perspectives of chaplains, patients and staff. This is very timely with the introduction of the Scottish Executive 'Guidelines on Chaplaincy and Spiritual Care in the NHS in Scotland'.

The Team will be in touch and are looking forward to working with you over the coming months.

Clare Guest is a research assistant working in the School of Divinity and Religious Studies. She has a background in health sciences and social work. Clare previously worked on a project looking at patients decisions to use primary care in rural and urban areas.



Left to right: Harriet Mowat, John Swinton and Clare Guest.

Notes from the Executive

The Executive welcomed two new members to its meeting on 25th November: Derek Brown was elected President at our AGM in October and Stuart Macdonald became an ordinary member. (Sue Duncan, who is also a new member, wasn't able to be there.)

One of the main items on our agenda was a paper from Fred Coutts on the European Network of Health Care Chaplaincy (ENHCC). The Executive agreed to support the work of ENHCC and endorse the Standards Document which it has produced. At the AGM in October it was agreed to set up a new "Conference Fund" and we hope to be able to send a SACH representative to future ENHCC consultations. The next will take place in Berlin in September 2004.

Stuart Macdonald has agreed to represent SACH on the Hospitals, Healthcare and Universities Sub-Committee and Derek Brown hopes to attend the "Chaplaincy for Tomorrow" Conference at Crieff Hydro in March (organised by the Church of Scotland's Board of National Mission).

Hospital garden gets a musical blessing

A specially composed piece of music was played in the Chaplaincy Garden at the Balfour Hospital in Kirkwall as part of the dedication of the garden by the Moderator of the General Assembly of the Church of Scotland. The Right Reverend Finlay Macdonald gave a Prayer of Blessing before unveiling a plaque carved from Eday sandstone depicting a dove, recording his visit.

The musical composition called "Journeys" was written by Gemma McGregor for flute and cello. Dr Linda Hamilton, on cello, joined Gemma in playing the newly written piece. Gemma said she was interested in composing a piece of community music that could be used in the hospital setting to comfort people who had reached a junction in their lives. "The challenge

was to compose a piece of music that would appeal to any age or background. Music can be part of the healing process and is therapeutic in getting in touch with ones feelings." The music will be used on an audio cassette so that visually impaired visitors to the garden can listen to a description of the spiritual side of the garden accompanied by some comforting music.

In blessing the garden, the Moderator said: "May this garden be a place of renewal and refreshment, a place of beauty and peace, thus contributing to the healing and health, strength and wholeness of all who will spend time here."

Mike Ward

Chaplain at The Balfour Hospital
Kirkwall

Notes from SCCHCC

The Scottish Churches Committee on Healthcare Chaplaincy met on 1st October. Among our first concerns was the future of the committee.

Jim Allardyce and John Thomson had a meeting with Tom Moyes of ACTS in September to discuss the future of the committee. It was suggested that as ACTS was proposing to form networks, the committee could contribute to the life of ACTS as an associated ecumenical group. The Church and Society Network was suggested as appropriate. An arrangement such as this would not restrict our involvement in other networks if our expertise were required or offered. Those present at Dunblane approved of this and

went on to discuss the possible implications for the committee of the SEDH guidelines when they are published.

There was a long discussion on Registration of Chaplains and Spiritual Care Givers. It was reported that the College of Health Care Chaplains is pressing ahead with its application to have Chaplaincy registered as a Health Care Profession. The committee has no trouble with this, but did express concern that SACH and Association of Hospice and Palliative Care Chaplains had been left out of the application process. The College representative on the committee expressed his surprise at this and agreed to raise the matter with the Scottish Branch officials.

Fred Coutts spoke about the

Consultation of the European Network of Health Care Chaplaincy held in Finland and urged members to forward the copy of The Standards for Health Care Chaplaincy in Europe to their denominational officers for information and comment.

South Glasgow University Hospitals Trust had, at the time of the meeting, advertised for applicants for the post of Chaplaincy Coordinator. The Trust asked John Thomson if a member of SCCHCC would be willing to serve on the interview panel to be an ecumenical representative. The committee agreed and nominated Jim Allardyce to represent them.

The Times they are a changing



I'm writing this in the afterglow of the long awaited publication of the Scottish Executive Health Department Letter on Spiritual Care. There is little doubt that this will usher in the most significant review of chaplaincy services for some considerable time and that professional organisations such as SACH will have a very important part to play in shaping the spiritual care policies that will evolve.

So it's an exciting time to have been elected President and now having had a little time to look at the range of items that the Executive deals with I'd like to express my thanks on your behalf to them all and particularly Anne Harper who has been at the helm these past three years.

While the Guidance on spiritual care will doubtless occupy chaplain's waking hours there are other issues which will also require attention such as professional registration, training and education, a code of professional practice, chaplaincy standards and data protection. If you

can think of any others please put your answers on a postcard!

Actually that's not as daft as it sounds because one of aims of SACH is to provide support and fellowship to chaplains and it's hard to do that without members engaging with one another. What better plug could there be for our publications? *Soundings* is a means of mutual support and encouragement as well as a way of disseminating news and views. The Journal is a more reflective publication which does an excellent job in promoting the interests of chaplaincy.

The future is as ever, indeterminable, but we do have it within our power to be part of shaping the future of health care chaplaincy in Scotland and beyond. As we shape and mould, discuss and design the services that we provide I'd like to think that we won't lose sight of what it's all about- the patient in the bed with their myriad needs, hopes and fears.

I look forward to serving as President during this time of development and change so that we can all deliver the best possible care for our patients and feel valued and supported whilst doing it.

Wishing you every blessing in your work.

Derek Brown
President of SACH

A little about Derek Brown the new President.

I was a little alarmed to discover at the Carberry conference in September that of all the chaplains present I had been in post the longest - 15 years and counting. I don't feel like an elder statesman and I hope I don't look like one either!

I shall briefly attempt to flesh out this dinosaur's bones. A Paisley buddie by birth I was schooled in Penicuik and had a short career in banking before being called to the ministry. I studied at New College and after a probationary year in Inverness I began working two sessions a week at Raigmore Hospital which in time combined with an appointment at Highland Hospice to give a full time post.

I graduated D.Min from Princeton in 2000, the subject of my thesis being how to assist hospice staff to meet spiritual needs.

I'm married to Susan who is minister of Dornoch Cathedral and we have two children, Simon 15, and Hannah, 12. I enjoy hillwalking, cycling and photography and am a member of the inshore rescue lifeboat crew at Dornoch.

You must read Dawna Markova

You may be interested in a poem cited by Richard Holloway in a very stimulating talk he gave in Glasgow recently on "The Insane Mercy of God".

*I will not die an unlived life.
I will not live in fear
of falling or catching fire.
I choose to inhabit my days,
to allow my living to open me,
to make me less afraid,
more accessible,
to loosen my heart
until it becomes a wing,
a torch, a promise.
I choose to risk my significance,
to live so that which came to me as seed
goes to the next as blossom
and that which came to me as blossom,
goes on as fruit.*



An Excerpt from
*I Will Not Die an Unlived Life:
Reclaiming Purpose and Passion*
by Dawna Markova

This poem by Dawna Markova became an Internet phenomenon and inspired people around the world. It's a marvellous expression of the spiritual practice of zeal - especially when you consider her life experience. She is no stranger to suffering, pain, and loss; she makes references to her rape, five miscarriages, and twenty years of living with cancer.

Dawna Markova is the CEO of Professional Thinking Partners, Inc., co-founder of the Worldwide Women's Web, and author of *No Enemies Within*. The theme of this very ardent personal work is zeal or, as the author, defines it "the choice to be living fully awake and passionately alive".

Rage, denial, inertia, and loss can be seen as blockages to a life of purpose and passion. Markova reframes this when she writes: "Befriending myself seems to be about opening my heart as a homeless shelter for all the destituted and prostituted aspects of my being that I have been running from for years without

even knowing that's what I have been doing." This inspirational work begins with a poem she wrote that became an Internet phenomenon and inspired freedom fighters in South Africa. The book ends on a high note with her motto LIVE: " 'L' stands for the question, 'What do I love?' 'I' represents 'What are my inner gifts and talents?' 'V' equals 'What do I value?' And 'E' means 'What are the environments that bring out the best in me?' " For Markova and for all seekers of meaning in the midst of life, questions are always stout-hearted companions for the journey.

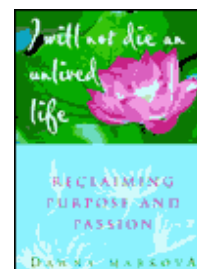
Those who have access to the internet should have a look at the *Spirituality and Health* web site and in particular of the *soulboosters* section www.spiritualityhealth.com/newsh/lists/pta_soulbooster.html and the *New Dimensions* web site www.newdimensions.org/article/markova.html

also check out

- www.spiritualityhealth.com/newsh/items/soulbooster/item_569.html
- www.spiritualityhealth.com/newsh/lists/pthp_soulbooster_40.html
- www.spiritualityhealth.com/newsh/items/home/item_216.html
- www.newdimensions.org/article/markova.html

[Reluctant link typists can find the links on the web version of SACH Soundings 12 at www.sach.org.uk/ss12.htm]

Book details:
**I Will Not Die an Unlived Life:
Reclaiming Purpose and
Passion**
Dawna Markova
Conari Press 10/00 Paperback
\$13.95
ISBN 1-57324-101-6



Fergus MacLachlan
Chaplain at Inverclyde Royal Hospital,
Greenock

Scratchings

from the Training and Development Officer.

On 28th October I was invited to attend a “Faculty” Study Day in London hosted by Rev Edward Lewis, Chief Executive of the Hospital Chaplaincies Council and Tim Battle, Training and Development Officer in England. By “faculty” is meant generally those who are involved, interested and committed to improving educational opportunities and standards for chaplains.



The Inaugural “Norman Autton” Memorial lecture was given by **Rev Peter Speck**, currently : Visiting Fellow, Faculty of Medicine, Southampton, and Hon Senior Research fellow, King’s College, London.

Norman Autton was a pioneer in health care chaplaincy. Having worked in hospitals in Cheshire and London he was appointed Director of Training for the Hospital Chaplaincies Council and then to the University Hospital of Wales. He wrote several books and worked for the recognition of chaplaincy as part of the multi disciplinary team with competent professional standards. He was referred to as the “father” of modern health care chaplaincy.

Peter Speck began with a brief description of Norman Autton and his work. Words like sacramental, professional and Anglo Catholic were used of him. His books on the pastoral care of the dying and on pain were seminal. He continued by describing some of the many roles and pictures used for chaplaincy - vulture, para cleric, etc. Many changes had taken place over the past 55 years in chaplains’ associations, in the ecumenical and multicultural scene and in the health service. There is a real need to develop proper evidence based research as to the value of spiritual care. As much of this as possible should be in collaboration with other health care professionals.

He asked 5 main questions:

1. What are chaplains appointed to do ? Spirituality while being virtually indefinable was clearly about integration and relationships.

The search for meaning had been emphasised by Frankl and others. It was spiritual more than religious, and involved spiritual distress, troubled relationships etc. The spiritual assessment question is basically : “Do you have a way of making sense of things ?”

2. How should we be providing this spiritual care? Books, the sharing with colleagues, and accepted practice often give us the best idea.

3. How do we know and show what we have achieved? Those who employ us (and others) wish to be able to see and measure something. “The answer lies partly in audit and statistics”.

He mentioned how chaplains, like medics, often avoid the difficult questions and moments. Sometimes chaplains hide behind the religious invitation “Shall we pray” as doctors hide behind the medical one “show me your tongue”.

4. How do we know that what we do is best practice? How can we best research the relationship between beliefs and outcomes?

Various people are trying to do this. The efficacy of prayer; belief studies, etc have produced different answers - strong belief is sometimes associated with poor clinical outcome. The belief system is challenged and the person is especially vulnerable. Moderate believers when bereaved often appear to have more depression. Those with strong belief often resolve their grief more rapidly and more completely.

He asked how feasible was this sort of research and stressed the need for more collaborative work.

5. How do we let each other know what we have discovered ? Publications and training are important. Articles in health journals with multi professional readership are the most effective areas.

Nurturing can be costly as chaplains know. The work they do is vocational as well as professional. We need occupational standards and levels of competence.

It was a stimulating day and good to share the issues which we share throughout the UK and beyond.

Chris Levison

Training and Development Officer

Christmas Offerings

Mary's Dream

I had a dream, Joseph. I don't understand it, not really, but I think it was about a birthday celebration for our son. I think that was what it was all about.

The people had been preparing for it for eight weeks. They had decorated the house and bought new clothes. They'd gone shopping many times and bought elaborate gifts. It was peculiar, though, because the presents weren't for our son. They wrapped them in beautiful paper and tied them with lovely bows and stacked them

under a tree-----yes, a tree, Joseph, right in their house! They'd decorated the tree too. The branches were full of glowing balls and sparkling ornaments. There was a figure on the top of the tree. It looked like an angel might look. Oh, it was beautiful. Everyone was laughing and happy. They were all excited about the gifts. They gave the gifts to each other, Joseph, not to our son-----I don't think they even knew him-----they never mentioned his name. Doesn't it seem odd for people to go to all that trouble to celebrate

someone's birthday if they don't know him? I had the strangest feeling that if our son had gone to this celebration he would have been intruding. Everything was so beautiful, Joseph, and everyone so full of cheer, but it made me want to cry. How sad for Jesus not to be wanted at his own birthday celebration. I'm glad it was only a dream. How terrible, Joseph, if it had been real.

This story proved very popular in Aberdeen last Christmas

A useful Book

Maragret Cameron, chaplain at Accord Hospice in Paisley, recommends the book "Shine on, star of Bethlehem" a worship resource for Advent, Christmas and Epiphany. Compiled by Geoffrey Duncan for Christian Aid—£9.99 Canterbury Press. This is a collection of poems, prayers and meditations.



Comings and Goings

Rev Blair Robertson has been appointed Chaplaincy Coordinator in South Glasgow Trust in succession to the Rev Janet MacMahon who moved to Castlemilk in August. This appointment has been made directly by the Trust. Two locum part-time chaplains have been appointed while there is a vacancy for a whole-time chaplain. They are the **Rev David Hood** and **Rev Norman Shanks**. **Rev Bill Campbell** plans to retire from the Royal Cornhill Hospital in January 2003.

Anne Harper

A warm word of appreciation for Anne Harper who has now completed her term as President of SACH. Anne very obligingly responded to an emergency vacancy, saying that she would tide SACH over for a few months, and then staying on for a number of years!

Anne has steered the SACH Executive through the early years of consolidation when we were all feeling our way, has puzzled over and helped us to interpret, many NHS changes, and had always kept the profile of Chaplaincy, Spiritual Care, and SACH very much to the fore. She has done all this with much patience, a uniquely wry sense of humour, and many great doughnuts!!

As we proceed to explore how we interpret and implement the new guidelines, what we do about registration and accreditation, we will miss the wisdom of Anne's down to earth comments on so many things. Thanks Anne from us all.

Isabel Whyte
Chaplain
Queen Margaret Hospital
Dunfermline



Developing Spiritual Care Policies

At long last the Spiritual Care in NHS Scotland guidance was published by the Health Department of the Scottish Executive on the 28th of October. The guidance asks Chief Executives of NHS Boards and NHS Trusts in Scotland to develop and implement spiritual care policies that are tailored to the needs of the population served by each NHS Board.

A fundamental part of the development of these policies is providing stakeholders with an opportunity to voice their views. This will empower stakeholders and encourage a sense of ownership ensuring that spiritual care services are delivered in a responsive way according to the needs of patients, carers and staff. Personally, I view the consultation process as almost more important than the policy itself !!!

I am sure we have all come across examples of how not to undertake a consultation process. It is therefore essential that chaplains and managers are focused in their approach and clear about who is being involved and what will happen to the information gathered. There are a number of approaches that can be used and these include quantitative, qualitative and consultative techniques. More information about these methods can be found on the Healthcare Chaplaincy Training and Development Unit's website www.chaplains.co.uk. It is probably most effective to use more than one method. For example a questionnaire devised for patients, carer's and staff could be followed up with a

development conference, at which local faith communities and other stakeholders would have the opportunity to be involved in the decision making process.

The Healthcare Chaplaincy Training and Development Unit is available as a resource to assist and support those charged with the task of developing spiritual care policies. In addition a number of support resources also currently exist within NHS Board areas. These internal resources are available to offer support and advice on appropriate methodologies / involvement processes and may include:

- 1 Public Involvement Officer/ Manager
- 2 Clinical Effectiveness / Clinical Governance Department
- 3 Clinical Redesign/ Designed Healthcare Team

All consultation should result in action. By not wasting peoples time and commitment future participation will be encouraged and progress ensured.

As part of the policy development process, consultation will assist in providing clearer answers to the key questions *Where are we now?, Where do we want to go? and How are we going to get there?*

Andrew Moore
Policy Development Officer

Two New Opportunities

Two new courses have just been completed over the last couple of weeks. A first half unit of CPE has been undertaken in Glasgow with Valerie Duff as tutor, and a course on "Talking Spirituality, Creating Staff Confidence" was facilitated by Harriet Mowat and Desmond Ryan. More information is available on the web site, www.chaplains.co.uk. Both will happen again from early next year. For more details contact the Training and Development Unit at Queen's Park House Tel 0141 201 5392

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(Chaplain at Queen Margaret Hospital, Dunfermline)

Night Shift at the Balfour Hospital

Over the months, it had become apparent to NHS Orkney chaplains Mike Ward and Christine Laird that there are a few gaps in their provision of spiritual care. During the day, like most chaplains, they would bump into staff from most departments, but were aware that there are quite a number of ‘behind the scenes’ workers, for example kitchen and laundry staff with whom they had little or no contact. It has, therefore, been encouraging for the chaplains to meet some of these workers since the “Beechgrove” chaplaincy garden opened, as staff have taken up their invitation to use the garden on sunny days (remember those?) for coffee breaks or lunch.

But until recently, the chaplains never set eyes on the night staff. Mike and Christine decided to come into the hospital and go round the wards after 10.30 pm, initially one night a month and make themselves known. Christine takes up the story: “We had not appreciated that the night staff were quite so isolated, mostly remaining in their own ward for the whole of their shift. It has been an eye opener to chat and listen to some of their concerns. Anti social sleep patterns can certainly take their toll (I’ve been there!). Whatever is said to us is treated in the strictest confidence. We do not have all the answers. It is important that the voice of the night staff is heard; we are here to help that happen.”

Mike Ward

Chaplain at the Balfour Hospital

Write to SACH.....

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The next edition of *SACH Soundings* will be published in March 2003.

Send news, articles, stories, pictures and ideas by the end of February to:

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