



The EPICC Spiritual Care Competency Self-Assessment Tool ©

This self-assessment tool allows you to evaluate your level of knowledge, skills, and attitudes in four key areas of competencies for spiritual care.

Spirituality and spiritual care are understood as:

Spirituality: *The dynamic dimension of human life that relates to the way persons (individual and community) experience, express and/or seek meaning, purpose and transcendence, and the way they connect to the moment, to self, to others, to nature, to the significant and/or the sacred. The spiritual field is multidimensional:*

1. *Existential challenges (e.g., questions concerning identity, meaning, suffering and death, guilt and shame, reconciliation and forgiveness, freedom, and responsibility, hope and despair, love and joy).*
2. *Value-based considerations and attitudes (e.g., what is most important for each person, such as relations to oneself, family, friends, work, aspects of nature, art and culture, ethics and morals, and life itself).*
3. *Religious considerations and foundations (e.g., faith, beliefs and practices, the relationship with God or the ultimate).*

EAPC (n.d.). *EAPC Task Force on Spiritual Care in Palliative Care*. Retrieved from: <https://www.eapcnet.eu/eapc-groups/task-forces/spiritual-care>. Last accessed 18/02/19.

Spiritual care: *Care which recognises and responds to the human spirit when faced with life-changing events (such as birth, trauma, ill health, loss) or sadness, and can include the need for meaning, for self-worth, to express oneself, for faith support, perhaps for rites or prayer or sacrament, or simply for a sensitive listener. Spiritual care begins with encouraging human contact in compassionate relationship and moves in whatever direction need requires.*

van Leeuwen, R., Attard, J., Ross, L., Boughey, A., Giske, T., Kleiven, T., & McSherry, W. (2020). The development of a consensus-based spiritual care education standard for undergraduate nursing and midwifery students: An educational mixed methods study. *Journal of Advanced Nursing*, 00, 1-14. <https://doi.org/10.1111/jan.14613>

1. Please score yourself from 1 – 5 on each of the competencies, where 1= Completely disagree, 2= Disagree, 3= Neither agree nor disagree, 4= Agree, 5= Completely agree

2. Please write a short reflection at the end about your own competence in spiritual care

Competency 1. INTRApersonal (within you) spirituality						
Knowledge	1. I understand the concept of spirituality	1	2	3	4	5
	2. I can explain the impact of spirituality on a person's health and well-being across the lifespan for myself and others	1	2	3	4	5
	3. I understand the impact of my own values and beliefs in providing spiritual care	1	2	3	4	5
Skills	4. I reflect meaningfully upon my own values and beliefs and recognise that these may be different from other people's values and beliefs	1	2	3	4	5
	5. I take care of my own well-being	1	2	3	4	5
Attitude	6. I am willing to explore my own personal, religious, and spiritual beliefs	1	2	3	4	5
	7. I am open and respectful to people's diverse expressions of spirituality	1	2	3	4	5
Competency 2. INTERpersonal (related to others) spirituality						
Knowledge	8. I understand the ways that people express their spirituality	1	2	3	4	5
	9. I am aware of the different world/religious views and how these may impact upon people's responses to key life events	1	2	3	4	5
Skills	10. I recognise the uniqueness of people's spirituality	1	2	3	4	5
	11. I interact with, and respond sensitively to people's spirituality	1	2	3	4	5
Attitude	12. I am trustworthy, approachable, and respectful of people's expressions of spirituality and different world/religious views	1	2	3	4	5
Competency 3. Spiritual care: assessment and planning						
Knowledge	13. I understand the concept of spiritual care	1	2	3	4	5
	14. I am aware of different approaches to spiritual assessment	1	2	3	4	5
	15. I understand other professionals' roles in providing spiritual care	1	2	3	4	5
Skills	16. I can conduct and document a spiritual assessment to identify spiritual needs and resources	1	2	3	4	5
	17. I can collaborate with other professionals in the provision of spiritual care	1	2	3	4	5
	18. I can appropriately contain and deal with emotions	1	2	3	4	5
Attitude	19. I am open, approachable, and non-judgmental	1	2	3	4	5
	20. I am willing to deal with emotions	1	2	3	4	5
Competency 4. Spiritual care: intervention and evaluation						
Knowledge	21. I understand the concept of compassion and presence and its importance in spiritual care	1	2	3	4	5
	22. I know how to respond appropriately to identified spiritual needs and resources	1	2	3	4	5
	23. I know how to evaluate whether spiritual needs have been met	1	2	3	4	5

Skills	24. I recognise my personal limitations in spiritual care giving and refer to others as appropriate	1	2	3	4	5
	25. I evaluate and document personal, professional, and organisational aspects of spiritual care, and reassess appropriately	1	2	3	4	5
Attitude	26. I show compassion and presence	1	2	3	4	5
	27. I am willing to collaborate with and refer to others (professional/non-professional) in providing spiritual care	1	2	3	4	5
	28. I am welcoming and accepting and show empathy, openness, professional humility, and trustworthiness in seeking additional spiritual support	1	2	3	4	5

This section is for you to reflect on your own competencies in spiritual care.

- A. What are your strengths?
- B. Which areas do you need to develop further?
- C. How might you do that?

This self-assessment tool was developed from the EPICC Spiritual Care Education Standard which you can find on the EPICC Network website www.epicc-network.org
 If you would like to use the EPICC Self-Assessment Tool we'd like to hear how you plan to use it. Please email us at linda.ross@southwales.ac.uk

If you wish to translate the EPICC Standard and/or the EPICC Self-Assessment Tool into another language, please obtain written permission from the EPICC Steering Group, as there is a strict translation procedure that must be followed. Contact w.mcscherry@staffs.ac.uk