



The Janki Foundation for Global Health Care (JF) has focussed much time over the last eight months on supporting the launch of *Lifting Your Spirits*, a resource guide for those suffering ill-health. Over the same time, *Values in Healthcare* has been shared more broadly and creatively,

as evidenced by the nature of the events members of JF and those interested abroad have participated in particularly over the autumn. Spring brings new challenges and new territories, which we will report on more fully in the next issue.

Translation of *Values in Healthcare* into Portuguese is now complete and the German printed edition is now available. A website in Dutch www.valuesinhealthcare.nl is also up and running. We hope you enjoy reading about the new developments.

Editor: Dr Kala Mistry

Making Space for Spirituality in Healthcare

11 January 2009

Carol Evans, psychotherapist and friend of JF, reports that a diverse group of healthcare professionals from the public as well as from the Foundation welcomed 2009 with a day seminar in London on the theme of Making Space for Spirituality in Healthcare.

The event was introduced by psychiatrist Dr Sarah Egger, who took part in the panel exchanges with Rev Gillian Munro, Head of Department of Spiritual Care in NHS Tayside, where she leads a team of hospital chaplains and Ian Govier, Development Manager for Nursing Leadership at the National Leadership and Innovation Agency for Healthcare. Ian wrote a thesis on Spirituality in Healthcare for a masters degree.



A nurse by training, Mr Govier shared how spirituality in healthcare can be easy and natural.

All three panellists agreed that despite a growing consensus in Britain that there is a need to take patients' spiritual well-being into account, typically this subject is met with resistance or lip-service, and little progress has been made on the ground.

Some of the reasons for this were explored:

- Few healthcare workers understand what spirituality means and how it differs from religion
- there is little understanding of how one might work with spirituality and manage the pressures of bureaucratic and financial constraints
- many hospital practitioners feel the need to be 'active' in case their sitting down quietly to listen to patients is interpreted

by colleagues as 'shirking'

• patient recovery rates, when they are listened to and their spiritual needs attended to, may improve but these improvements are not yet quantified or statistically verified.



Musical interludes on the harpsichord created space for reflection.

Sharing Reflections

All three participants emphasised that the key spiritual skill was listening – deep, interested, empathic listening. At a time when patients feel they have lost control of their lives and feel defined by their illness, reduced to mere bodies and their uniqueness lost, the aware practitioner can restore to them a sense of themselves as valuable individuals by listening to their story, their concerns, their fear, anger or despair. Approaching the patient from the fullness of their own humanity as persons and not first as experts or 'in role', can create a bond which contributes to the patient's physical and emotional recovery. This is not unlike the role of the psychotherapist.

There was also valuable discussion of how care in the community needs to expand to support patients who return home to loneliness and isolation and that health practitioners need to be more open to exploring the subject of death and dying, still a taboo topic even in the 21st Century.

The morning culminated with Dadi Janki sharing her experiences of illness and finding solutions spiritually. She differentiated first between religion and spirituality: spirituality is concerned with qualities of the mind common to all faiths, such as honesty, love, purity, humility and the spirit of service.

Spiritual Solutions

When we develop a loving connection with God we will feel cared for, we will receive light and power so that the mind

will become internally strong. This inner power is lacking in healthcare today and Dadi stipulated that the basis of recovery for her own health is: 5% doctors and medication, 50% God's help and 45% blessings from all of us.

Dadi went on to say that loneliness and depression cause illness, because people have no sense of belonging. We need to help them regain hope.

Being in sorrow uses up spiritual power; creating pure and positive thoughts will fill one with power.

Being over-attached creates sadness; being detached, our nature becomes naturally loving.

Suppression of what is in the heart leads to choking and bodily pain; Assist patients to not suppress and have a clean heart.

Being hopeless can affect recovery; to have good wishes for all, for oneself and for others, creates hope in the hopeless.

These are familiar themes with Dadi but in the context of healthcare, they take on special significance and can help illuminate our specific health issues as individuals.

At the end of the morning, Sister Jayanti led a soft and beautiful reflection on allowing God's light and love to heal our human hearts.

The afternoon session concluded with group reflection on the morning's insights and inspirations. The atmosphere in the gathering felt relaxed, peaceful and harmonious yet full of inspiration and energy for further action in the field of spirituality and healthcare.

Dr Sarah Egger, consultant psychiatrist in conversation with Rev Gillian Munro, head of spiritual care, NHS Tayside.



Janki Foundation workshops at RCN event

Julia Head and Samixa Shah facilitated a workshop on 16 March 2009 at the Royal College of Nursing Diversity Unit International Women's Day event titled **Making the Impossible Possible**. The speakers shared their experience of providing services to those who have suffered abuse and violence or have been victims themselves.

The JF **Valuing Yourself** workshop was aimed at providing tools to help participants renew their enthusiasm and vitality, learn how to cope better with stress, to prevent burnout and ill health and learn how to introduce positive, values based change into care environments, enhancing reflective practice and personal developmental plans.



From distress to de-stressing, nurses at the RCN diversity unit event take time to stretch and relax – the workshop on Values also stimulated deep discussion.

Reflection, movement, visualisation and action planning exercises were included in the workshop. Participants' evaluation: *really good tips to try; liked all aspects especially making a change; thought provoking, it would have been great to spend more time on it; very useful; excellent.*



Lifting Your spirits in new fields

Following the launch of *Lifting Your Spirits* (LYS) last summer, author Jan Alcoe has continued to offer trainings and workshops to patients, carers and health practitioners on using the LYS materials.

Laughter therapist Margaret McCathie, who contributed to the CDs, has secured funding to purchase additional LYS packs and distribute them to local organisations and individuals. So far she has given them out to people with cancer, pain groups, stress centres, hospitals and to people suffering from depression. One of her successes is a client who used the relaxation exercises to manage his anxiety and so has neither required medication nor time off work.

Another story comes from Kate Legg, Occupational Therapy Team Leader, Older Persons Mental Health (OPMH) services in Portsmouth, who took a pack from Maggie and used it with telling results:

Lifting Your Spirits has been successfully used in an OPMH service in Portsmouth for older people with anxiety and depression.

All of the participants-- a mixture of new and longer-term patients in a day hospital setting-- enjoyed the variety of different techniques and were very open to trying new things. A discussion was held after each tool on how people felt about what they had heard and how they might practise it at home. We had lots of fun particularly with the laughter session.

A pre and post course questionnaire was completed by eight participants who had attended the whole course. The results showed that 5 out of 8 had a decrease in overall anxiety symptoms and 7 out of 8 of the participants were using new methods to reduce their anxiety. The methods they used were creative activities, reflection, positive thinking, laughing, breathing techniques, talking to someone, walking and listening to music.

The sessions were easy to run as a group or on an individual basis, due to the combination of a clear and directive work book and CD tracks with instructions on how to use each of the new techniques. I highly recommend

LYS for use by staff and patients alike.

Jan also developed a workshop – The Art of Well-being - introducing the seven tools and ran it with 12 participants, including a GP and two counselors in February 2009, in Brighton. The day gave them an experience of each tool and how it can help to develop resilience and enhance well-being at all levels – physical, emotional, mental and spiritual. The evaluation showed that the attendees particularly appreciated the relaxed and safe atmosphere and the clarity of the content.

Further workshops are planned for ReMEmer in June; workshops on *Lifting Your Spirits* are being planned in Aberdeen (for nurse specialists, by invitation from Dr. Margaret McLean, Macmillan Consultant in Psycho-Oncology) and in Brighton, for cancer patients, in association with New Approaches to Cancer, who endorsed the publication, over June and July.

For further details on courses, contact Jan on j.alcoe@ntlworld.com.

Seeds of Values in Healthcare take root in Canterbury

Julia Ronder, a local consultant psychiatrist, organised and chaired a half-day seminar, **Caring for the Practitioner**, at the Post-graduate Medical Centre, Kent & Canterbury Hospital on January 16.



JF Trustees Dr Brown and Neville Hodgkinson and Jan Alcoe, author of LYS (see above) talked to attendees of Caring for the Practitioner in Canterbury about values and spiritual tools in healthcare. They were invited by Dr Ronder- pictured right- who chaired and convened the event.

It marked the launch of *Values in healthcare: a spiritual approach* (VIHASA) in Kent. Dr Craig Brown discussed how VIHASA developed; Jan Alcoe shared through a presentation on *Lifting Your Spirits* and Neville Hodgkinson underlined the importance of well-being. Each highlighted the need for self-care and listening in practitioners and patients alike and how the two publications, VIHASA and *Lifting your Spirits* can support practice and development of these skills.

A further meeting has already been planned for May and several people have signed for the facilitator's training programme.

News Summary

BMA

Doctors' Health Matters - Finding The Balance was the theme of an International conference over 17-19th November 2008, co sponsored by the British, Canadian and American medical associations, with over 150 attendees from all over the world.

Burnout is at high levels and mental health problems and drug addiction are common in the medical profession. It seems the profession is waking up to the problems healthcare professionals face and that innovative solutions are required to improve doctors' well-being. Dr Craig Brown reported on the *Values in Healthcare* experience at one of the presentations, which generated some interest.

Scotland

Dr Erna Haroldsditter invited members of the JF team to talk and lead workshops

at the conference titled *Reviving The Spirit Within Palliative Care Practice* on providing spiritual care, for a broad group of health professionals from the area. The Janki Foundation also held an exhibition stand, manned by caring clown Margaret McCathie. Here are some of the comments left by participants of what they enjoyed most:

The wide range of speakers each bringing different strengths and views.

A chance to share, network and meet like-minded folk.

Being able to take part in meditation and the realization of how this affects your whole being. Information provided in an easy to understand way.

Developing understanding of the use of spirituality in palliative care.

The whole atmosphere.

Importance of spending time with a patient and not just focusing on physical symptoms.



JF exhibition at the conference *Reviving the Spirit Within Palliative Care Practice*, Strathcarron Hospice – volunteers manned the stand.

Coming back to the 'art and heart' of hospice care. Not about symptoms but about human beings.

NHS Education for Scotland

has published a document *Spiritual Care Matters*, an introductory resource for all NHS Staff in Scotland. Dr Craig Brown, one of the key note speakers at the event in March, spoke about *Values in Healthcare* and the training pack is referenced in the document.

Values in Healthcare Training in China

Bhavna Patani reports:

Last October, the Janki Foundation broke new ground in China by introducing new ways of training during the facilitators training in VIHASA. The event was co-organised by the JF, a Chinese associate, Ms Yao, a training agency run by Beijing business woman Zhang Yu and a new partner organisation, the Chinese Health Management Association, which is under the umbrella of the Chinese Medical Association. The impetus came following our presentations at a conference in Shenzhen, May 2006.

In 2008, a JF delegation including Dr Sarah Eagger, Dr Craig Brown, Arnold Desser and I were invited to spend three intensive training days with 26 influential people - including directors and party leaders of hospitals, medical administration managers, media people (a journalist and one from CCTV, China Central TV), doctors and medical trainers, as well as Zhang Yu and her own team of trainers who observed the process.

Following a formal opening ceremony the JF team introduced various components of the VIHASA project. All presentations were translated from English to Mandarin. The heart of the training consisted of sharing the experience and the learning style, facilitating a day's workshop on Values, module 1 in two groups, and then spending time on the purpose, outline and sample exercises from each of the other six modules. The participants actively engaged in all the exercises, and welcomed the idea that healthcare professionals should take care of themselves first in order to improve doctor-patient relationships. They found the VIHASA style of learning and experience to be novel and entertaining, and some of the participants professed to having had profound experiences during the meditation exercises.

In the final stage, each participant facilitated an exercise from the Valuing Yourself module, which took them to a deeper level of understanding and experience of the programme. One of the participants shared that she never knew that learning could be light and fun, and at the same time so effective. Another felt that the main cause of stress and burnout for doctors was the



level of risks and responsibility they take, whilst being very busy and yet undervalued. Another participant (a trainer) said 'We have learnt something new, it was like opening a window and getting fresh air; the communication by the facilitators was equal and human; at my age I want to give happiness and nothing else matters; we are so different in culture and yet we are so similar...' At the end of the three days both the JF team and the Chinese were moved by the experience of shared learning, warmth and openness.

At the closing ceremony, marked by the taking of hundreds of photographs, the JF facilitators awarded certificates and commemorative 'blessings' in Chinese. The training was a huge success, valued and enjoyed equally by those who facilitated the training and by the participants and organizers.

Below: Some of the new facilitators group with all four UK trainers and translator Ms Yao; pictured here holding certificates of completion.



Above right, above and below: China delegates take pride in creative expression of their values for healthcare and enjoy sharing and networking.





News Summary (continued)

Argentina

Dr Christian Plebst, a core member of the *Values in Healthcare* team, gave a much appreciated talk to medical students at the School of Medicine in Buenos Aires. Students have requested a one-day training, explaining that he made them reflect on their vocation, clarified the notion of 'spirituality' in healthcare and encouraged them to think more broadly about attitudes, health, stress and illness.

Students' comments:

Reinforcing (value-based) spirituality is very important for (us in) the medical profession.

The application of values ... should be used as (a) therapy rationale.

This means that health does not depend just on body and mind, but also on spirituality; therefore, we must reinforce spirituality and values in our patient.

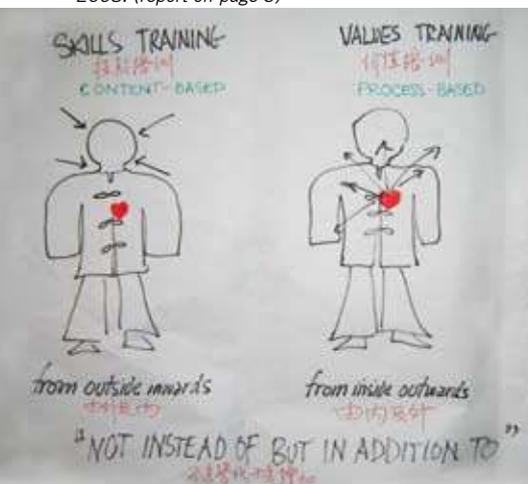
True spirituality is a positive attitude towards ourselves and others, which has a beneficial impact on health.

Oman



Oman: A *Values in Healthcare* exhibition took place at the Muscat Festival in January 2009 under the broader theme of *Values for a Better World*.

China delegates embraced creative learning, October 2008. (report on page 3)



India

In January 2009, a VIHASA workshop was arranged for the attendees of a surgical conference, on Mt Abu, Rajasthan, India. This followed a successful workshop on values held in Mumbai in the autumn, at Reliance Energy Management Institute for 30 participants. It was facilitated by staff from BSES Municipal General Hospital and most participants reported it to be a stimulating experience:



Encircled closure: the group concluded with a candle-lit pause to honour shared values and new learning, Mumbai.

The main benefit to me was that it gave me a chance to reflect. I enjoyed knowing other peoples' opinions and how we all want almost the same things in life! - Dr. Sunanda Anand, Neurologist

It helped me to know myself and others. I was able to find my own values and principles. It was a great session for me to learn and relax. Thank you. - Meena R Kokare, Nursing Officer

Germany

The newspaper *Zwischenzeit* (Time in-between) ran an article on *Values in Healthcare*, which is now printed in German and is available via Patrizia Heise: **Pat. Heise@t-online.de**

Bath

Caring for Yourself – avoiding burnout was a half-day session with 21 GPs at the postgraduate centre, November 2008. It was organised by a BHMA trustee who runs postgraduate sessions; GPs are used to lectures and can find the experiential approach challenging, but they were attentive and participated well. Dr Brown facilitated this session with exercises on caring for the self and sources of support

from VIHASA. Craig reports: 'Working in pairs with feedback works well in a big group and keeps the attention focused. However doctors do like anecdotal stories and some research facts. I will prepare a handout next time.'

New facilitators of VIHASA train in Worthing

Values in Healthcare trainers held a four-day training for 16 enthusiastic new facilitators, over 27-30 November in Worthing.

It was run as a single group with two core trainers. Their comments reflected that they enjoyed partaking in the ethos of the adult learning community and felt the training equipped them to provide better care and improve communication and collaboration with colleagues!



Worthing: New facilitators in silent contemplation.



Oxford: Advanced facilitators discuss and exchange.

Oxford Advanced Facilitators Training

Training for facilitators of *Values in Healthcare* took place over an earlier period: 6-9 November. It was an opportunity to share skills and knowledge and to consider how *Values in Healthcare* can meet current needs in healthcare. New formats for tackling current issues were created.

For more information on these workshops, facilitator training or to enquire about the criteria to attend, contact: **values@jankifoundation.org**.

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