

Values in healthcare

a spiritual approach

A personal and team development programme for healthcare practitioners

One of the keys to raising morale in healthcare today is to re-emphasise the importance of values in guiding practice at all levels. There are some excellent values statements produced by healthcare organisations. For values to become meaningful, however, they must be owned at a personal level and then integrated into our work.

Values in Healthcare: a spiritual approach is a modular training programme developed by a team of healthcare professionals for those involved in healthcare delivery. **Values in Healthcare** addresses an important gap in personal and team development for healthcare professionals today by taking a fresh, values-based approach to their learning and practice.

For more information about the programme, please see the foundation's website or contact us.

The Janki Foundation is a UK charity promoting spirituality in healthcare. Great advances in the field of medicine on the physical level have led to ever-increasing demands on the health services, but at the expense of a more human-centred ethic and practice.

The Foundation acknowledges the central role of positive thoughts and feelings, compassion and kindness in maintaining wellbeing and preventing illness. Through publications, experiential learning, talks and networking, the Foundation provides opportunities to further such approaches among individuals and professionals.

To request free copies of this booklet or to download a soft copy, see 'Values in Healthcare - Additional Resources' page on our website (more than 5 copies may be chargeable).



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THE JANKI FOUNDATION FOR
SPIRITUALITY IN HEALTH CARE

*Values-based care supporting practitioners and patients:
putting the heart into healing*

Healthcare practitioners focus on what is best for the patient but often forget to take care of themselves.

It is important to look after ourselves, not only because it will benefit our patients by setting an example of 'self-care', but also for our own personal wellbeing.

This is more than keeping free from illness and promoting a healthy lifestyle. It is about developing deep-rooted self-respect and, by reflecting on our experience, adding to the meaning in our lives.

Values – gain strength through motivation

Values are the principles we choose to live by, that act as signposts in our lives. They guide our thoughts, actions and relationships with others.

- ★ Remember what's important in my life
- ★ Be true to myself
- ★ Recognise my own and others' qualities

Peace – benefit from being calm

Peace is our natural state: within all of us there is a core of calm and tranquility. When we experience this peace, our judgement improves and we generate an atmosphere that benefits everyone.

- ★ Have a quiet time at the beginning and end of each day
- ★ Pause a moment for stillness between activities
- ★ Focus on your breathing

Positivity – harness the power of thoughts

A positive attitude enhances clarity in decision-making, saves energy, and increases our sense of well-being. It also encourages life-enhancing changes in patients' attitudes.

- ★ Allow myself to be content
- ★ Accept the ebb and flow of events
- ★ Smile more, frown less!

Compassion – release healing energy

Compassion is an expression of our innate qualities of patience, generosity and kindness. Experiencing it can help us be more caring in our work without suffering burnout.

- ★ Love myself as much as I do others
- ★ Trust my intuition
- ★ Forgive and let go of the past

Co-operation – appreciate the wisdom of teams

Everyone has specialities that can make a worthwhile contribution. When we work co-operatively, the outcome will be greater than the sum of individuals' efforts.

- ★ Acknowledge the contributions made by others
- ★ Be generous and open hearted
- ★ Listen with attention and curiosity

Spirituality in healthcare – spiritual care in practice

Spirituality is known through experience. Exploring it can begin by considering what qualities in a person demonstrate spirituality, then recognising that we have these same qualities in each one of us.

- ★ Trust that everything is as is should be
- ★ Recognise and connect with the essence of others
- ★ Take time to appreciate life's wonders

Valuing yourself – sustaining the Carer

'Physician heal thyself' is a maxim that puts valuing the healthcare practitioner at the centre of healthcare. Nurturing the self requires that we recognise our own worth and, in doing so, better acknowledge the intrinsic worth of others.

- ★ Be alert and responsive to your needs
- ★ Ask for help when needed; accept it when offered
- ★ Sustain a network of support
- ★ Make time for the things you enjoy