

# Spirituality

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During your stay in hospital, you may be unsure how to access spiritual care.

## Some ideas that may help you:

- If you have passes off the unit, ask staff about the times for church services.
- You may ask your own spiritual adviser to visit you in hospital.
- You may ask staff on the unit to call the hospital Spiritual Care Department. A member of the department will visit you on the unit.
- Hospital spiritual care staff can give sacraments. They can also talk with you about such things as: struggling with accepting your diagnosis, guilt, self-worth and many other topics.

*Authors:* Susan Charlton RN, BScN and Elizabeth Emberly RN, BScN

*Approved by:* Catherine Thibeault, RN, MN, PhD(c), Clinical Nurse Specialist, Acute Care  
Capital District Mental Health Program, NS

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