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Spiritual Wellness Paper

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As nurses strive to provide patients with holistic nursing care, they must realize that spirituality is an essential component. Everyone has spiritual needs that need to be addressed and nurses are in the optimal position to provide such care because they are often attending to patients the most vulnerable stages of life. According to Konecny, L. (2012), the essence of being spiritual is being whole. This means being biologically, psychologically, socially and spiritually sound. She states, “Spiritual care entails assisting patients to find a sense of meaning and reconciliation with others and with a transcendent reality, encouraging patients to strengthen their spiritual life, as they desire.” Spirituality may also be defined as having an awareness or connection with a higher power that organizes the order of things. It encompasses a person’s search for meaning, relationships with nature and other people (Konecny, L., 2012). Florence Nightingale, pioneer of the nursing profession, also believed that spirituality was a profound source of healing, intrinsic to the human being. However, the fact that spirituality is often associated with religion has allowed it to be “off limits” in the study of the sciences and therefore, not emphasized in many healthcare professions, including nursing, until now.

Spirituality is especially important to women because