

# Comprehensive Training Program in Palliative and End-of-Life Care

## SPIRITUALITY QUESTIONNAIRE-EXERCISE FOR HEALTHCARE PROFESSIONALS (PLEASE PRINT)

This questionnaire has two purposes:

- One, to help health care professionals (physicians, nurses, social workers, etc.) begin to think about psycho-social-spiritual issues relating to illness, death and dying.
- Two, in doing so, to help them begin to think about and gain insight and self-awareness into how they deal with these issues personally, which will effect how they deal with these issues with chronically and terminally ill persons and their families.

**This questionnaire is CONFIDENTIAL. YOUR NAME IS NOT REQUESTED AND SHOULD NOT BE PLACE ON IT. RESPONSES TO THIS QUESTIONNAIRE WILL NOT BE IDENTIFIED AS BEING FROM ANY PARTICULAR PERSON. Issues relating to illness, death, dying and spirituality are sensitive ones. If there are any particular questions you find to be uncomfortable about responding to, do not feel compelled to answer them.**

**Which three events / experiences have shaped your life the most?**

1)

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2)

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3)

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**What are the three things which motivate you the most?**

1)

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2)

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3)

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**Which three things give you the most meaning to your life?**

1)

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2)

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3)

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**What do you consider the three core values that you use to guide you in your life?**

1)

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2)

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3)

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**What are the three happiest events in your life?**

1)

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2)

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3)

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**What are the three most painful / saddest events in your life?**

1)

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2)

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3)

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**List three things you most want to achieve / accomplish during your lifetime?**

1)

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2)

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3)

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**What are the three biggest regrets in your life?**

1)

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2)

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3)

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**What three things do you view as your greatest accomplishments?**

1)

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2)

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3)

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**If you had your life up to this point to live all over again, what three things would you do differently?**

1)

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2)

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3)

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**If you had six months to live, what five things would you want to do during that time?**

1)

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2)

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3)

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4)

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5)

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**If you died today, what do you feel are the three most important things you would leave incomplete or not accomplished?**

1)

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2)

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3)

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**What do you want your legacy to be after you die?**

1)

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2)

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3)

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**List three ways your being a healthcare professional has affected your life?**

1)

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2)

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3)

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**What would you do if you stopped being a healthcare professional?**

1)

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2)

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3)

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**How would your no longer being a healthcare professional affect your life?**

1)

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2)

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3)

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**If, when / under what conditions would you like to retire?** \_\_\_\_\_

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**What three things do you most want to do when you retire?**

1)

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2)

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3)

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**If you learned that you were terminally ill and had only a few months to live, what three things would you fear most about your impending death?**

1)

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2)

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3)

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**If you learned that you had a chronic illness that would be fatal within two years, what are the four most important things you would want your clergy person to do for you during the period of your illness?**

1)

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2)

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3)

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4)

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**If you learned that you had a chronic illness that would be fatal within two years, what are the four most important thing you would want your health care professionals (doctors, nurses, social workers) to do for you during the period of your illness?**

1)

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2)

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3)

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4)

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**If you had a chronic illness and knew that you were now in the final days of your life, what are the four most important thing you would want your clergy person to do for you during these final days?**

1)

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2)

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3)

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4)

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**If you had a chronic illness and knew that you were now in the final days of your life, what are the four most important thing you would want your health care professionals (doctors, nurses, social workers) to do for you during these final days?**

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4)

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**Describe the role of spirituality in your life.**

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