

Diagnoses

See Table 18.4 for common NANDA-I diagnoses associated with spiritual health. [6]

Table 18.4 Common NANDA-I Nursing Diagnoses Related to Spiritual Health

	NANDA-I Diagnosis	Definition	Defining Characteristics
•••	Readiness for Enhanced Spiritual Well-Being	A pattern of experiencing and integrating meaning and purpose in life through connectedness with self, others, art, music, literature, nature, and/or a power greater than oneself, which can be strengthened	 Connections to Self Connections with Others Connections with Art, Music, Literature, and Nature Connections with Power Greater than Self Expresses desire to enhance
	Impaired Religiosity	Impaired ability to exercise reliance on beliefs and/or participate in rituals of a particular faith tradition	 Desires to reconnect with previous belief pattern Has difficulty adhering to prescribed religious beliefs and/or rituals Distresses about separation from the faith community
•••	Spiritual Distress	A state of suffering related to the impaired ability to experience meaning in life through connections with self, others, the world, or a superior being	 Anxiety Crying Fatigue Fear Insomnia Questioning identity Questioning meaning of life Questioning meaning of suffering

Sample Nursing Diagnosis Statements

Readiness for Enhanced Spiritual Well-Being

Many people experienced feelings of isolation as they sheltered at home during the COVID-19 pandemic. A sample PES statement for this shared experience is, *Readiness for Enhanced Spiritual Well-Being as evidenced by expressed desire to enhance time outdoors*. The nurse could encourage patients to visit local parks and walk outdoors while wearing a mask and maintaining social distancing.



Recall that when a PES statement is created for a health promotion diagnosis, the defining characteristics are provided as evidence of the desire of the patient to improve their current health status.

Impaired Religiosity

Hospitalized patients may be unable to attend religious services they are accustomed to attending. A sample PES statement is, "Impaired Religiosity related to environmental barriers to practicing religion as evidenced by difficulty adhering to prescribed religious beliefs." The nurse could contact the patient's pastor to arrange a visit or determine if services can be viewed online.

Spiritual Distress

Events that place patient populations at risk for developing spiritual distress include birth of a child, death of a significant other, exposure to death, a significant life transition, severe illness or injury, exposure to natural disaster, racial conflict, or an unexpected

