

SPIRITUAL CARE NOTES

Providing Spiritual Support to Patients, Family Members, and Staff

STANFORD HOSPITAL & CLINICS, 300 PASTEUR DRIVE, ROOM HG004, STANFORD, CA 94305

THROUGH THE WINDOW

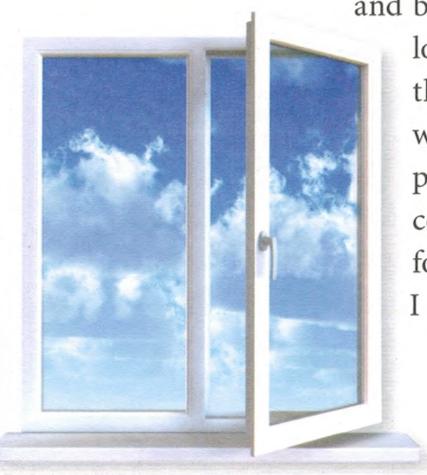
By Anita Girard, RN, APCM, E2ICU

As a nurse in a busy trauma intensive care unit, sometimes the window separating the patients' rooms is vital. It helps us monitor what is going on in both rooms; it allows us to keep things quiet for a resting patient while still being able to monitor the safety of another; it provides a sound barrier. On this particular night I was so relieved to look through the window and see that the chaplain had arrived in the adjoining room. I was busy managing the blood pressure issues of a critical patient and I wasn't able to spend as much time as I would have liked to with the grieving friends of the young patient in the next room.

The young trauma victim had been declared brain dead following a car accident. She was a student and her family was not going to make it in time to say goodbye to her. Her friends rallied and came to her bedside to show their support and say their goodbyes. She was surrounded by loving friends but they were all so young. I wanted to help them negotiate this difficult time.

Knowing the chaplain was present provided me with just as much comfort as it gave the grieving friends. As I watched through the connecting window, the Reverend Susan Scott quietly entered the room. She softly introduced herself to the circle of friends. I could see relief on their faces that someone was here to help them work through the pain they were feeling

and bring some closure to the moment. Susan very lovingly assessed their needs and they discussed the type of ceremony the patient might have wanted. They joined hands and said a soothing prayer, followed by some beautiful singing. The ceremony ended with a kiss on the patient's forehead and a goodbye from each of her friends. I was moved to tears. I felt so honored to have



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WHO WE ARE

Stanford Spiritual Care Service serves the spiritual and religious needs of the patients and families who come to Stanford Hospital & Clinics. We are committed to providing compassionate and respectful care and to honoring religious, spiritual, and cultural preferences with dignity.

Spiritual Care Notes is designed to keep you abreast of the services we provide as well as new programs and developments.

Your support will help us continue to offer compassion and care to people of all faiths. For your convenience, a return envelope is enclosed.

If you have any questions, please contact us at 650-723-5101 or visit our website at stanfordhospital.org/forPatients/patientServices.



STANFORD
HOSPITAL & CLINICS

Stanford University Medical Center

NEW RESIDENT



Chris Morgan

Currently a Lieutenant in the Nurse Corps, Christopher Morgan is on a three year sabbatical during

which he completed a Master's Degree in Counseling/Chaplaincy from Denver Seminary. He came to Stanford from Denver Health Hospital in order to be closer to his family and to complete the second half of his Clinical Pastoral Education residency. Chris enjoys spending time with his wife Samantha and his two boys, Micah and Nathan. Camping with the family is his favorite pastime. Chris returns to active duty in the fall. He will be applying for a transfer to the Navy Chaplain Corps and is working on endorsement through the Evangelical Church Alliance.

LEADERSHIP

CPE Professional Advisory Group

Will Masuda (Chair)	Scotty McLennan
George Fitzgerald	Judy Passaglia
Carolyn Glauz-Todrank	Barbara Ralston
Marita Grudzen	Jan Roberts
John Harrison	Susan Scott
John Hester	Liza Taft
Lori Klein	Robinetta Wheeler

Volunteer Coordinating Committee

Tom Brosnan (Chair)	John Hester
Brenda Avery	Sherifa Ibrahim
Penny Barrett	Tom Jackson
Mahesh Bhavana	Lori Klein
Bruce Feldstein	Susan Scott
George Fitzgerald	Kathryn Stucki
Don Gee	Taqwa Surapati
	Isabel Tagle

VOLUNTEER SPOTLIGHT

Name: Dr. Abdul H. Majid

Religious Denomination: Islam

How long have you been a Spiritual Care Volunteer:

About 2 years.

Why did you choose to volunteer with Spiritual Care Service? I moved to Northern California 4 years ago and volunteered as a neurologist at Gardner Clinic in San Jose. I spoke to a relative who volunteered in Spiritual Care at Stanford, and I was drawn to the idea and wanted to join the program. She helped me, and I have considered myself lucky to belong to such a wonderful program.

Best part of volunteering: I feel happiest when I am able to give something or help someone. As a physician, I have found that I cannot be sure of the results of my treatment. I have always prayed to God to help me do the right thing and cure my patients. I always tried to keep spiritual care in mind with physical care. After I retired, I thought spiritual care would be something I would love to do. Thanks to the Stanford program, I have had the chance to fulfill my dream. The best part of volunteering for me is definitely interacting with patients and listening to their struggles, which is what I have done as a physician. It is the duty of a Muslim to visit the sick. I can't see anything more rewarding in life than spending my time working in spiritual care in a hospital setting.

Most challenging part of volunteering: Talking to patients and family when the struggles they are facing are not fixable. It brings back the memory of the struggles I have had in my life. When the patients or family discover I am a physician they want my suggestions, which is not my place to give. It is so nice they are receiving treatment at Stanford, the Mecca of medicine, which delivers the best care and services.

After a day of volunteering: I am happy that I was of some help to a few, but also saddened to see their struggles. It reminds me how fragile life is, and reinforces how I should best spend the rest of my life. Every visit is a learning experience. I definitely get more out of it than I give.

A favorite story: One day I visited a patient who had a Muslim name. He was a young man from India, newly married, with a diagnosis of cancer. He turned out to be a Hindu and still wanted me to stay and talk to him. We had a wonderful chat and we both had tears in our eyes. He asked me to pray for him, which I did. His wife was touched by my visit. Both of them wanted me to come back. The following week when I visited he was discharged. I still think about him often and pray for him. Every patient I have visited has their own special story, with struggles and sufferings. Prayer is just part of what I do. I talk to them, try to ease their anxiety and often talk about things other than their illness, like learning about their philosophy of life and religion. ❖

