



The Role of Spirituality and Spiritual health in patients with gastrointestinal cancer

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Abstract

Introduction: Despite remarkable advances in medical science, cancer continues to be one of the most important disease of this century and the second leading cause of death after cardiovascular diseases. Diagnosis of cancer, particularly cancers of the digestive tract can make Spiritual distress in person. This study aimed to investigate the role of spirituality and spiritual health in patients with gastrointestinal cancer.

Methods: This is a review study using the newest articles and it is done by searching the databases and sites such as Medline, PubMed, Google Scholar, SID, Iran medex, Cancer Lit. This method obtained with the subject of 40 sites and the findings have been extracted.

Results: According to various studies, the face of cancer, especially gastrointestinal cancer, one of the major causes of death in patients causes crisis in persons physical, mental and spiritual state and due to the nature of the threat of the disease, its diagnosis causes the spiritual needs significantly increase. The findings of studies have shown that spiritual health is one of the significant factors that helps people to be compatible with potions and improve mental health. The results of McClain et al study also showed that spiritual health has strong effect on the hopelessness of life in patients with cancer, particularly cancers of the digestive tract.

Conclusion: Given the importance of the role of spirituality in life-threatening illnesses such as cancer, in order to maintain health and increase effective methods of dealing with the disease and also considering that the experience of living with cancer showed that spiritual health is a prominent index of a healthy life and cancer patients whose spiritual health is strengthened will be more compatible with their patients, Considering the spiritual health in order to create hope and quality of life of cancer patients and develop a comprehensive care program that includes spiritual health of these patients seems necessary.

Keywords: Spirituality-spiritual health-digestive system cancer