

Table 5.1

## HOPE Approach to Spiritual Assessment

<p><b>H</b> <b>Spiritual Resources</b></p>	<p>What are your sources of <b>hope</b> or comfort?</p> <p>What helps you during difficult times?</p>
<p><b>O</b> <b>Organized Religion</b></p>	<p>Are you a member of an <b>organized religion</b>?</p> <p>What religious practices are important to you?</p>
<p><b>P</b> <b>Personal Spirituality</b></p>	<p>Do you have <b>spiritual beliefs</b>, separate from organized religion?</p> <p>What <b>spiritual practices</b> are most helpful to you?</p>
<p><b>E</b> <b>Effects on Care</b></p>	<p>Is there any conflict between your beliefs and the <b>care</b> you will be receiving?</p> <p>Do you hold beliefs or follow practices that you believe may affect your <b>care</b>?</p> <p>Do you wish to consult with a religious or spiritual leader when you are ill or making decisions about your <b>healthcare</b>?</p>

**Source:** Anadarajah, G., & Hight, E. (2000). *Spirituality and medical practice: Using the HOPE questions as a practical tool for spiritual assessment.* [www.aafp.org/](http://www.aafp.org/).