

## Spiritual Assessment: The FICA Method

**F: Faith and Belief:** *Do you consider yourself to be a spiritual or religious person? What is your faith or belief?* If the patient answers yes, the physician can continue with the other questions; if no, the physician might ask: *What gives your life meaning?* Patients sometimes respond to this with answers such as family, nature, careers, etc.

**I: Importance and Influence:** *What importance does faith have in your life? Have your beliefs influenced the way you take care of yourself and your illness? What role do your beliefs play in regaining your health?*

**C: Community:** *Are you a part of a spiritual or religious community? Is this of support to you and how? Is there a group of people you really love or who are important to you?* Communities such as churches, temples, synagogues or masjids can serve as a strong support system for some patients.

**A: Address in Care:** *How would you like me to address these issues in your health care?*

**Puchalski C, Romer AL.** Taking a spiritual history allows clinicians to understand patients more fully. *Journal of Palliative Medicine.* 2000;3(1):129-37.

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