

## The **FACT** Spiritual History Tool

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Any properly trained healthcare practitioner can use the **FACT** Spiritual History Tool in their clinical setting. This tool includes three questions (**F**aith, **A**vailability and **C**oping) plus an outcome (**T**reatment). It can form part of a larger clinical intervention, such as an H&P, admission screen, or spiritual assessment, or can be used as a stand-alone intervention. This tool proves most effective when used conversationally, instead of as a checklist.

The **FACT** Tool is for taking a spiritual *history*. A spiritual *history* seeks to understand how a person's spiritual history affects their ability to cope with their present healthcare crisis and is more involved than a spiritual *screening*, which normally occurs at admission and is aimed at spiritual needs and how to meet them. If the spiritual *history* presents concerns in the patient's ability to utilize their spirituality successfully, then a spiritual *assessment* is recommended, which is a more in-depth investigation into the patient's spiritual life and history, and is best conducted by a qualified clinician, such as a professional chaplain.

Faith or spirituality is a *fact* in the lives of many people. It is also a *fact* that many people use their faith or spirituality to cope with a health crisis. Finally, it is arguably a *fact* that a person's faith or spiritual practice affects their clinical outcomes. The **FACT** Spiritual History Tool provides a quick and accurate determination of whether a person's current health crisis impacts their spiritual well-being and then, based on that determination, it suggests a treatment plan.