

## **FICA: Personal Spiritual Assessment Tool**

The acronym FICA can help structure questions in taking a personal spiritual history.

### **F –Faith, Belief, Meaning**

Do I have a spiritual belief that helps me cope with stress? With illness? What gives my life meaning?

### **I –Importance and Influence**

Is this belief important to me? Does it influence how I think about my health and illness: Does it influence my healthcare decisions?

### **C –Community**

Do I belong to a spiritual community (church, temple, mosque or other group)? Am I happy there? Do I need to do more with the community? Do I need to search for another community? If I don't have a community, would it help me if I found one?

### **A –Address/Action in Care**

What should be my action plan? What changes do I need to make? Are there spiritual practices I want to develop? Would it help for me to see a chaplain, spiritual director or pastoral counselor?

Christina Pulchalski has developed an acronym, FICA, which can be used in performing a spiritual assessment. (Puchalski C, Romer AL. Journal of Palliative Medicine. 3(1): 129-137, 2000.)

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