PII-39: Integrative Biopsychosociospiritual Care Approach for Adults with Sickle Cell Disease: Relationships among Spirituality, Self-Efficacy and Quality of Life

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Abstract:
Introduction: For the individual with sickle cell disease (SCD), the lifespan is increasing but adults report decreased quality of life (QOL), low self-efficacy, and ineffective coping skills. The care of adult patients with SCD requires a complex multidisciplinary team approach with focus not only on physiological, psychological, and social needs, but also on spiritual needs. There have been isolated studies on QOL, self-efficacy and spirituality with the adult person with SCD, but no study integrating all three concepts. The purpose of this study was to explore and describe the relationships among spirituality, self-efficacy, and QOL in adults with SCD.

Method(s): This study used a descriptive correlational design. Prospective participants, 18 years and older, with SCD who receive services from Sickle Cell Disease Associations were invited to participate in the study through a mail out and electronic survey. The instruments that were used include the Functional Assessment of Cancer Therapy-General (FACT-G), the Functional Assessment of Chronic Illness Therapy-Spirituality, and the Sickle Cell Self-efficacy Scale. The sample size was 90. The theoretical framework for this study includes concepts from Adegbola’s Quality of Life Model, and Hiatt’s biopsychosociospiritual perspective.

Results: Individuals who reported high levels of spirituality and self-efficacy reported high levels of QOL. Self-efficacy and spirituality predict QOL, and accounted for more than fifty percent of QOL variability among adults with SCD. There was strong correlation between spirituality, self-efficacy, and QOL, with correlation coefficients of .63 to .68.
**Discussion & Conclusions:** Sickle Cell Disease affects all aspects of the individual’s life. Individuals with chronic diseases such as SCD, should be managed with a comprehensive chronic illness model that focuses on a biopsychosociospiritual framework. By using a comprehensive, holistic approach to care, healthcare providers can meet the individual’s needs on all levels and not just physiologically. This study provides information about the role that spirituality, self-efficacy, and QOL play in the lives of adults with SCD, and gives direction for developing holistic interventions with inclusion of spirituality.

**Abstract History:**
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**Financial Disclosure:**
No, I (or a member of my immediate family) have not received something of value* from or own stock (or stock options) in a commercial company or institution related directly or indirectly to the subject of my presentation.

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