

RESUMO - SAÚDE E ESPIRITUALIDADE

MEDICAL CARE AND SPIRITUALITY BEYOND BELIEFS: AN EXPERIENCE REPORT

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Introduction: Religion and spirituality are closely related to healthcare, influencing how individuals understand the health-disease process and being associated with better clinical outcomes and quality of life. However, the incorporation of spirituality into clinical practice remains a challenge, especially due to insufficient professional training. Objective: To report a missionary experience highlighting the integration between spirituality and healthcare through home visits and clinical assistance. Methods: This is a descriptive experience report conducted in 2024 during a multidisciplinary missionary initiative. Activities were performed in groups that alternated between home visits and healthcare assistance across different areas, including medical, dental and social support, enabling the integration of technical care with spiritual

approaches. Results: During the activities, home visits were carried out in a context of religious diversity, revealing different forms of receptivity. In some situations, tensions related to differences in beliefs were observed, initially generating resistance to the approach. Over time, these barriers were reduced, giving place to a shared experience of spirituality, in which religious differences did not prevent the establishment of bonds. The experience demonstrated that spirituality can act as an integrative element, promoting connection and contributing to more patient-centered care. Additionally, participants engaged in clinical assistance, combining technical practice with active listening and respect for individual beliefs. Conclusion: The experience showed that healthcare can be expanded to include the spiritual dimension, even in contexts of diverse beliefs. It reinforced the importance of respect, listening and empathy in building patient relationships, contributing to a more integral, humanized and ethically grounded medical practice, while also promoting personal and spiritual growth among participants.

Palavras-chave: religion; spirituality; patient-centered care.