

RESUMO - SAÚDE E ESPIRITUALIDADE

THE SPIRITUALITY OF CARE IN MOTHER TERESA AND ITS RELATIONSHIP WITH TERMINALLY PATIENTS

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Introduction: Terminally ill patients often experience physical suffering, emotional distress, loneliness, fear of death and social abandonment. In this context, spirituality and compassionate care become essential components of holistic treatment. Mother Teresa dedicated her life to caring for abandoned, sick and

dying people, emphasizing dignity, compassion and unconditional love. Objective: To analyze the spirituality of care inspired by Mother Teresa and its relevance in the assistance of terminally ill patients. Methods: A reflective theoretical study was conducted based on books, articles and testimonies related to Mother Teresa's work and the principles of palliative care, spirituality and humanization in medicine. Results: Mother Teresa emphasized that the dignity of the human person should be preserved regardless of illness severity, prognosis or social condition. Her approach valued presence, listening, affection and unconditional care, especially among patients abandoned by family or society. Literature on palliative care demonstrates that spiritual support, empathy and human connection contribute to pain relief, reduction of anxiety and improvement of emotional well-being among terminally ill patients. In addition, patients who receive emotional and spiritual support show better acceptance of illness, lower levels of fear and greater sense of peace during end-of-life care. The model inspired by Mother Teresa also highlights the importance of recognizing the patient not only as a body in pain, but as a person with emotional, social and spiritual needs. Conclusion: The spirituality of care inspired by Mother Teresa remains highly relevant in modern medicine, especially in palliative care, reinforcing the need for a compassionate, dignified and holistic approach to terminally ill patients.

Palavras-chave: palliative care; spirituality; terminally ill patients; compassion; humanization.