

# Review of the Johns Hopkins Videos on Spirituality and Health

M Tarpley

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## Abstract

Research increasingly demonstrates a link between spirituality and decreased morbidity, greater quality life, and increased longevity. However, clinicians lack training in how to incorporate spirituality in the health encounter. To address this need, the Johns Hopkins Community Physicians (JHCP) developed two 27-minute VHS-format videos on spirituality and health.

## VIDEO DESCRIPTIONS

The first, entitled "Give Me Strength: Spirituality in the Medical Encounter," discusses different definitions of spirituality, reviews studies of patient preferences regarding spirituality and healthcare, discusses recent research linking spirituality to improved health outcomes, and provides training for clinicians in screening and discussion of spirituality through clinical role-plays. The video features such nationally known medical experts as Ben Carson MD, Harold Koenig MD, Christine Puchalski MD, Dianne Becker MPH, ScD and includes patient remarks from Joni Earickson Tada. The video received an award of distinction from the 2001 National Videographer Awards in the education category.

Figure 1



In the second film, *Plans to Prosper, A Patient Guide to Faith and Health*, physicians at Johns Hopkins review some of the exiting studies that demonstrate this link between spirituality and health. Patients from different spiritual and religious backgrounds (Christian, Jewish, Muslim, Buddhist, Twelve Step Programs) tell stories of how their faith has helped them fight disease and achieve health and wholeness. This video also describes steps involving 5 spiritual principles that the viewer can practice to improve personal

health.

Physicians (JHCP) for \$35.00.

Each video is available from the Johns Hopkins Community

**References**

**Author Information**

**Margaret Tarpley**

Associate in Surgery, Vanderbilt University