



FICA Spiritual History Tool©*

The acronym FICA can help to structure questions for healthcare professionals who are taking a spiritual history.

F – Faith, Belief, Meaning: Determine whether or not the patient identifies with a particular belief system or spirituality at all.

“Do you consider yourself to be spiritual?” or
“Is spirituality something important to you?”
“Do you have spiritual beliefs, practices, or values that help you to cope with stress, difficult times, or what you are going through right now?” (contextualize to visit)
“What gives your life meaning?”

I – Importance and Influence: Understand the importance of spirituality in the patient’s life and the influence on healthcare decisions.

“What importance does spirituality have in your life?”
“Has your spirituality influenced how you take care of yourself, particularly regarding your health?”
“Does your spirituality affect your healthcare decision-making?”

C – Community: Find out if the patient is part of a religious or spiritual community, and/or if they rely on their community for support.

“Are you part of a spiritual community?”
“Is your community of support to you and how?” For people who don’t identify with a community, consider asking “Is there a group of people you really love or who are important to you?”
(Communities such as churches, temples, mosques, family, groups of like-minded friends, or yoga or similar groups can serve as strong support systems for some patients.)

A - Assessment and Plan: Discuss and coordinate spiritual health issues regarding caring for the patient.

Discuss with patient and document in EHR:
spiritual health, including spiritual strengths and spiritual distress, if present;
Make appropriate referrals to trained chaplains or other spiritual care professionals (pastoral counselors, faith community leaders if appropriate) or other spiritual care interventions; and
Document clinician plans to follow up on spiritual distress at next visit.

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