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## 7<sup>th</sup> Malaysia Indonesia Brunei Medical Sciences Conference "TOWARDS A HOLISTIC AND INTEGRATIVE APPROACH IN HEALTHCARE"



22<sup>nd</sup> - 24<sup>th</sup> July 2011

Equatorial Hotel, Bangi, Selangor,  
MALAYSIA

officiated by

**Y.B Datuk Rosnah Haji Abdul Rashid Shirlin**  
Deputy Minister of Health Malaysia

Organised by



**THE ROLE OF SPIRITUALITY IN HOLISTIC HEALTHCARE**

Tayyab H

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The current healthcare delivery system has undergone a paradigm shift from 'biomedical' to 'biopsychosocial' model in an attempt to provide 'Holistic' approach to patient care. The concept of 'integrative medicine' as a biopsychosocial healthcare approach has already been accepted in various countries around the world.

Medical and scientific research has demonstrated that religious belief and practices also have a significant impact on physical and emotional health; and affect the speed of recovery. The terms 'religion' and 'spirituality' are often used interchangeably though many researchers recommend clarifying the difference between the terms "spirituality" and "religion." They advocate a universal, broad-based definition of spirituality that encompasses religious and nonreligious perspectives. This encouraged researchers to study the relationship between spirituality or religion and healing and medicine and has become an important area for clinical research.

Spirituality has been recognized around the world as an important factor that contributes to health. Various medical institutions all over the Europe, America and Canada have developed centres of spirituality and health to study and deal with this aspect of health in more detail and scientific manner.

The purpose of this presentation is to explore the concepts of 'Holistic' healthcare and 'spirituality'; to highlight the role of spirituality in promoting holistic healthcare; and to identify the ways to incorporate spirituality in our healthcare and medical education system.