

■ Case Studies: Ignatian Leaders in Health

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Ignatian leadership in health care is grounded in service, compassion, and discernment. These case studies show how Jesuits, sisters, and lay leaders embody *cura personalis* (care for the whole person) and the *magis* (greater good) in clinics, hospitals, and health initiatives.

■ Case Study 1: Compassion in a Rural Mission Hospital

In northern Zambia, a sister-led hospital struggled with staff burnout and limited supplies. The director, inspired by Ignatian values, launched a daily morning Examen with staff — 10 minutes to reflect, give thanks, and share intentions before beginning work.

This simple practice improved morale, deepened solidarity, and reminded staff that their healing mission was also a spiritual ministry. Patient care quality improved as the hospital became known not just for treatment, but for compassionate presence.

■ Case Study 2: Discernment in Public Health Policy

In Kenya, a Catholic doctor involved in national health policy faced political pressure to cut maternal health budgets. Drawing on Ignatian discernment, she gathered a small circle of colleagues for reflection and prayer before major decisions.

Using consolation/desolation language, they discerned that reducing maternal health services would cause grave injustice to the poor. She advocated strongly, and the government maintained funding for maternity clinics. This was leadership as faith in action.

■ Case Study 3: Magis in Cancer Palliative Care

At a palliative care programme in Lusaka, a Jesuit chaplain recognised that many patients died without spiritual or family support. He formed a home-based care network with parish volunteers, nurses, and counsellors.

Despite scarce resources, the initiative provided not only medical care but also accompaniment, prayer, and dignity at the end of life. The programme reflected the Ignatian magis: doing the greater good by combining professional care with human presence.

■ Lessons for Leaders in Health

- Cura Personalis: Treat the whole person — body, mind, spirit, and family.
- Discernment: Ethical health decisions require prayer, reflection, and consultation.
- Magis: Strive to do the most loving and just action with the resources available.
- Community & Mission: Health leadership is shared — among professionals, families, and faith communities.

■ Closing Thought

Ignatian leadership in health flourishes when leaders serve with compassion, discern wisely, and work for the greater good. These stories show how faith-inspired leadership transforms not only health systems, but lives with dignity and hope.