



Elim Faith Community Nursing

A Ministry of Elim Care

SERVING IN THE SPIRIT OF CHRIST'S LOVE

ELIM FAITH COMMUNITY NURSE CONNECTION

April 2018

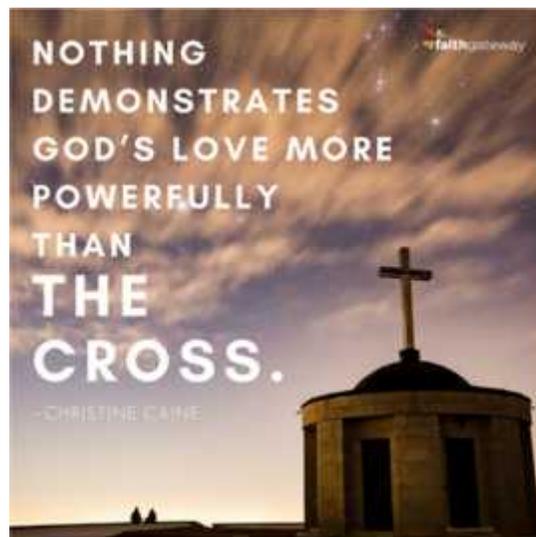
Joanne Hall, Director of Elim Care Faith Community Nursing

"Helping you to help others"

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**Jesus is the Lamb who was slain — our Great High Priest who could atone for our sin,
once and for all.**



For the joy set before Him [Jesus] endured the cross, scorning its shame, and sat down at the right hand of the throne of God. — Hebrews 12:2

For the joy set before Him... that's us! When Jesus was on the cross, the joy that kept Him going — the passion that fueled His endurance of pain — was knowing the freedom His

death, burial, and resurrection would produce in our lives. Nothing demonstrates God's love more powerfully than the Cross. Jesus wasn't forced to die. He wasn't overpowered, outnumbered, or tricked into it. He chose the Cross because He loves you and me. Jesus' passionate love for us took Him to the Cross — with its pain, humiliation, and complete separation from God — and then on to the resurrected life that means victory over sin and death for you and me. What passion!

Excerpted with permission from *Unshakeable* by Christine Caine

Mark your calendars now!

April 9-10 - EFCA North Central District Conference – *An Inexpressible & Glorious Joy*
Constance EFC, Andover- Register at <http://ncdefca.org/>

April 19- *A Faith Filled Response to Mental Illness and Recovery* 7-9pm Hope Community Church, Minneapolis **[REGISTER](#)** This event is free and open to the public

April 30th 8:30 AM – 1:30 PM “*Substance Abuse: How Faith Communities Can Help*”.
Evangelical Lutheran Parish Nurse Association Spring Gathering (flyer attached)

May 15 Elim Chaplains & Faith Community Nurses Super Summit Register on-line by clicking the following link. <http://weblink.donorperfect.com/chaplain> **Registration Deadline May 1, 2018** **2.5 CEUs will be available for nurses who attend.**

Faith Community Nursing News to Share

Kathy Welte, FCN at Salem Covenant Church, New Brighton, retired on March 9. As a result, there is a Part-Time Faith Community Nurse position open. Contact Nichelle Kaul, Business Administrator at nkaul@salem-covenant.church or 651-288-3350 for information.

Jeanine Bruen is a new FCN at First Free, Minneapolis, working with FCN Maureen Juarez. Dee Huanca continues to volunteer at First Free, after retiring in June 😊.

Faith Community Nurse RESOURCES

Hypertension Guidelines: Recently Faith Community Nurses from all across the nation are asking, "Which guidelines should I follow?" The American Heart Association and the American College of Cardiology released their new guidelines last fall which sparked a vigorous and important debate. A central part of this debate stems from millions of people who were deemed to have "normal" blood pressure now being labelled as "hypertensive." All at once the number of U.S. adults described as "hypertensive" jumped from 72 million to 103 million, an increase from 31.9% to 45.6%.

Two primary care groups, the American Academy of Family Physicians (AAFP) and the American College of Physicians (ACP), refused to accept the new guideline saying they've gone too far as lowering the definition of high blood pressure to 130/80 mm Hg promotes the use of medication rather than lifestyle changes that contribute to health and well-being. Lowering the blood pressure targets has also contributed to an increase in falls in seniors.

Many health systems use the guidelines of the United States Preventive Services Task Force (USPSTF), which has a guideline for "screening for hypertension" (vs. defining/managing hypertension). ACP and AAFP advocate for differing treatment targets based on age and chronic health conditions.

Differences in guidelines for screening are not new. The American Cancer Society and the United States Preventive Services Task Force (USPSTF) have slightly different recommendations related to screening for breast and cervical cancer too. In addition, recent research indicates screening for Prostate Specific Antigen (PSA) may do more harm than good. Research is always evolving and different professional organizations may have different purposes for the recommendations they make.

When all studies and recommendations are evidence-based it can be confusing, but it is always a balance between the benefits of the recommends and any potential adverse impact adherence to them may induce. At the end of the day, it is a bit like striving for weight management. It may not be so much the exact number on the bathroom scale as it is how a person feels in their clothes, the energy they have, their overall health status and more that determines whether they are at an acceptable weight. Some who fall within the recommended weight tables are lacking in key nutrients (poorly nourished), have little energy and are striving to constrict their food consumption so closely that they experience little joy in life.

Faith Community Nurses have a view of the whole patient, and lifestyle changes are a major intervention that to consider before or in conjunction with medications depending on signs/symptoms and the overall clinical condition of the patient. Educate your clients then allow their Primary Care Provider to guide them toward their ideal Blood Pressure target. Teach the client to know the target BP coach and affirm them as they take their prescribed medications, modify their diets and become more physically

active—keep the focus is on doing something positive and healthy, rather than fighting a disease.



Article-The Blood
Pressure Guideline \

Grief Support for Pregnancy and Infant Loss: There are a number of resources a Faith Community Nurse can access to journey with a mother or family who has lost a child through miscarriage, stillbirth, SIDs or other causes during the first year of life. Some of these include:

- **Book:** The Church Health Center sells the book "**Holding Hope**" by Ashley-Anne Masters. This is a four-week Advent devotion for all those suffering from pregnancy loss. It is intended to be used by anyone who is grieving the loss of a child or children due to miscarriage, stillbirth, or other complications of premature births.
- **Book:** "**I'll Hold You in Heaven**" by Jack Hayford. He covers some of the following: What happened to my baby after she died? Will I ever see her again--- or recognize her? Why did God let this tragedy happen? What if I've had an abortion? Drawing from concrete passages in Scripture, Hayford offers compassionate, reassuring answers for parents who've lost children through miscarriage, stillbirth, abortion, or early infant death.
- **FCN Resources:** For yourself you may want to access some of the resources on the mending Invisible Wings website at <https://mendinginvisiblewingsblog.wordpress.com/> or the Gunderson website at <http://www.gundersenhealth.org/resolve-through-sharing/>

On the **American Foot Care Nurses Association** website is a link to 'find a foot care nurse.' There are churches which serve as sites for RNs who provide professional foot care services at the church. Another means of community outreach!

National Coalition on Aging has compiled this list of places where you can go to request free materials that may be helpful to you and educational for your clients—whether they're looking for information about scams, health insurance, exercise, or safety.

Avoiding Scams

The Federal Trade Commission offers a variety of bookmarks, tear sheet pads, booklets, and Spanish-language *fotonovelas* to educate the public about scams such as the Grandparent Scam, IRS impostors, and charity fraud.

<https://www.bulkorder.ftc.gov/>

Emergency Preparedness

Natural disasters can strike at any time without warning. Help older adults know what to do to be ready by sharing these brochures from the Federal Emergency Management Agency. Included in the publication offerings are special instructions for seniors, persons with disabilities, and pet owners.

<https://www.ready.gov/publications>

Women's Health

The Food & Drug Administration's Office of Women's Health has numerous publications designed to help women make better health decisions. Mammograms, health scams, menopause and hormones, sleep problems, and osteoporosis are just a few of the fact sheet topics available to order in English and Spanish.

<https://orders.gpo.gov/fda-womens-health.aspx>

Medicare and Health Insurance Marketplace

Most Medicare publications are available free for download or in e-book formats. To get printed outreach and education materials in bulk, however, you'll need to create an online account before placing your order. Then you'll find brochures, posters, fact sheets, and more about a range of Medicare enrollment, coverage, and health issues, in English, Spanish, and other languages. Also available from the site are resources directed to consumers who may have Medicaid or Marketplace coverage. Be sure to check out the *Roadmap to Better Care and a Healthier You*, available in guides and poster formats, as well as the fillable cards that can be used to gather contact information, set appointments, and record test results

<http://productordering.cms.hhs.gov/>

Healthy Aging

As one of the 27 Institutes and Centers of the National Institutes of Health, the National Institute on Aging (NIA) leads a broad scientific effort to understand the nature of aging and to extend the healthy, active years of life. NIA is the primary federal agency supporting and conducting Alzheimer's disease research.

Publications are available in English and Spanish and include:

-) Brief AgePage pamphlets on topics such as diabetes, elder abuse, and forgetfulness
-) Guides on long-distance caregiving, talking with your doctor, smart food choices, and medication safety
-) A series of fact sheets and guides specific to Alzheimer's disease and related dementias, including a guide to caring for a person with Alzheimer's

<https://order.nia.nih.gov/>

Food Benefits and Nutrition

The USDA Food and Nutrition Service offers free education and outreach materials about the Supplemental Nutrition Assistance Program (SNAP, or Food Stamps); many

are available in Spanish. Most of the materials include the national toll-free number; however, you may customize them with your own phone number by adding a sticker or a stamp.

https://pueblo.gpo.gov/SNAP_NEW/SNAPPubs.php

Exercise and Physical Activity

The NIA's Go4Life campaign recognizes that exercise and physical activity are an important part of healthy aging. Visit the Go4Life website to learn about different types of exercises focused on endurance, strength, balance, and flexibility. You can also order free copies of the *Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging* booklet, as well as posters and bookmarks in English and Spanish

<https://go4life.nia.nih.gov/free>

Falls Prevention The Centers for Disease Control and Prevention's STEADI stands for Stopping Elderly Accidents, Deaths, and Injuries. Professionals can obtain English and Spanish patient education materials that include *Check for Safety Brochure: Identify and Eliminate Falls Hazards in the Home*, *What You Can Do to Prevent Falls* brochure, and *Postural Hypertension: What It Is and How to Manage It*. Order free copies by entering STEADI in the search box.

<https://www.cdc.gov/steady/patient.html>

Health and Safety From posters emphasizing the importance of adult vaccinations, to fact sheets about cancer screenings and guides to kidney dialysis, the CDC's online clearinghouse offers a wealth of publications around health and safety issues.

<https://wwwn.cdc.gov/pubs/CDCInfoOnDemand.aspx>

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Joanne