



Elim Faith Community Nursing

A Ministry of Elim Care

SERVING IN THE SPIRIT OF CHRIST'S LOVE

ELIM FAITH COMMUNITY NURSE CONNECTION
January 2018

Joanne Hall, Director of Elim Care Faith Community Nursing

"Helping you to help others"

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Dear Lord...

I give you my hands to do Your work;

I give You my feet to go Your way;

I give You my eyes to see as You see;

I give You my tongue to speak Your words;

I give You my mind that You may think in me;

I give You my spirit that You may pray in me.

Above all, I give You my heart that You may love through me -
love all humankind. I give You my whole self, Lord, that You may

grow in me so that it is You who lives, works and prays for me.

Shared by the Kansas Parish Nurse Ministry

Mark your calendars now!

- ✓ January 18: "**Hope in the Storm; How to Support & Lead Families Navigating the Waters of Interpersonal Violence and Abuse**" Thursday, January 18 from 9:00 – 1:00 presented by Traverse Counseling and Consulting.
<https://www.eventbrite.com/e/workshop-for-faith-leaders-hope-in-the-storm-navigating-the-waters-of-interpersonal-violence-abuse-tickets-39932131079>
- ✓ January 24: Elim Care Network Prayer, Share and Care.
- ✓ February 17: Third Annual Church Security Summit, ***Umbrella Of Church Security*** at Constance EFC, Andover, MN. In light of today's headlines, this is a valuable opportunity for your church to attend. Cost: \$35.00, which includes continental breakfast and a full lunch. [To Register](#)
- ✓ April 9-10: 2018 EFCA North Central District Conference, Constance EFC, Andover, MN

April 9 -11: International Westberg Symposium for Faith Community Nursing, Memphis TN
"Expanding Horizons of FCN Practice" <https://westberginstitute.org/symposium2018/>

Faith Community Nursing News to Share

- **Elim Care now offers an online *Foundations of Faith Community Nursing Course!***

Elim Care Faith Community Nursing Ministry is offering an online course in *Foundations for Faith Community Nursing*. The lead faculty for this online course will be Shelly Rock, formerly FCN Coordinator for St. Croix Valley at Lakeview in Stillwater. Shelly has completed the Educator's Course through the Westberg Institute and will soon complete her Master's Degree from Bethel Seminary. This course will continue the curriculum developed by Paula Lilja, RN, PN, DNSc, and endorsed by the Westberg Institute. See below for more information on the course and enrollment.

Remember! Elim Care Faith Community Nursing also offers up to \$1,000 in matching funds to North Central District EFCA churches to assist in beginning a Faith Community Nurse Ministry! Contact me at joanne.hall@elimcare.org for more information!

ELIM Care's *Foundations for Faith Community Nursing*

12 week Online Course January 10th-April 3rd, 2018

This course explores the specialty practice of Faith Community Nursing that combines professional nursing and health ministry, emphasizing health and healing within the faith community and the larger community. It offers registered nurses with a strong spiritual faith the knowledge to implement and facilitate a Faith Community Nursing ministry, as well as practical opportunity to apply learnings from the course to the dynamic nature of their faith community and its particular needs. This course is derived from the curriculum endorsed by the Westberg Institute for Faith Community Nursing.

40.5 CEU's for Registered Nurses. Course Cost is \$300

Register now at : <https://www.grow2serve.com/resources/foundations-faith-community-nursing/>

- **Other FCN “Foundations” Basic Preparation courses are available.**
Information about the numerous options for attending the course is described below.

Concordia Program of Moorhead MN offers the basic preparation course each year. The cost of the week-long course remains at \$450.00 which covers the cost of meals and most materials to start a health and healing ministry. For more information contact Jean Bokinski at 218-299-3825 or bokinski@cord.edu The informational brochure is at <http://www.cord.edu/Offices/parishnurse1.php>

CentraCare of St. Cloud MN will offer the Faith Community Nursing Foundations Course April 16-20, 2018 at Grace United Methodist Church in St. Cloud. Joyce Simones and Carol Engelhart are the Faculty Educators. For more information on price, contact hours and to obtain a brochure contact Annette Jesh at (320) 249-0280 or Annette.Jesh@centracare.com

Faith Community Nurse Network of the Greater Twin Cities offer their basic preparation course at least twice each year, fall and spring. The course hours are 9-5 Mon-Thur and 9-3 on Fri. Cost of the course is \$450 which covers contact hours, materials, certificate, and lunch—scholarships may be available. Call 651-204-0904 or email contact@fcnntc.org for more information. 41.5 contact hours are awarded for the course. The coordinator for this group is Wanda Alexander at 612-919-9821 or wanda@fcnntc.org Learn more at their website at <http://www.fcnntc.org/FoundationsCourse>

The Department of Nursing at Augustana College in Sioux Falls SD offers the preparation course in the spring of each year. The on-line portion of the course starts in February and the two required on-site dates associated with this course are held in Sioux Falls on March 22-23. Information about this program is available at <http://www.augie.edu/academics/nursing/augustana-parish-nursing-center> For more

information, email Paula Lubeck, Director of the Parish Nursing Center at Paula.Lubeck@Avera.org.

Sanford Health: Offers an on-line Foundations course that starts with a two-day retreat in SD the weekend after Labor Day. The course then continues via teleconference/Skype connection on Monday evenings through the 2nd week in November from 5:50-9:00 p.m. (2+ hours for content). Cost is \$300 for Sanford Employees or Affiliated Churches and \$390 for Non-Sanford. 37.75 contact hours are awarded. If you have questions about faith community nursing, the application, or Foundations Course, please e-mail Karla Cazer (Sioux Falls) at karla.cazer@sanfordhealth.org or Lois Ustanko (Fargo) at Lois.Ustanko@sanfordhealth.org

Building a Strong Ministry: It's never too early to encourage other RNs from your community or congregation to attend the Faith Community Nurse *Foundations* course. Those who have attended the course likely will become interested in participating in your ministry in some capacity. This also provides you with the opportunity to begin strategic succession planning for the day when you decide to retire or transition into another area of practice. Who knows, this trained nurse might even be able to cover the FCN ministry if you developed a need to be away on a prolonged medical leave. YOU are the best representative to encourage others to think about this ministry.

➤ **A recent question posted on the Westberg Institute platform, Yammer, asked about First Aid kits for churches.**

Many good responses included:

- At my church, we often just buy readymade first aid kits from Sam's Club (\$20-\$25) and take out the medications (aspirin/Tylenol). Replacing the individual items, as they are used, has been more costly than buying a new kit. Also, for our bandaids in the kitchen first aid kit, we use colored, kids bandages...less likely to get lost in food.
- We have multiple kits throughout our campus. They are located near the AEDs. We also buy prefab kits, remove any medication, and add things such as: a bag for wound trash (marked as such with a marker), an emergency blanket (the foil type found with camping supplies), a zip closure bag for ice (marked as such with a marker), and sugar packets for diabetic emergencies. In addition, at request of our local fire department, we have a bottle of 81 mg Aspirin. These are sealed and labeled as to the appropriate use (only with guidance of EMT or 911 operator).
- We also have a CPR Resuscitation Mouth To Mouth Face Shield Mask in our first aid kit as well as some disposable gloves. Beside our AED we hang a Naloxone kit.
- I have added a few more things to our kit based on need or emergency planning. It includes a gait belt, commercial tourniquet, and rapid clot dressings. I've also found that having a box of spare gloves available may be essential.

If you are interested in knowing more about the Westberg Institute Knowledge Sharing platform, Yammer, click on the link: <https://westberginstitute.org/fcn-knowledge-sharing-platform/>

- **Revised Scope and Standards of Practice:** The 3rd edition of the Scope and Standards of Practice for Faith Community Nursing is now available at <https://hmassoc.org/resources/hma-publications/>. **There are several new standards as identified below:**

ANA Standards of Faith Community Nursing Practice ***Faith Community Nursing—Visible Presence Connecting Health & Faith***

Faith community nursing is a practice specialty that focuses on the intentional care of the spirit, promotion of an integrative model of health, and prevention and minimization of illness within the context of a faith community and the wider community. Such practitioners consider the spiritual, physical, psychological, and social aspects of an individual to create a sense of harmony with self, others, the environment, and a higher power.

The 17 Standards of Faith Community Nursing Practice reflect the specialty's professional values and priorities and provide practice directions and the framework for practice evaluation. Each standard is measurable by a set of specific competencies that serve as evidence of minimal compliance with that standard. The *Faith Community Nursing Scope and Standards of Practice, 3rd edition* specifies the who, what, where, when, why, and how of the practice that is common to and expected of all faith community nurses.

Standards of Practice for Faith Community Nursing (Standards 1-6)

- ♥ Standard 1: Assessment—The Faith Community Nurse (FCN) collects pertinent data and information relative to the healthcare consumer's health or the situation.
- ♥ Standard 2: Diagnosis—The FCN analyzes assessment data to determine actual or potential nursing diagnoses, problems, and issues.
- ♥ Standard 3: Outcomes Identification—The FCN identifies expected outcomes for a plan individualized to the healthcare consumer or the situation.
- ♥ Standard 4: Planning—The FCN develops a plan that prescribes strategies to attain expected, measureable outcomes.
- ♥ Standard 5: Implementation—The FCN implements the identified plan. 5A—The FCN coordinates care delivery. 5B—The FCN employs strategies to promote health and a safe environment.
- ♥ Standard 6: Evaluation—The FCN evaluates progress toward attainment of goals and outcomes.

Standards of Professional Performance for Faith Community Nursing (Standards 7-17)

- ♥ Standard 7: Ethics—The FCN practices ethically.

- ♥ Standard 8: Culturally Congruent Practice—The FCN practices in a manner that is congruent with cultural diversity and inclusion principles.
- ♥ Standard 9: Communication—The FCN communicates effectively in all areas of practice.
- ♥ Standard 10: Collaboration—The FCN collaborates with the healthcare consumer and other key stakeholders in the conduct of nursing practice.
- ♥ Standard 11: Leadership—The FCN leads within the professional practice setting and the profession.
- ♥ Standard 12: Education—The FCN seeks knowledge and competence that reflects current nursing practice and promotes futuristic thinking.
- ♥ Standard 13: Evidence-based Practice and Research—The FCN integrates evidence and research findings into practice.
- ♥ Standard 14: Quality of Practice—The FCN contributes to quality nursing practice.
- ♥ Standard 15: Professional Practice Evaluation—The FCN evaluates one’s own and others’ nursing practice.
- ♥ Standard 16: Resource Utilization—The FCN utilizes appropriate resources to plan, provide, and sustain evidence-based nursing services that are safe, effective, and fiscally responsible.
- ♥ Standard 17: Environmental Health—The FCN practices in an environmentally safe and healthy manner.

The Health Ministries Association (HMA) is the national professional membership organization for faith community nurses/parish nurses. They developed the Faith Community Nursing Scope and Standards of Practice in collaboration with the American Nurses Association. The HMA offers health ministry’s consultation and support and various resources. The annual membership fee is \$50. For more information go to www.hmassoc.org or call 1-800-723-4291 - The NEW edition of the Scope and Standards is available through this organization.

Faith Community Nurse RESOURCES

- **Overnight Refrigerator Oatmeal!** Loaded with calcium, protein and fiber, this oatmeal will keep in the fridge up to 2 days. Try unsweetened almond or soy milk for a dairy-free option.
 - **Ingredients**
 - 1/3 cup skim milk (or soy milk)
 - 1/4 cup unsweetened applesauce
 - 1/4 cup old-fashioned rolled oats
 - 1/4 cup Greek low-fat plain yogurt
 - 1/4 cup diced apples
 - 1 1/2 teaspoons dried chia seeds

2 1/4 teaspoon cinnamon

- **Directions**

Place all of the ingredients in a 1-pint mason jar. Screw the lid on and shake until well-combined. Refrigerate overnight and eat chilled (or warm it up).

- **New Blood Pressure Guidelines Announced**

On November 13, 2017, the American Heart Association / American College of Cardiology Guidelines announced the first new blood pressure guidelines in 14 years. There were some recommendations from the JNC8 a few years ago, but these were not official guidelines adopted by the AHA or ACCG. Following are the new guidelines, which the Big Squeeze 2018, and other screening programs will be using. Please note: As you work with your clients at blood pressure screenings, it will be important to identify how your local health care facility and physician groups may decide to implement these guidelines into their current plan of care.

Blood pressure categories in the new guideline are:

Normal: Less than 120/80 mm Hg;

Elevated: Top number (systolic) between 120-129 and bottom number (diastolic) less than 80;

Stage 1: Systolic between 130-139 or diastolic between 80-89;

Stage 2: Systolic at least 140 or diastolic at least 90 mm Hg;

Hypertensive crisis: Top number over 180 and/or bottom number over 120, with patients needing prompt changes in medication if there are no other indications of problems, or immediate hospitalization if there are signs of organ damage.

The new guidelines eliminate the category of prehypertension, which was used for blood pressures with a top number (systolic) between 120-139 mm Hg or a bottom number (diastolic) between 80-89 mm Hg. People with those readings now will be categorized as having either Elevated (120-129 and less than 80) or Stage I hypertension (130-139 or 80-89). Previous guidelines classified 140/90 mm Hg as Stage 1 hypertension. This level is classified as Stage 2 hypertension under the new guidelines.

Link to more in-depth information on this topic: <https://news.heart.org/dont-just-get-your-bp-taken-make-sure-its-taken-right-way/>

- **Clinical Signs Accurately Identify Pneumonia, Study Suggests**

Four clinical variables — the presence of fever, elevated pulse rate, crackles on auscultation, and low oxygen saturation — can help identify patients with pneumonia in the primary care setting, according to new data. "[T]he four variables identified by this analysis are easily measured clinical signs," write Michael Moore, BM BS, MRCP, FRCGP, from the University of Southampton, Aldermoor Health Centre, United Kingdom, and colleagues. "If antibiotic prescribing was restricted to people who had one or more of these signs, it could substantially reduce antibiotic

prescribing for this condition," the authors write in an article [published online](#) November 22 in the *European Respiratory Journal*.

- **Usable Glasses Give New Life**

Refractive errors can be easily corrected with eyeglasses, yet millions living in low and middle income countries lack access to basic eye care services. Lions have recognized the urgent need for corrective lenses and collect usable glasses in their communities to support the Lions Recycle For Sight Program. More Information:

<http://members.lionsclubs.org/EN/serve/sight/recycle-eyeglasses/index.php>

- **National Health Observances**

For a list of upcoming National Health Observances, click

<http://healthfinder.gov/nho/Default.aspx> This site allows you to identify observances by month and has links to toolkits associated with the various observances.

JANUARY EVENTS

- Cervical Health Awareness Month
- Birth Defects Prevention Month
- Blood Donor Month
- Glaucoma Awareness Month
- Thyroid Awareness Month

- **Physical activity is important for weight loss and maintaining your weight**

- [Active Living Everyday \(ALED\)](#)
- [EnhanceFitness \(EF\)](#)
- [Fit & Strong!](#)
- [Walk With Ease \(WWE\)](#)
- [Promising Physical Activity Programs](#)
- [Arthritis Foundation Aquatic Program \(AFAP\)](#)
- [Arthritis Foundation Exercise Program \(AFEP\)](#)
- [Walk With Ease\(self-directed\)](#)

Helping you to help others,

Joanne