



Verse of the Week:

"Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms." 1 Peter 4:10 (NIV)

Faith Community Nurses Share:

What a Faith Community Nurse might do:

A pastor asked, "How do parish nursing (Faith Community Nurse) visits differ from what I do when I visit?" "Well," the Faith Community Nurse said, "I ask the person 'What happened (signs and symptoms) that prompted you to seek medical care?' They explain to me (fever or pain or surgery or....). Being a nurse I don't hesitate to ask and they don't hesitate to answer. If they had surgery, I may ask about pain level and pain meds knowing that meds cause side effects such as rash or constipation, etc. I offer recommendations that may alleviate the symptoms such as constipation by suggesting they drink more water, eat fiber like fruit and veggies and walk, walk, walk so those stomach muscles get woken up from surgery and grow stronger again. Anesthesia puts them to sleep and sitting doesn't make the muscles work." "Oh, I don't ask them that" said the pastor. "Exactly – the difference in our ministry," she said. "I ask questions about the physical needs and include questions about how they are emotionally handling this interruption. We finish with a devotional and prayer for their specific situation. "In the above situation, the individual told the FCN he tried what she had recommended and IT WORKED!!! He said he was feeling much better. He probably would not have called the doctor's office about that dilemma, but he *may* have asked a nurse.

Tools available:

BP equipment check/calibration site –

FCNs, Ginny and Charlotte, at New Hope Free Church highly recommend the following resource:

C. W. Healthcare Inc., located to 8572 Excelsior Blvd, Hopkins, MN 55343, 952-426-4812, will gladly do free checks on BP equipment. You should call ahead as the person who does the checks is not always there. Terri is the one who answers the phone and will let you know when to bring your equipment in. You can always leave your equipment and get it later, or again, call ahead to see the day and time that is best. FCNs at New Hope Church have dealt with them many times—they are very friendly and glad to help any FCN who wishes to have their equipment checked. When you call you can reference NHC and Ginny or Charlotte if you wish—that way they will know who the referral is coming from.

From the [Journal of Hospice and Palliative Nursing](#)

Critical Care Nurses' Perceptions of and Experiences With Chaplains Implications for Nurses' Role in Providing Spiritual Care

Spirituality is defined as "the way individuals seek and express meaning and purpose, and the way they experience their connectedness... to the significant or sacred."^[1] For patients experiencing serious illness and their families, spirituality plays a fundamental role in helping people deal with unfavorable prognoses, symptoms, and end-of-life situations.^[2-4] Nonetheless, **medical teams do not always adequately assess and address patients' spiritual issues—an essential component of high-quality palliative care.**^[1,5] A review regarding the role of spiritual care in palliative care found that 50% to 87% of patients experiencing serious illness reported their desire to discuss the spiritual concerns with the medical team; however, only 6% to 26% of patients reported having their spiritual concerns supported by the medical system.^[6] This gap highlights the need for health professionals to holistically address patients' spiritual needs as part of medical care.

To read the full article

http://www.medscape.com/viewarticle/874822?nlid=112644_785&src=WNL_mdplsfeat_170214_mscpedit_nurs&uac=260577AN&spon=24&impID=1290704&faf=1

Upcoming Foundations Courses:

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.

To reach Links for information and registration for the Foundations Courses below please check out our website [Elim Care FCN](#): or copy and paste this in your browser: <http://www.elimcare.org/services/faith-community-nursing/> .

- **Foundations in Faith Community Nursing Course offered by FCNN of the Greater Twin Cities**

- Date: April 3rd - 7th, 2017; Monday – Friday
- Time: 9am - 5pm (closing convocation at 3pm on Friday)

Upcoming Events and Workshops

- **NAMI Minnesota-see attached list of list of coming events & topics**
- **National Council on Aging**
 - **Hospital Transitions: What You & Your Clients Should Know**
 - Join special guests from the Medicare Rights Center to learn about Medicare coverage of hospital transitions and discharge planning. *Feb. 28 @ 3 p.m. ET*
 - To register -https://www.ncoa.org/event/hospital-transitions-mrc/?utm_source=newsletter&utm_campaign=02142017NCOAWeek&utm_medium=email
 - **Reaching People with Arthritis: Strategies and Tools:**
 - Learn how to include sufferers of arthritis in your evidence-based programs for managing symptoms. *March 28 @ 3 p.m. ET*
 - To register-
<https://cc.readytalk.com/registration/#/?meeting=bffpiapewmnm&campaign=294rcx08boy0>

Looking Ahead-

- **Powerful Tools for Caregivers course in Cannon Falls, MN**
 - March 21 – April 25
 - 2:00 – 4:00 PM
 - First English Lutheran Church, 511 W. Belle St., Cannon Falls, MN. 55009
 - Flyer attached
- **EFCA North Central District Conference**
 - **March 27-28, 2017**
New Hope Church
The Church Today and Tomorrow
Speaker: Kevin Kempelmeier, EFCA President
 - [To Register](#)
- **Westberg Symposium- Regional location will be in Lansing MICHIGAN**
April 21 & 22, 2017

<http://www.greatermichiganinstituteforfnhm.org/conference-information.html>

Resources –

March

National Kidney Month: www.kidney.org

National Colorectal Cancer Awareness Month: www.preventcancer.org

National Nutrition Month: nnm@eatright.org or www.eatright.org/nnm

March 6 – 13: National Sleep Awareness Week www.sleepfoundation.org

March 9, World Kidney Day; www.worldkidneyday.org

March 20: National Native American HIV/AIDS Awareness Day: www.nnhaad.org

March 22: American Diabetes Alert Day www.diabetes.org/in-my-community/programs/alert-day

Twin Cities DISABILITY MINISTRY CONNECTION (see attached flyer) www.walkrightin.org

The Disability Ministry Connection is sponsored and led by Walk Right In Ministries — a non-denominational, Minneapolis--based non--profit that connects people with Christian resources and relationships especially when facing life challenges such as disability and caregiving for those who have special needs.

The Disability Ministry Connection promotes networking, idea sharing, prayer support, collaboration and encouragement among area church and parachurch leaders and volunteers serving in disability ministry.

Helping You to Help Others

The **mission of parish nursing** is the intentional integration of the practice of faith with the practice of nursing so that people can achieve wholeness in, with, and through the community of faith in which parish nurses serve. (Developed at the 2000 Westberg Symposium).

Thank you to those of you who submitted responses to the survey I sent out earlier this month. Responses have indicated a monthly communication is most helpful. I will keep you informed of workshops, seminars, events as I receive notice so you can be aware of them in a timely fashion. Thank you for all you do to bring the LOVE of Christ to those in need!

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