



# Blessings

The Community Parish Nurse Program  
Sponsored by The Carle Foundation

January 2009

## Coordinator's Corner

IT IS IN THE MAIL! The Magnet documents Bev and I have poured our heart and souls into these past months is done and on it way to be evaluated. We are PRAYING they will be accepted and Carle will be surveyed this summer. It ended up taking a lot more time than we ever thought possible and we are both thrilled to be back with parish nursing!

The residents of Windsor Court have called and are busy assembling more Vial of Life kits so we will be ready for your calls this spring. In the last three days we have had several emails regarding equipment/leftover meds, etc. Please look inside this newsletter and see if anything will work for you. If your church currently runs an equipment closet or loaning program let Bev know so we can keep a list of

those for when other faith community nurses call.

REGARDING certification please note the article in this month's newsletter with the most current information.

Spring classes will be held in Springfield IL. The dates are in the newsletter.

We are uncertain as to when our 09 class will be held but are looking at summer or fall. Right now we need a rest and break from work!

If you are in need of laminated stand up signs for your Blood Pressure clinics please call Bev and she will make them for you.

I spoke for the Senior Saints at 1<sup>st</sup> Christian here in Champaign where we held our last retreat. What a great

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group! They were very complimentary of their parish nurse Mary Wolf. :-)

Have had calls/visits this past week from several of you who are planning health fairs this spring and/or programs for your Lenten soup/sausage suppers. It is gratifying to know how much you put into making health promotion a part of your church calendars.

PLEASE READ, COMPLETE AND RETURN your liability information to get your coverage updated. We are trying to

save postage and would appreciate your prompt follow-through on this issue.

Looking forward to getting back on track with annual meetings and seeing your smiles soon!

Blessings

Faith



## *Prayer List - Please Pray for:*

*Prayers of comfort for Faith and Bruce Roberts and family for the loss of Bruce's mother*

*Prayers for continued healing for Judy Ciecka*

*For the parish nurse who has gone inactive due to family issues*

*For the parish nurses beginning Walk to Jerusalem this Lenten season*

*Please pray for one of our own.....staff member in the O.R.*

*Margaret Miller and her husband*

*Charlotte Connerton*

*Laura Steffey*

*Barb DeReus*

*Kathy Tredway*

*Michelle Lawhead*

*The family of Krystal Little*

*Melva Solon*

*For Cathy Faulstich and her family during an extremely stressful time*

*For the parish nurse who is struggling to be heard*

*Teri Pate*

*Marcia Eischen—pastor's wife at Lisa Guthrie's church*

*Betsy & Ibulaimu Kakoma*



## *Volunteers needed for Vial of Life*

The Champaign County Farm Bureau Women's Committee will be holding their health fair on:

March 26th  
5:30-7:00 pm

They anticipate about 75 people. **We are looking for volunteers to do Vial of Life for our program. If you can help, please contact Bev at (217) 326-2583 or [beverly.talbott@carle.com](mailto:beverly.talbott@carle.com)**

## *Equipment available*

A member of my church has some items he wondered if Parish nurse would be interested in.

- ◆ Bed- w/ 2 rails Semi electric Head and foot automatic. Actual bed (raise and lower) is manual
- ◆ Air mattress
- ◆ Bed side table
- ◆ Wheelchair

- ◆ Transfer tub bench

If you are interested, please contact parish nurse Julie Purcell (Spring 2000) at:

Phone 217-383-6056 or [julie.purcell@carle.com](mailto:julie.purcell@carle.com)

## *"Alvesco" Inhalation Aerosol*

A parishioner has an un-opened inhaler of "Alvesco" Inhalation Aerosol (80 mcg per actuation, 60 metered actuations) and an inhaler that he used 8 times, and used without putting the mouthpiece in his mouth (he used an 8" spacer). This stuff is EXPENSIVE - do you have anyone in Piatt County that you know of that is on

short funds that could use this medicine?

Contact parish nurse Lisa Guthrie (Winter 2006) at [mrscornelius@hotmail.com](mailto:mrscornelius@hotmail.com) or (217) 762-9663.

## Faith Community/Parish Nurse Certification

### Faith Community/Parish Nurse Certification: To Be or Not to Be? That is the Question By Vickie L. Morley, MSN, RN, FCN

Certification of Faith Community/Parish Nurses is on the horizon. For some, this news likely stirs positive feelings, while for others dread of the pending examination process looms large. First, let me give you some great news: There will not be a written exam for the certification of the Faith Community/Parish Nurse. How then, you may ask, will I receive the recognition I deserve? The final answer is still being determined by a panel of Faith Community/Parish Nurse experts in conjunction with the ANCC. Thus far, they have determined what they believe to be the best way to evaluate expertise in the specialty: the development of a web-based portfolio.

While the evaluation method to be used is not a quantitative exam, the process of developing a web-based portfolio is still not simple. It will require a great deal of thoughtful work and attention to detail. So what is the bottom line? The mere completion of a course approved by the International Parish Nurse Education Center will not earn you a “grandfathered” status which will allow you to use the term “Certified”. In fact, as the process is refined and solidified, the term “Recognition” will be used rather than “Certification.” As the web-based portfolio process is new, ANCC will need to complete rigorous psychometric and validity studies to transition from the recognition to credentialed status. The good news is that no additional submission will be required of those who have already obtained recognition when the name changes to certification.

The following is an excerpt from a recent communication from the Faith Community Nurse (FCN) Recognition Task Force:

“The portfolio process will validate that candidates have met each of the standards set forth in American Nurses Association’s 2005 edition of *Faith Community Nursing: Scope and Standards of Practice* (found on the ANA’s online bookstore at <http://nursesbooks.org/>.) According to the Faith Community Nursing Scope and Standards of Practice (2005) “the faith community nurse bridges two disciplines (nursing care and intentional care of the spirit) and thus must be prepared in and responsible to both” (p.4). Recognition is an exemplary way to validate each FCN’s ability to provide basic safe care based on the practice standards. The recognition process also enhances professional growth, assists in implementation of evidence based practice, and showcases credibility of FCN practice for other nurses and healthcare professionals.”

When attending a variety of meetings in St. Louis in August and September, the leaders reported the web-based portfolio requirements will likely include some aspect of the following:

- a resume'
- letters of support
- peer evaluation
- narrative of the candidate’s spiritual journey
- evidence based case studies
- a description of the faith community in which the FCN works

How will the portfolio be evaluated? These criteria are still being developed and refined. What we do know at this point is there will be a requirement of at least a Bachelors of Science in nursing for one to be certified. This does not mean you have to have a BSN to be a Parish/Faith Community Nurse. It does mean, however, the BSN degree will be required in order to receive certification. I understand there will be a period of time that a bachelor’s of nursing degree will not be a submission

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requirement in order to allow those with diploma or associate degrees to submit their web-based portfolio and be “grandfathered.” We will assist any who would like to pursue certification by providing workshops on resume’ development, case study development, and navigating the web site when the guidelines become available.

The other important thing to remember is that you do not have to pursue certification if you do not desire it. You can still be a Faith Community/Parish Nurse and not be certified in the same way you can be a Emergency Room Nurse or a Pediatric nurse without certification. It is also important to remember, that there will still be the requirement of an active RN license to practice the specialty. If you choose not to become certified, you will still be an RN who is a Faith Community or Parish Nurse.

It is very exciting and encouraging that the American Nurses Association has recognized that we are a specialty

deserving of recognition. We can all celebrate and encourage each other through this process. In order to prove we make a difference and have special knowledge, skills and expertise within the nursing profession, we will have to continue to seek ways to quantify and prove what we do. The portfolio is merely a step in that direction for the specialty of Faith Community/Parish Nursing.

I encourage you to call or write if you have questions or concerns. May God’s Blessings be on your ministries as you follow your calling into Parish/Faith Community Nursing!

Vickie L. Morley MSN, RN, FCN  
Faith Community Nurse Coordinator  
Division of Nursing  
Shenandoah University  
540-535-3565  
[vmorley@su.edu](mailto:vmorley@su.edu)

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## EDUCATIONAL RESOURCES

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### *Springfield Spring 2009 Parish Nurse Class*

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Springfield’s Basic Parish Nurse Class 2009 course will be held over four weekends in the Spring beginning the weekend of March 6 & 7.

Contact information:  
Tracey Kreipe  
St. John’s Hospital  
Springfield, IL  
[tracey.kreipe@st-john.org](mailto:tracey.kreipe@st-john.org)

The dates are as follows:

March 6 & 7  
March 20 & 21  
April 3 & 4  
April 17, 18 & a dedication ceremony on April 19

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## ***Multi-Disciplinary Certificate Program in Geriatrics for Non-Physicians***

The certificate program for a multi-disciplinary audience provides up-to-date information about geriatric care and social issues affecting the well-being of older adults and their significant others. Recognized experts in geriatrics and gerontology will offer clinical, psychological, theoretical, social, legal and educational perspectives that focus on application. Attendance of five (5) of the six (6) sessions plus completion of special exercises (information about these simple tasks is given at the first session) is required to earn the Certificate in Professional Continuing Education in Geriatrics for Non-Physicians and the college credit. Earned CEU documentation will be provided to all participants for actual hours in attendance.

As a result of this program, you will be able to:

- ◆ Identify geriatric clinical syndromes and treatment modalities
- ◆ Discuss significant social and economic trends affecting the care of older adults
- ◆ Develop innovative strategies for delivering health and social services
- ◆ Identify ethical, legal, and protective issues for older adults
- ◆ List issues, techniques and procedures related to screening, assessment and intervention with the elderly
- ◆ Explain drug therapy appropriate for older adults
- ◆ Recognize the special diagnostic and therapeutic problems associated with common medical problems and/or conditions of the elderly
- ◆ Describe the complex issues of mental health in the older adult
- ◆ Evaluate diagnostic and treatment criteria in the elderly to differentiate normal aging from disease
- ◆ Outline your knowledge of wellness, risk

reduction and disease prevention in the elderly

### **General Information**

**Fees:** Space is limited so early registration is recommended. The registration fee is \$550 if received on or before February 27, 2009. The registration fee after that date is \$625. Payment in full is expected upon registration. The registration fee includes baker's breakfasts, break refreshments, printed materials, continuing education credits/units, certificate, and three (3) hours of vocational skills credit.

### **FRIDAYS**

March 6, 20, April 3, 17, May 1, 15, 2009  
*All Sessions 8:30 a.m. – 4:30 p.m.*

### **SITE LOCATION**

Parkland College  
2400 West Bradley Avenue, Room D244  
Champaign,  
217-351-2235

All registration is done through Parkland College.

**For more information**, a brochure and a registration form call Cynthia Germain at 773-930-3200, e-mail [ceiofillinois@comcast.net](mailto:ceiofillinois@comcast.net) or visit: [www.parkland.edu/businesstraining/Geriatrics.htm](http://www.parkland.edu/businesstraining/Geriatrics.htm)



## Pastor's Pastor: You Need an FCN by James A. Cress

Christ's method alone will give true success in reaching the people. The Saviour mingled with men as one who desired their good. He showed His sympathy for them, ministered to their needs, and won their confidence. Then He bade them, "Follow Me."<sup>1</sup> When Jesus commissioned His apostles to ministry, He sent them two-by-two to preach the kingdom of God and to heal the sick (Luke 9:2). Today, these paired priorities remain central to what ministers should accomplish.

Despite Jesus placing equal weight on both preaching and healing, we often focus just on proclamation with very little, if any, time left over for healing. We even suspect the term *healing* as only the province of sensational, overly emotional public display rather than empathetic sharing of Holy Spirit power.

Limited knowledge about health and medical issues may also deter integrating a healing ministry into our pastoral and evangelistic endeavors. Overextended physicians may interact with their too busy pastors at church functions, but neither expects the other to intrude on their specialized work. So how can we combine expertise in preaching and healing for nurture and evangelism?

Over the past few months, I have begun conversation with several colleagues on the role of the parish nurse, better termed Faith Community Nurse (FCN). In fact, I am indebted for much of this content to family nurse practitioner, Katia Reinert (MSN, FNP-BC, FCN), who serves as coordinator for Maryland-based Adventist HealthCare's Faith Community Nursing, a specialty recognized by the American Nurses Association for which registered nurses must receive additional preparation and study.

Reinert says, "There must be other ways to minister to the sick in a wholesome way without overwhelming the pastor or compromising the preaching of the Word.

One powerful and effective solution is to add an FCN to the ministerial team. Many churches have experienced the blessing of having paid or volunteer FCNs on their staff who work effectively alongside the ministers to provide healing of body, mind, and spirit, as well as lead in health evangelism and wellness promotion for the congregation and community." In order to understand their role, it helps to understand what FCNs are *not* to do. The FCN is not a physician and will not diagnose or treat illness. The FCN is not a home or public health nurse and will not dispense medications or provide treatments prescribed by a physician. The FCN is not a therapist and will not perform physical, occupational, or psychotherapy. Neither is the FCN a clergy person, but comes to the ministry team with a deep spiritual commitment.

Rather, the FCN provides health and spiritual coaching whose major functions include being an integrator of faith and health, health educator, counselor, and advocate, referral advisor, developer and facilitator of support groups, provider of spiritual care, and trainer of

volunteers.

Consider various options how your church could afford additional staff: ask busy professionals who understand the value of FCNs to sponsor this ministry, retired nurses might willingly obtain the necessary training and volunteer full or part-time service, cooperatively share expenses with other congregations, schools could share costs for a combined FCN/school nurse, several volunteers might divide FCN responsibilities to provide various services just as any member volunteers some time each month, administrators might consider sponsoring this effective ministry in a community where a number of churches would benefit from coordinated health ministry.

Issues and benefits to consider include:

- ◆ Much of a pastor's work is health-related. The parish nurse may assist in visiting the sick, counseling, and advising members on whole-person issues.
- ◆ Volunteers are not as available as they were in the past and an FCN facilitates effectively meeting many needs.
- ◆ Clergy and congregations often must interact with community facilities and bureaucracies. FCNs can contribute knowledge and skills to bridge the gap.
- ◆ FCNs help improve member and clergy health, as well as lead in health evangelistic efforts in conjunction with the ministry *team*. Such activities include, but are not limited to, holistic lifestyle classes, twelve-step groups, birthing preparation, family and parenting support, stress reduction, home and hospital visitation, exercise promotion, retirement coaching, inter-generational guidance, wholesome cooking demonstration, sexuality education, smoking cessation, divorce, loss, and grief recovery support, plus volunteer training.

To better facilitate development of FCN programs, Candace Huber of Florida Hospital's Parish Nurse Institute has prepared a variety of materials and information including a helpful OVO, *Beyond Four Walls*, which you can view online at [www.parishnursing.net](http://www.parishnursing.net)

Although not a new concept, Faith Community Nursing is rapidly expanding as both denominational and health professionals recognize the enhanced effectiveness that result from ministers who are also medical missionaries, who can cure physical ailments and, thus, are much more efficient workers than those who cannot do this. Their work as ministers of the gospel is much more complete (see *Medical Ministry*, 245).

<sup>1</sup> Ellen G. White. *The Ministry of Healing* (Mountain View, CA: Pacific Press Publishing Association, 1942), 143.

This article first appeared in the December 2008 issue of *Ministry*,<sup>®</sup> International Journal for Pastors, [www.MinistryMagazine.org](http://www.MinistryMagazine.org). Used by permission.

## Parish Nurse Liability Insurance

It is time to renew your liability coverage as a parish nurse. Below is a liability form for your review. As we have done in the past year, Carle will absorb the cost of your parish nurse liability protection through our own carrier for active parish nurses who have completed our program.

If you would like this coverage, you need to complete this form and return to me by 2/15/09. The forms need to be completed each year. If you are not a Carle employee,

please include a COPY of your current Illinois RN license.

Please feel free to contact us if you have any questions.

Bev Talbott  
(217) 326-2583  
[beverly.talbott@carle.com](mailto:beverly.talbott@carle.com)

### COMMUNITY PARISH NURSE PROGRAM Liability Insurance

Name of Parish Nurse: \_\_\_\_\_

Course Completion Date: \_\_\_\_\_ *(leave blank if you don't know)*

Name of Church or Parish: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Current Illinois RN License #: \_\_\_\_\_ Date of Expiration \_\_\_\_\_

**Please return this form to:**

Community Parish Nurse Program  
Sponsored by The Carle Foundation  
611 West Park Street  
Urbana, IL 61801

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Pastor's Signature

Date: \_\_\_\_\_

**Certificate will be mailed to the church**

\_\_\_\_ Check if you would like a copy of the certificate mailed or **emailed** to you

Email address: \_\_\_\_\_

# RESOURCES

## *National Health Observances*

### January

#### **National Glaucoma Awareness Month**

Prevent Blindness America  
211 West Wacker Dr., Suite 1700  
Chicago, IL 60606  
(800) 331-2020  
[info@preventblindness.org](mailto:info@preventblindness.org)  
[www.preventblindness.org/news/observe.html](http://www.preventblindness.org/news/observe.html)  
Materials available

### February

#### **American Heart Month**

American Heart Association  
7272 Greenville Avenue  
Dallas, TX 75231  
(800) 242-8721  
[inquires@heart.org](mailto:inquires@heart.org)  
[www.americanheart.org](http://www.americanheart.org)  
Materials available

#### **February 6**

National Wear Red Day  
National Heart, Lung, & Blood Inst.  
Health Information Center  
PO Box 30105  
Bethesda, MD 20824-0105  
(301) 592-8573  
[www.nhlbi.nih.gov/health/hearttruth](http://www.nhlbi.nih.gov/health/hearttruth)  
Materials available

#### **February 14**

#### **National Donor Day**

Division of Transplantation, Healthcare  
Systems Bureau  
Health Resources & Services Admin.  
US Dept of Health & Human Services  
Parklawn Bldg, Room 12C-05  
5600 Fishers Lane  
Rockville, MD 20857  
(301)443-7577  
[ask@hrsa.gov](mailto:ask@hrsa.gov)  
[www.organdonor.gov](http://www.organdonor.gov)  
Materials available

#### **February 24-28**

#### **National Eating Disorders Awareness Week**

National Eating Disorders Assoc.  
603 Stewart Street, Suite 803  
Seattle, WA 98101  
(800) 931-2239  
(206) 382-3587  
[info@nationaleatingdisorders.org](mailto:info@nationaleatingdisorders.org)  
[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)  
Materials available [www.nhlbi.nih.gov/health/hearttruth](http://www.nhlbi.nih.gov/health/hearttruth)



## From IPNRC enotes of January 2009...Parish Nursing

We wanted to share with you a "60 Second Thought Paper" on Parish Nursing that was written by Alisa Stull, who was a practicum student in parish nursing with Carol Bradford, the director of parish nursing ministry at Lourdes & Western Baptist Hospitals, Mayfield, Kentucky.

People supporting each other  
Always encouraging  
Referrals given to healthcare and social services  
Inspiring to others  
Satisfies medical needs of congregation  
Healing of mind, body and soul

Nurses who want to serve their faith community  
Understanding the connection between health and spirituality  
Receiving education on health  
Spiritual needs met  
Integrator of faith and health  
Nursing to help achieve wholeness  
God at the center of care

*Alisa graduated from Murray State University in May 2008 with her BSN. She passed her boards and is working in the Pediatric Intensive Care Unit at Deaconess Hospital in Evansville, IN. She lives in Henderson, KY.*

*Used with permission*

## National Wear Red Day for Women

### National Wear Red Day for Women

is observed on the first Friday in February.

We invite churches and other faith-based organizations to conduct "Go Red Sunday" heart-health awareness activities on a weekend in February – or at any other time during the year.

### Have Faith in Heart Toolkit

Materials to help your female members:

- Register for the Go Red For Women movement
- Photocopy/distribute registration flyer.
- Collect completed sheets and give to your AHA rep or mail in.
- Take the online Go Red Heart Checkup to learn their risk of a coronary event in the next 10 years and develop an action plan to help lower their risk.
- Make healthier lifestyle choices.

### More ways to celebrate Go Red:

- Invite all members to wear red clothing to services to show their support for the movement.
- Host a Go Red tea, luncheon or potluck – featuring heart-healthy red foods! – with a presentation on heart health.

- Host a red dress fashion show
- Host a Red Apron Cook-off (invite a local chef or nutritionist for a talk and food demo).
- Use recipes available online at [GoRedForWomen.org](http://GoRedForWomen.org).
- Have a discussion at women's faith/spirituality groups.
- Raffle off a Go Red gift basket! Purchase Go Red incentives and cookbooks at [ShopGoRed.com](http://ShopGoRed.com).

### Thank you for making a difference in your faith community!

Together, we can help save lives – perhaps even the life of a member of your organization – by encouraging women to make choices that protect their heart-health.

We have the Toolkit materials available in PDF form or can print them out for you. Call Bev at (217) 326-2583 or [Beverly.talbott@carle.com](mailto:Beverly.talbott@carle.com) or visit:

[www.goredforwomen.com/  
uploadedFiles/  
Heart\\_Healthy\\_at\\_Any\\_Age/Live\\_Heart\\_Healthy/Get\\_Others\\_Involved/LN-1221%20GRFW%20HFH%20Toolkit.pdf](http://www.goredforwomen.com/uploadedFiles/Heart_Healthy_at_Any_Age/Live_Heart_Healthy/Get_Others_Involved/LN-1221%20GRFW%20HFH%20Toolkit.pdf)



## Know Your Medicare Options

### ***Heartland Offers Brochure to Take the Confusion Out of Medicare Benefits***

The experts at Heartland Health Care have updated their easy-to-read brochure called *Capture Your Benefits From Medicare – 2009*, that takes the guess work out of what is, and what is not, covered by Medicare Part A & B. “Many people are familiar with the terms Medicare Part A & B, but very few people understand what these terms really mean,” says Kara Olsen, Admission Director. “Together with our parent company, HCR Manor Care, we have developed this brochure in an understandable format to educate everyone about the coverage available.”

Much of the confusion of Medicare benefits comes from the difference between Parts A & B. Medicare Part A, or hospital insurance, covers some of the in-patient costs incurred at the hospital, including nursing care, meals, drugs, and ordinarily furnished lab and x-ray services. Medicare Part B, or medical insurance, covers services from outside providers, such as physicians and surgeons. Patients are eligible for Medicare if they are 65 and over, are eligible for Social Security, or if under 65, have a valid HIC number.

According to Kara Olsen, patients can recover in skilled Medicare certified facilities as long as they have fulfilled Medicare requirements such as a minimum three day stay in the hospital (not including day of discharge). “If the person has been in the hospital for three consecutive days, and they are transferred to a nursing center for further care of the same condition, their stay will likely be covered by Medicare,” says Olsen. “At Heartland, many of our patients are

eligible for Medicare funding, so we are always keeping up-to-date on changes. The *Capture Your Benefits from Medicare* brochure is just one way that we can help provide specifics about Medicare services covered, and not covered by Medicare.”

If you would like a copy of the brochure, or if you would like more information about Heartland facilities, call (217) 352-5135 or 1-800-736-4427.

Heartland is part of HCR ManorCare, a leading provider of short-term post-acute services and long-term care. The company’s nearly 60,000 employees provide quality care for patients and residents through a network of more than 500 skilled nursing and rehabilitation centers, assisted living facilities, outpatient rehabilitation clinics, and hospice and home care agencies. The company operates primarily under the respected Heartland, ManorCare Health Services and Arden Courts names.

### **What Services Can Be Covered By Medicare?**

***(This would be a great topic for a guest speaker event held at your center)***

#### **Medicare can help pay for these services:**

- Semi-private room
- All meals, including special diets
- Rehabilitation services including physical therapy, occupational therapy and speech therapy
- Nursing care
- Drugs prescribed by a physician
- Medical supplies
- Use of appliances and equipment such as braces, splints and adaptive equipment.