

# BODY , MIND, SPIRIT

WYOMING FAITH COMMUNITY NURSE NEWSLETTER

## WYOMING HEALTH COUNCIL

### Credentialing for Faith Community Nurses Now On the Horizon !

The following is a summary of a June 15, 2008 report provided to the Annual Meeting of the Health Ministry Association by Nancy Durbin, MS, RN, FCN of The Faith Community Nurse (FCN) Recognition Task Force (formerly called the Credentialing Task Force). The FCN Recognition Task Force members are nurses from around the country who have practiced faith community nursing and are considered experts in this area.

Although the credentialing method that will be used is not a quantitative exam, the process of developing a web-based portfolio is arduous and requires careful attention. 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 this document, "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.

The task force works in partnership with the American Nurses Credentialing Center (ANCC) who has a contract with Decision Critical™ - an organization with a web-based portfolio management system. Currently 44,000 future nurses are using this system to manage their professional web-based portfolios. Therefore, the FCN will be able to obtain recognition through use of a reputable web-based portfolio system. The recognition process will be optional and a fee has not yet been established. The development of the web-based portfolio is now approaching its final developmental stages.

The exact web-based portfolio requirements are not yet finalized but may include (among other things): a resume, letters of support, peer evaluation, narrative of the candidate's spiritual journey, evidence based case studies and a description of the faith community in which the FCN works. Evaluation criteria for the web-based portfolio are now being developed. There will be a period of time that a bachelor's of nursing degree

will not be a submission requirement. This will allow those nurses who do not have a college degree to submit their web-based portfolio and be "grandfathered." While the official designation will be "Recognition", later the terminology will most likely change from recognition to certification. As the portfolio process is new, ANCC will need to complete rigorous psychometric and validity studies to transition from the recognition to credentialed status. No additional submission will be required by those who have already obtained recognition when the name changes to "Certification."

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## Thoughts On Growing Older...

While watching a little TV on Sunday instead of going to church, I watched a church in Atlanta honoring one of its senior pastors who had been retired many years. He was 92 at that time and I wondered why the church bothered to ask the old gentleman to preach at that age. After a warm welcome, introduction of this speaker, and as the applause quieted down he rose from his high back chair and walked slowly, with great effort and a sliding gait to the podium. Without a note or written paper of any kind, he placed both hands on the pulpit to steady himself and then quietly and slowly he began to speak....

“When I was asked to come here today and talk to you, your pastor asked me to tell you what was the greatest lesson I learned in my 50 odd years of preaching. I thought about it for a few days and boiled it down to just one thing that made the most difference in my life and sustained me through all my trials. The one thing that I could always rely on when tears and heart break and pain and fear and sorrow paralyzed me... the only thing that would comfort was this verse.....

*“Jesus loves me this I know  
For the Bible tells me so.  
Little ones to Him belong,  
We are weak but He is strong.....  
Yes, Jesus loves me...  
Yes, Jesus loves me...  
Yes, Jesus loves me...  
The Bible tells me so.”*

When he finished, the church was quiet. You actually could hear his foot steps as he shuffled back to his chair. I don't believe I will ever forget it. A pastor once stated, "I always noticed that it was the adults who chose the children's hymn 'Jesus Loves Me' (for the children of course) during a hymn sing, and it was the always the adults who sang the loudest. “

### **A Senior Version of Jesus Loves Me:**

Here is a new version just for us who have white hair or no hair at all. For us over middle age (or even those almost there) and all you others, here is a new version:

Jesus loves me, this I know,  
Though my hair is white as snow  
Though my sight is growing dim,  
Still He bids me trust in Him.

(CHORUS)  
Yes, Jesus loves me ..  
Yes, Jesus loves me ...  
Yes, Jesus loves me ...  
The Bible tells me so.  
Though my steps are oh, so slow,  
With my hand in His I'll go  
On through life, let come what may,  
He'll be there to lead the way.

(CHORUS)

When the nights are dark and long,  
In my heart He puts a song.  
Telling me in words so clear,  
"Have no fear, for I am near."

(CHORUS)

When my work on earth is done,  
And life's victories have been won.  
He will take me home above,  
Then I'll understand His love.

(CHORUS)

I love Jesus, does He know?  
Have I ever told Him so?  
Jesus loves to hear me say,  
That I love Him every day.

*Author Unknown*

### **WY FCN News: Southeast Wyoming FCNs Gather in Cheyenne**

On Sunday September 21st six FCNs met at St. Mark's Episcopal Church to hold their first ever regional meeting. In attendance were Becky Deibert and Lynne Erickson from Laramie and Flossie Vance, Jan Anderson, Wacinqe Bandy and Carol Peterson from Cheyenne. Mr. Bandy, an FCN and health educator at Warren Air Force Base, had recently returned from the Westberg Symposium in St. Louis and shared several useful resources with us. Of particular interest was a handout he received at a session he attended on using children's literature to address adult health concerns. We decided to meet quarterly rotating the location to each other's churches so that we could learn more about our various FCN practice settings. Carol gave those in attendance a tour of her church building. The next regional meeting will be Sunday December 7<sup>th</sup> in Laramie and our host will be Lynne Erickson. *Have any other local FCN groups met in WY? If so – please send in a brief note about your meeting.*

## Faith Community Nurse/ Parish Nurse Resources



**Health News Alerts:** The **National Council of Churches** Health Task Force and the Committee on Children and Families have joined together to publish the first edition of the NCC Health Care Alert Bulletin Insert, suitable for use with your congregation. Four different formats are available and all can be downloaded free from the NCC Health Task Force website ([www.health-ministries.org](http://www.health-ministries.org) and look under preparedness, then click on Health Alert Bulletins) where you can also subscribe to receive the Alerts by e-mail. The NCC Health Care Alert Bulletin Inserts will be published at least monthly and more often as needed.

- U.W. Extension Educators - **Healthy Food Ideas for Social Events** can be found at <http://ces.uwyo.edu/PUBS/MP112-3.pdf>
- Free **ready to print health bulletin boards** can be found at: [www.gha.org/pha/resources/bulletinboards/index.asp](http://www.gha.org/pha/resources/bulletinboards/index.asp). These were created by The Partnership for Health and Accountability for a Healthy Georgia, part of the Georgia Hospital Association. The only request is that you acknowledge somewhere on your bulletin board that these materials are from the Georgia Hospital Association.
- Free "**Passport to Health**" personal health and preventive screenings record booklets can be ordered in bulk from National Women's Health Resource Center. These books help your clients keep track of their preventive health screenings. Call Linda Talarico, NWHRC marketing associate, to order single or bulk copies: 1-732-530-3453 or toll free at: 1-877-986-9472 or by email at: [ltalarico@healthywomen.org](mailto:ltalarico@healthywomen.org)
- The latest **Diabetes Educational Materials from the National Diabetes Education Program** are available to download or order for free at: <http://ndep.nih.gov/diabetes/pubs/catalog.htm>. These materials include *2008 Diabetes Numbers At-a Glance*, *Tips to Help You Stay Healthy* and *4 Steps to Control Your Diabetes. For Life*. These materials are available in several languages.
- **Checklist for Choosing Over-the-Counter (OTC) Medicine for Children.** Before you go to the store to choose an over-the-counter medicine for your child, use this checklist to help you gather the information you need. At the store, the checklist will help you pick the right medicine. [http://www.fda.gov/cder/medsinmyhome/MIMH\\_checklist\\_children.pdf](http://www.fda.gov/cder/medsinmyhome/MIMH_checklist_children.pdf)

### **Credentialing** - from page 1 - continued:

The Focus Group will continue to work with ANCC and will focus on using feedback from ANCC to improve work to date and support future efforts to establish critical elements for the evaluation components of the portfolio.

### **September 2008 Update:**

At a session at the recent Westberg Symposium concerning *Recognition/Certification*, FCN Recognition Task Force Focus Group Team members, Nancy Durbin and Susan Ward, gave a status report on progress and offered suggestions as to what nurses should be doing right now to put their portfolios together so they **will** be ready when all this becomes a reality – hopefully in 2010! Susan Ward says: *SOS "Save Our Stuff"*! The suggestion is to start saving documentation in an electronic format. Examples of some items to begin working on for your portfolio include a resume, an outline of your spiritual journey, samples of creative programs/activities from your practice, newsletter articles, and personal stories of how your FCN practice has impacted the lives of others. That way, when the recognition process is ready, you can just transfer your information into the correct format and submit your portfolio. A template is being developed for writing the case studies and they will let us know when it is ready.

**WYHC will continue to follow this process as it evolves – but for now remember SOS!**

## Conducting a Parish Health Survey by Flossie Vance, RN,MS,FNPC

Conducting a health survey of your parish can be an essential tool for directing and guiding your parish nurse program. Health surveys are best obtained before, during or after a church service to assure a higher return. Health surveys should be easy to complete. Those with yes or no answers and single check boxes can be completed in less than five minutes. A complete overall survey should include questions on health issues, diseases, medications, the need for the parish nurse services and asking for volunteers.

Questions on diseases can be completed with yes or no boxes by the top ten most common diseases/diagnoses. Medications questions can also be set up with yes or no check boxes next to them. This is a very important area to assess as medication misunderstandings are a leading cause of hospitalizations. Questions such as - Do you understand your medication

purpose or effect, as well as--- Are you taking over the counter or herbal meds etc. are an effective way to begin this section.

Another important area to include is one pertaining to parish nurse services. Place a single check box by statements such as - --I would like to talk to or see the parish nurse about---,or--I would like the parish nurse to help me with---, or visit me when-----etc. These answers can give you a wealth of information on how best to serve your parishioners.

A volunteer section will be invaluable to you in helping to identify the resources in your parish. You can also use single check boxes by different specialties such as I want to help with nursing or exercise or nutrition ---etc. You will be amazed at how many people will respond to this from all types of backgrounds and disciplines.

All of these questions can be included on a two sided form. Tallying them up and evaluating

the input will give you and your health ministry team a clear idea of what the needs of your parishioners are. You can then respond to these needs by a monthly newsletter article on your highest diseases tallied, offering classes on requested areas by parishioners, developing medication classes, and presenting health promotion classes. You can also do education for parishioners on 1 as requested.

The health survey results will validate the need for the parish nurse .It will give you direction and guidance for your program and lay the ground work for future plans to expand your parish nurse services. Of the 449 respondents in our survey we had 71 people volunteer.



### Book Review: Healing Presence by The Rev. Joanna Seibert, MD

"God does not give answers to Job and his companions about why all these terrible disasters happen to him, but instead God sends his presence to Job. Our experience is that in any relationship, presence is more powerful than answers. We certainly do not have answers, but God calls us to bring our presence to those who, like Job, have experienced the pain and sorrow of this life. If we keep our eyes, ears and heart open we will find God in the presence of the present moment with the person we are called to be with. Answers may never come, but presence will."

In her book Healing Presence the Rev. Joanna Siebert, MD presents glimpses of God's healing grace at the intersection of medicine and religion. Dr. Seibert a deacon, chaplain and physician presents brief stories of encounters with the sick, the dying, and the grieving along with scripture and prayer that are helpful in working through the emotions and issues the story may bring up. Healing, she says, can never be equated with curing; but is always available in concentrated acts of personal availability through which the touch of God is mediated.

Other book reviewers have commented that this book "reveals the many forms God's healing presence may take and helps us to realize that these resources as available to us all." And, "It is a powerful way to confront humanity's suffering and mortality." Copies can be ordered through Temenos Publishing ([www.temenospublishing.com](http://www.temenospublishing.com)). The web site also has a list of book club discussion questions.

## Wyoming's 2008 Parish Nurse Training Event

Registered Nurses from several Wyoming communities as well as representatives from Colorado, Montana and Idaho gathered in Cheyenne June 15-19 to participate in the second annual Wyoming parish nurse/faith community nurse basic preparation course conducted by the Wyoming Health Council in cooperation with Carroll College, Parish Nurse Center, Helena, MT. This event is based on the 35 hour continuing education curriculum from the nationally recognized International Parish Nurse Resource Center.

Parish nurses / faith community nurses are called and committed to the tradition of healing ministry. Each serves a faith community to help meet emotional, physical and spiritual needs. Parish nurses work with their congregation and local community to establish and sustain a health ministry program.

Cynthia Gustafson, PhD. Director of Nursing / Director of the Parish Nurse Center, Carroll College, Helena, Montana

and Carol Peterson, MS, RN Health Promotion / Disease Prevention Specialist with the Wyoming Health Council were the lead trainers for this event. Additional presenters included Rev. Pat Bradley, Director of the Clinical Pastoral Education (CPE) from Cheyenne Regional Medical Center; Jennie Garcia, Wyoming Liaison, UW Library/Libraries of Medicine (Laramie); Rev. Linda Wilson (Hudson); Rev. Eloise Saltzgaver (Cheyenne); Rev. Robin Chance (Cheyenne) and Norm Peterson, PhD, Spiritual Director.

The five day event covered topics such as: web-based resources to support health programming; assessing the needs of individuals and the faith community; therapeutic listening; domestic violence; death and dying, advanced directives; providing spiritual care; referrals and documentation; ethics, licensure, liability, legal issues; recruiting volunteers and developing support groups; health promotion activities and resources; developing a health cabinet / starting your own health ministry; and program

At the closing dedication ceremony on the 19th participants were presented with a parish nurse pin and certificate of completion.

The Wyoming Health Council (WYHC) would like to thank the following organizations for their financial support for this year's training event: Cheyenne Regional Medical Center, the Region VIII Office on Women's Health, the Wyoming Department of Health / Breast and Cervical Cancer Early Detection Program, and the Wyoming Primary Care Association .

In addition to the 12 individuals who attended the 2008 training and the 12 who attended the 2007 training we have located eight other individuals who have been previously trained elsewhere bringing our new network to 32 members!

We are excited that this new network continues to grow and are currently searching for resources to allow us to hold an annual update / retreat for all faith community nurses in our state and the surrounding areas.

### Wyoming's 2008 Parish Nurse / Faith Community Nurse Class



*First Row* (left to right): Cynthia Gustafson (instructor), Jan Stephens (Sheridan, WY), Jodene Prusak (Clearmont, WY), Judith VonWald (Idaho), Darlene Falk (Montana)

*Second Row*: Luann Edwards (Cheyenne, WY), Rozella Rice (Cheyenne, WY), Barb Suder (Colorado), Katheryn McKee (Cheyenne, WY)

*Back Row*: Bridget Hettgar (Rawlins, WY), Jean Striegel (Montana), Kathy Woodward (Casper, WY), Lynne Erickson (Laramie, WY), Carol Peterson (instructor)

***Embracing Health Care Solutions at the Community Level***

Wyoming Health Council  
1920 Thomes Ave.  
Suite 100  
Cheyenne, WY 82001

307-632-3640 (phone)  
307-632-3611 (fax)

***Body, Mind, Spirit*** is a periodic newsletter provided for Wyoming Faith Community Nurses/Parish Nurses by the Wyoming Health Council (WYHC) as a vehicle to promote networking and to facilitate the sharing of information and resources.

The articles and opinions expressed in this newsletter are not necessarily representative of those of the Wyoming Health Council, its Board of Directors, or its funding organizations.

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**BODY, MIND, SPIRIT**

*EDITOR* CAROL E. PETERSON, MS, RN

WYHC HEALTH PROMOTION / DISEASE PREVENTION SPECIALIST

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For information about the upcoming  
**2009 Wyoming**  
**Parish Nurse / Faith Community Nurse**  
**Basic Preparation Course**  
Contact Carol at (307-632-3640 or [carol@wyhc.org](mailto:carol@wyhc.org))

**What is Parish Nursing / Faith Community Nursing?**

Faith Community Nursing (a.k.a. Parish Nursing) is a specialized practice of professional nursing, recognized by the American Nurse's Association, which focuses on the intentional care of the spirit as part of the process of promoting wholistic health and preventing or minimizing illness. Faith Community Nurses (FCNs) are licensed RNs that serve within their local church/congregation/faith community as Integrator of Faith and Health, Health Educator, Personal Health Counselor, Referral Agent, Trainer of Volunteers, Developer of Support Groups, and Health Advocate/Health Care Navigator. Their practice is guided by the following general principles:

- Effective healthcare requires more than medical treatment of disease or illness.
- Promotion of health and healing are part of the mission and service of a faith community to its members.
- Wellness and wholeness can only be fully achieved when we acknowledge the close connection between body, mind and spirit.

