

Westberg Symposium 2010
Session C - Descriptions
2:45 - 4:00 PM
Saturday 9/18/2010

C – 1 Family Caregiving: A Pressing Spiritual and Community Health Issue
(R,E): *Kathy Kniepmann, OTD MPH CHES, faculty in Occupational Therapy, Clinical Neurology & American Culture Studies at Washington University, St. Louis, MO*

This presentation will share a practice model for health and spiritual wellness of family caregivers. Families provide vital care for individuals living at home with chronic conditions. Many caregivers report benefits and rewards, but also experience difficulties. Family caregiving is a growing community health priority. By addressing this issue more systematically, parish nurses can promote their value and increase the effectiveness of their contributions to congregational health. The medical model focuses on diagnosed persons; this model examines personal and extrinsic factors that influence caregivers' health. Spirituality and meaningful participation is essential.

This session will highlight key empirical research that underpins this dynamic approach and discuss applications. Participants will discuss their experiences and perspectives on family caregivers. They will be encouraged to develop a network for further sharing to help parish nurses address this growing national challenge. A list of further resources will also be provided.

SKILLS: Participants will be able to explain a holistic approach to spiritual health for family caregivers and identify resources for further growth in this area.

C – 2 The Challenges Embraced by a Parish Nurse in Initiating a Muslim Mom's Group (P): *Nancy Romanchek RN BSN CHPN, Hospice Nurse; Parish Nurse from 2001-2004 at a large Catholic congregation, Vernon Hills, IL*

This presentation will be an invitation to Christian parish nurses to venture out of their comfort zone to support an increasing population of Muslim American women who also deserve to thrive in this country.

This presentation will provide parish nurses with a basic introduction to the peace-loving practice of Islam and will discuss some of the interesting and often unexpectedly humorous challenges faced by a seasoned parish nurse with a Catholic background, in initiating a Muslim Mom's Group in a moderately sized predominantly Indo-Pakistani Mosque in the Northwest suburbs of Chicago in 2008, and which continues to evolve today. Formed in response to identified needs in the Mosque for friendship and support in raising their children, goals for the women included friendship and socialization, play dates and activities to boost self-esteem, education and information, charitable outreach, and the integration of worship into meetings.

The intention is that participants will leave this presentation with a greater understanding of the challenges inherent in serving Muslim American women and a renewed appreciation for the universality of all faith practices.

- C – 3 The Changing Role(s) of a Volunteer in your Faith Community (P,R,A,S):** *Keith Hudson, owner of 'Concept Consulting' which provides workshops with respect to managing change and management training, Ingersoll, Ontario, CAN*
This presentation will challenge the delegates to rethink the use of volunteers in their programming and outreach.

Volunteers are an integral part of any Faith Community's program base and outreach.

This session will explore whether we are:

- i) using volunteers effectively
- ii) helping volunteers grow personally
- iii) ensuring a safe environment for the volunteer and for the individuals being supported.

Process: Delegates will review a PowerPoint Presentation on this theme and will develop a "take away" role description for a volunteer task. There will be opportunity for delegate input through dialogue, as to how a Faith Community can assure a safe environment for all.

Theological Reflection: Jesus chose His disciples from the ordinary people around Him and gave them skills to go out to heal and teach in His name. (Matthew 4: 18-22)

- C – 4 Tools for Parish Nurses: Visuals that Communicate (R):** *Margery Lou Pabst MA, facilitator and author of books on life transitions and caregiving*
This presentation will provide hands-on group activities that explore the multiplying power of visuals for optimum health literacy. Pictograms, metaphor, charts, and amount of content all influence the patient and the communicative values of the parish nurse practice. The facilitator will show effective and ineffective models that can aid in promoting visibility of the parish nurse mission. Additionally, the facilitator will demonstrate the optimal use of visuals to make medical information engaging and reassuring. Margery's unique concept of "layering the message" will highlight the multiplying power of visual presentation and facilitation.

Topics covered will include:

- 1) communicating purpose/importance with visuals
- 2) selecting a pictogram for its metaphorical and emotional value
- 3) creating a medicine matrix for patient understanding

Participants will engage with the whole group, and in small groups, to experiment with the principles of good visual construction. Participants will learn how visuals are used to multiply the effect and create long-term patient understanding. The aim is for participants to leave knowing the best practices for enhancing their values through visuals.

C – 5 Healing the Wounds of War: Parish Nurse Ministry to Veterans and Their Families (R): *Valerie J. Yancey PhD RN, Associate Professor, Southern IL University, Edwardsville, IL*

Introduction: Supported by a grant from Wheat Ridge Ministries, three colleagues and I wrote a book for the purpose of equipping parish nurses, pastors, and congregational members with the knowledge and skills needed to provide effective ministry and congregational support to returning veterans and their family members. The numbers of veterans returning home with traumatic brain injuries, post-traumatic stress injuries, depression, and spiritual despair have risen sharply. This presentation relates to the symposium topic in the following way: Churches have a calling to help heal the wounds of war, and help veterans and their family members “thrive in a changing world.” Veterans come home changed- physically, emotionally, and spiritually and return to a world that has also changed drastically while they were gone. It can be difficult to thrive without support and understanding.

This presentation will provide parish nurses and congregational members with the knowledge and skills to provide screening, referrals, spiritual care, and support to veterans and their family members. Ideas for congregational/parish nurse interventions before, during, and after military deployment will be explored. Many times caregivers who have never served in the military are unfamiliar with the medical, psychological, and spiritual afflictions that service members experience during war so information about the invisible psychological and spiritual wounds of war will be offered. One of the chapters of our book is entitled “The Church’s Role: Providing Healing Rituals Throughout the Church Year.” I would share those ideas with the parish nurse audience.

C – 6 Why Won’t They Change their Behavior- It’s for Their Own Good! (R): *Cheryl Howard RN,C Professional Staff Development Coordinator, St. Francis Hospital, Mooresville, IN*

This presentation will:

Give Parish Nurses information and tools to use to ensure success with changes in adult behavior regarding healthy behaviors.

- One of the most valued functions as a Parish Nurse is to teach and disseminate information to our parishioners/community to promote healthy behaviors for their spirit, mind and body. However, in this fast pace world we live in, teaching and learning have been required to make some changes.
- In this presentation we will discuss adult learning principles, learning styles and preferences. The learning pyramid will be provided along with

learning options to take back to their audiences. I will explain needs assessments and goal statements and we will all participate in a Learning Style Inventory. We will also discuss evaluation methods we can use to determine changes in behaviors.

- There will be a power point presentation with note pages provided. We will engage in interactive sharing and discussion. The participants will leave with a sense of confidence that they are better equipped to meet the challenges of today's adult learners.

C – 7 Come to the Quiet: Optimizing Clergy Health Through Personal, Intentional Times of Worship (E,S): *Rev. Charlotte Evans RN MN CN, Clinical Assistant Professor, NC A&T University and Congregational Nurse, Congregational United Church of Christ, McLeansville, NC*

This presentation will provide congregational nurses and clergy opportunity to learn about the process and outcomes of a study designed to explore spiritual self-care practices among a group of North Carolina clergy affiliated with the Church of the Nazarene. This group participated in a four hour retreat which included didactic information related to clergy health issues followed by a worship experience that included quiet introspection, communion and opportunity for anointing with oil. Follow-up was conducted to assess impact of personal worship in managing stress (Stress management was presented as a key concept for optimal health). Data from participants are being used for implementation of educational programs for other clergy and congregants. Data has also been communicated to denominational leaders with recommendations for change.

C – 8 Defy Diabetes: Impact of Healthy Living Classes on adults at risk for diabetes delivered in a faith based community (E): *Nancy Brennan-Jordan FNP RN CDE, Director of Defy Diabetes Grant, Seton Health, Troy, NY; Angela Sheehan MS RN FCN, Director of Faith Community Nursing, Seton Health, Troy, NY*

Who: Faith Community Nurses

What: Research project that will show the significant impact of the Faith Community Nurses on improving outcomes of patients at risk for diabetes and living diabetes.

When: Started in Fall, 2008, Spring 2009, Fall 2009.

Where: Capital District Area of New York State,

How: Six Faith Communities and Faith Community Parish Nurses were identified that served lower income populations at higher risk for diabetes. The Faith Community Nurses were trained to present four consecutive Healthy Living Classes in conjunction with the Cornell Cooperative Extension. Pre and Post Assessment forms were administered. Monthly support groups held where BMI, waist circumference, weight, height, and blood pressures were monitored for pre diabetics and diabetics. Diabetics also had their LDL and HgA1c monitored every three months. Focus groups were also held. The data obtained is subjected to pre and post testing.

Diabetes is a growing public health problem. In New York State, 1.5 million people have been diagnosed with Diabetes. One out of ten health dollars are spent on diabetes and its complications.

C – 9 Drinking from the Wellspring of Life: Spiritual Practices for Parish Nurses

(S): *Deborah Benada RN MATS FCN/PN, PN Consultant, Retreat Leader, Waupaca, WI*

Parish Nurses are vessels of God being poured out for others and continually need to be refilled spiritually, intellectually, and physically. Just as our bodies need to be refreshed with a drink of water so our souls need to be refreshed from the wellspring of living water. So as not to dry up in such demanding and draining times, we cannot just see and hear what we need from afar, we need to take in and fill up every part of our being. In this session we'll explore a variety of spiritual practices involving all our senses, stillness and movement. We'll use the music and lyrics by Robert Lowry, "My life flows on in endless song above earth's lamentation. ... No storm can shake my inmost calm... Since Love is Lord of heaven and earth..." and experience ways to deepen our relationship with the One who is Love: Overflowing Font, Flowing River and Living Water.