

NOTES ON THE PROGRAM

“Jacob’s Journey” is an eight-week health promotion program created for men with hypertension or pre-hypertension. It is designed for use by parish nurses, other health professionals, or non-health professionals (with the support of a health professional). It is in “ready to use” form so that all the program coordinator should have to do is the following:

1. Set dates for the program. Allow a month to advertise and eight weeks for the program.
2. This program can be done with or without outside speakers. Suggestions for speakers are included within the lesson plans.
3. One month before class – hang the posters and run the first article in your newsletter. Order your pedometers to be sure they arrive in time for class.
4. Two weeks before class – Begin registration using the class sign-up sheet provided. Run the first month’s bulletin insert to advertise. Send the first e-mail announcement to those who have registered. Print the participant guides and any other materials that you will need for class.
5. During the program – continue to cut and paste articles and blurbs into your bulletins, newsletters, and/or e-mail announcements.
6. During the last week – have participants fill out the evaluations.
7. One week after the program – summarize the evaluations on the “Coordinator’s Evaluation” to report back to the congregation. We would be very happy to hear the results of your program as well. If you would share it with us forward the evaluation summary to smiller@eden.edu or fax to (314) 918-2558.

Everything you will need to organize and lead this program can be found on this CD. You will have to print your own copies of materials, but – that’s it!

If you have any questions, you can call us at the International Parish Nurse Resource Center, our phone number is (314) 918-2559.

Included with this program are the following:

1. A summary of the Biblical story of Jacob, including the Scriptural references
2. “A Look at Hypertension” – PARTICIPANT HANDOUT
3. Eight lesson plans with schedules, discussion topics, and web references
4. A one-page poster to advertise the program on a bulletin board
5. A one-page sign up sheet for the program
6. Four newsletter articles – 1) the month before the program starts, 2) the first month of the program, 3) the second month, and 4) a summary after the program has ended.
7. Eleven short bulletin blurbs – for weekly use before, during, and after the program
8. Nine e-mail messages – for weekly use before, during, and after the program
9. A one-page poster about hypertension to use at the church or in your church newsletter
10. A final evaluation for participants

11. A final evaluation for the program coordinator
12. Information on how to locate pedometers
13. Suggestions for snacks for the program and accompanying recipes
14. A recipe for lentil stew, which is what Jacob cooked in this Biblical text
15. A page of suggested on-line resources
16. A bulletin board display to print and post

So, let's get started on Jacob's Journey!

Week One: Your Inherited Health

Run the 3rd Bulletin Blurb the week of class. (page 20)

This week offers an opportunity to take a baseline on blood pressure and weight to encourage participants to schedule a check-up with a physician for current blood cholesterol levels and to provide a simple family health history.

5 minutes: Introduce leaders and participants. Ask participants what they expect to glean from the 8 week course. Read scripture.

15 minutes: Have your pastor introduce the story of Jacob to set the stage for the next 7 sessions.

30 minutes: Invite a physician to discuss the role that hypertension plays in various chronic illnesses such as heart disease, stroke, diabetes, and kidney disease. If you can't locate a physician, a parish nurse can offer this health information. Having a clergy/parish nurse team offer the first week's class is a great way to start too!

Suggested questions for group or individual consideration include:

- What are your health risks that may lead to elevated blood pressure and heart disease? Include physical & genetic risks.
- What risks can you change/impact and which ones can't you?
- Write a short-term lifestyle change goal and focus on it for the first week.

If handouts are desired, the resources listed on page 35 have many options. The American Heart Association has many for patients:

www.americanheart.org/presenter.jhtml?identifier=3004349

10 minutes: Close the session with a review of the participant manual for week one and the importance of setting a baseline of medical history and family health concerns. If you choose to share food, use this time to discuss different types of healthy snacks and why a person needs to watch what they eat. Suggestions for snacks are listed on page 32. Close in prayer focused on a healthy future.

After class: Send the participants the email on page 23, "Jacob's Journey – Getting Started."