

Westberg Symposium 2010
Session B - Descriptions
1:00 - 2:15 PM
Saturday 9/18/2010

B – 1 Medicare and Medicaid Resources and Online Tools for Parish Nurses

(E,R): *Nancy Rios, Health Insurance Specialist, Michelle Velasquez, Health Insurance Specialist, Centers for Medicare & Medicaid Services*

Background: The Centers for Medicare & Medicaid Services (CMS) is a federal agency within the Department of Health & Human Services. CMS is the largest health insurance agency in the world with a budget of more than \$650 billion dollars and serving almost 100 million seniors, people with disabilities, and children through Medicare, Medicaid, and the Children's Health Insurance Programs (CHIP).

Content Overview: This presentation will give parish nurses the opportunity to learn about valuable Medicare and Medicaid resources and on-line tools that will assist them in their health education efforts to their respective communities and in addressing their congregations' health issues and concerns. Parish nurses will learn about key websites, including content and resources, such as medicare.gov, cms.hhs.gov, MyMedicare.gov, AskMedicare, and InsureKidsNow. The session will include a live demonstration of the Medicare online comparison tools available on the Medicare.gov site including Hospital Compare, Nursing Home Compare, and the Medicare Prescription Drug Plan Finder. These comparison tools provide Medicare beneficiaries, as well as their families and caregivers, a "snap shot" of the quality of care and services that health plans, prescription drug plans, and health providers give. Finally, information will be provided on assistance programs available for Medicare beneficiaries in the prescription coverage gap, how to order Medicare and Medicaid publications at no cost, and how to locate community health centers and Hill-Burton facilities for their uninsured.

B – 2 Get the Word Out: Publishing about Parish Nursing (P,E,A): *Kathy Schoonover-Shoffner, PhD RN, Editor, Journal of Christian Nursing*

Today, more than ever before, parish nurses need to promote awareness of effective parish nurse ministry—to funding sources, churches and other interested institutions, nurses investigating parish nurse ministry, and to other parish nurses. Building a strong professional literature base will assist in promotion of parish nurse ministry. This presentation will help parish nurses understand how to develop and submit a manuscript for publication in a professional journal / magazine about an aspect of their practice, program, or research. Participants will have opportunity to learn about choosing a concept, selecting a periodical for publication, developing a manuscript, and the process of submitting manuscripts to nursing and health-related journals. Manuscript

preparation and submission will be relayed from a biblical, Christian perspective that promotes excellence in writing and publication.

B – 3 Forgiveness....so Difficult Yet So Necessary (S): *Faith Roberts RN BSN FCN, Parish Nurse Coordinator, Community Parish Nurse Program, Carle Foundation, Urbana, IL*

Forgiveness is one of the central tenets of the Christian faith yet it remains a profound act that few humans can fully master. Often times when we examine the root of chronic illness we find that the individual has unresolved issues. Often these issues fall into two categories: grief and forgiveness. Just the word forgiveness can bring up memories of old sayings: “Forgive and forget” or “Well, I can forgive but I will never forget”. These expressions portray both ends of a continuum that somehow includes memory as a key piece of forgiveness. As adults we know that memory is where our wrong or perceived injustices are stored and our hope is that forgiveness might wipe out some of these recollections. Sadly that is not always the case—some memories are too traumatic to be dismissed.

As parish nurses we see individuals that struggle with fractured family relationships, years of bitterness and unresolved anger. We know gastric issues, hypertension and countless other physical concerns can be the outward sign of inner chaos. It is forgiveness in its purest form that we struggle with—I will forgive does not mean I approve of your actions, nor does it mean I have to have a relationship with you in the future. What it does bring to the forgivers heart though is a deeper awareness that the act/omission of the other can no longer “own” them.

As people of faith our sacred readings abound with stories and accounts of forgiveness in families, among workers and friends. This presentation will review the process of forgiveness and its impact on a person’s health.

B – 4 Praying With Others: Being Ready to Lead, but Open to Surprises (R,S): *Vera Duncanson BA, Hospital and Hospice Chaplain, Provena Covenant Medical Center, Urbana, IL*

Praying with others who are hurting, lonely, grieving, confused, worried, disconnected—or grateful, happy, and full of praise—is inherent in the ministry of parish nurses. This session offers parish nurses an opportunity to reflect on their own history of praying with others. We will explore the diverse ways individuals pray, how to assess and be sensitive to individual prayer needs, while being open to changes and surprises in our own lives. Praying with others is about receiving as well as giving. Parish nurses will be encouraged to think about multiple ways to pray with others: singing simple blessings, hand massage, meditation—in addition to traditional prayers and spontaneous prayer. Participants will learn through listening, discussion, self-assessment, activities, and reflecting on a short video.

B – 5 ADAPT – Add, Delete, Accept, Pray and Transform (P,R,S): *Nancy Merila RN BSHA, Parish Nurse, Mt. Calvary Lutheran Church, Brentwood, MO*

This presentation will help the parish nurse learn to adapt to the changes in herself, her church and her community. Through continual reevaluation and prayer, the parish nurse can determine when to add, delete or accept the traits, activities, concerns, or other things that is causing or hindering change. Using these tools the ministry can transform and adapt for sustainability. Learning to change as the world changes gives the parish nurse the ability to transform her ministry to fit the needs of those in her church and community.

B – 6 Caring Insights: The Wisdom of Sheep (R,S): *Jane Barton MTS MASM, Certified Spiritual Director, Community Educator, Life Quality Institute, Denver, CO*

The demographics of the United States are changing dramatically due to the aging of the Boomer Generation. The portion of our population over the age of 65 is expected to double by the year 2030 with the fastest growing segment of our population over the age of 85. With longer life expectancy comes the challenge of caring for a population with serious, chronic, and/or terminal conditions. Caregiving is and will continue to be a common concern in our society. In order to support one another in this journey of caregiving, we must learn how to willingly ask for and/or receive help from others.

How does our faith, our foundational spiritual beliefs, inform our ability to give and receive care? For most, we have an inherent desire to help other people; we give of our time, talents, and treasures to those in need. However, it is very difficult to ask for help. By exploring Psalm 23 and examining the role of "good shepherd," perhaps we can gain a new perspective on the continuous cycle of giving AND receiving.

B – 7 Scope & Standards of Faith Community Nursing (P,R,A): *Nancy L. Rago-Durbin MS RN FCN, Director, Parish Nurse Ministry, Advocate Health Care, Park Ridge, IL; Susie L. Ward PhD RN, Professor of Nursing, Nebraska Methodist College, Omaha, NE*

We are all confronting the reality of an ever changing world of health care. This presentation provides a brief overview of the pioneering development and historical significance of the modern day parish nurse movement, the vision of Rev. Dr. Granger Westberg, curriculum development; and details of the initial and ongoing work with the American Nurses Association (ANA). Discussion and review of the development of professional nursing scope and standards of practice and discussion of the recognition process work with the American Nurses Credentialing Center (ANCC). This session will address issues of nursing professionalism, education, preparation, and competence needed for the specialty of faith Community nursing. Skills participants will gain will include a clear understanding of the FCN practice and learn what is necessary to sustain the practice in 2010 and beyond.

B – 8 The Body Walk (P): *Teresa Pratt RN, Parish Nurse, New Horizon United Methodist Church, Champaign, IL*

The Health & Wellness ministry of the New Horizon United Methodist Church in Champaign, IL adapted *The Body Walk* program from the Illinois Nutrition Education & Training *Body Walk* program used in schools and various other organizations. This presentation will educate children from kindergarten through the 5th grade as to how they can better serve God by taking care of their bodies by “Eating Smart & Playing Hard”!

In this program, children learn to “Love the Lord with all their heart, soul, mind and strength” (Deut 6:5) by understanding why it is important to make wise choices to keep themselves healthy. This one hour event takes children through eleven experiential stations of the body. Each child “becomes” a specific food group and travels through the body, learning to make wise choices in an interactive format. Children & adults love it!

B – 9 Parish Nurses: Partners in Community Health (E): *Michalene A. King BSN MEd MSN PhD RN, Assistant Professor of Nursing, Duquesne University, Pittsburgh, PA; Maria Pappas-Rogich DrPH RN, Assistant Professor of Nursing University of Akron, Ohio and Director, Parish Nurse Ministry, Holy Trinity Greek Orthodox Church, Canton, OH.*

This presentation will describe for parish nurses the results of a descriptive study of parish nurses and their practices, and will identify strategies to promote value, effectiveness, and visibility of their parish nurse practice. The aim of this study was to describe the interventions used by parish nurses which correspond to Healthy People 2010 objectives and established parish nurse functions and standards. During August and September 2009, a national convenience sample of parish nurses working in the United States was secured through internet recruitment and recruitment at an international parish nurse symposium. One hundred eighteen parish nurses completed and returned the questionnaire, which was developed using Healthy People 2010 Critical Health Indicators, the International parish Nurse Resource Center functions of the parish nurse, and the ANA Scope and Standards of Faith Community Nurses. The results of the study, which can be used by parish nurses to enhance their parish nursing practice, will be revealed during the presentation.