

Congregational Nurse and Health Ministry Newsletter



June/July 2011

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HAVE A SAFE AND RELAXING SUMMER

In our Newsletter we are going to begin featuring one of our Faith Community Nurses. For this issue we are featuring:

Barbara Carter, RN, FCN



Barbara Carter has been the Faith Community Nurse for Kernersville Moravian Church for the last four years. On a typical day, she can be found either in her office at the church counseling a church member on health issues or checking a blood pressure, teaching a hand-washing class to teachers and children in the church's preschool, or visiting a church member at home, in the hospital or in a nursing home. During May, for instance, she did the following:

- Home visits – 28
- Hospital & nursing home visits – 3
- Telephone visits – 35
- Curbside consults – 25
- Blood pressure screening – 2
- Gave a talk on parish nursing to 28 people at another church
- Gave a hand washing class in the preschool to 9 people
- Wrote an article for her church's newsletter that is mailed to 450 people
- Put up two health related bulletin boards



Barbara Carter, RN, FCN and her pastor, Don Winters

Ongoing activities include immunization checks on the children enrolled in the church's preschool and arranging for CPR training for nursery workers, ushers, preschool workers and ministerial staff. She is on duty during Vacation Bible School hours in case she is needed, and has involved her congregation in two "walking for health" programs.

Barbara has always felt that public health nursing was her calling and sees it as a form of home mission work. She graduated from the diploma nursing program at City Hospital and then attended UNC School of Public Health for a year to receive a certificate in public health nursing. Before she had even retired from her 50 year career in public health in Winston-Salem, her pastor asked her if she would be interested in parish nursing. She retired in December of 2006 and in January 2007, received a call inviting her to be a part of the first Faith Community Nursing class taught in this area. She graduated from the program given at Salemtowne, and was commissioned as a Faith Community Nurse by her pastor, Don Winters, in May 2007.

Barbara's church has a parish nursing fund started by an anonymous donor so that she can assist church members who need financial help with medical or medication expenses. She receives frequent requests for supplies from her loan closet which is stocked with wheelchairs, walkers, canes, crutches, dressings, ostomy supplies and adult diapers. In her spare time, she plays clarinet in her church band, sings in the chapel choir and serves as a circle leader. This is one busy and dedicated nurse, who touches a great number of lives in her practice.



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June Nurse Network Meeting Report

Nine nurses attended the Nurse Network meeting on June 14, 2011. Anne Harrison, RN, FCN from Knollwood Baptist Church and Judy Iannuzzi, Interim Director of the CNHM Program gave the devotional. Judy read an obituary written for a baby of 22 weeks gestation who died in utero. Anne then read the poem "We Will Remember Them" as participants lit ten candles to represent the infant mortality rate in Forsyth County of 9.9 babies per 1000 live births. Tom Arcury, PhD gave an informative program entitled "Poor Birth Outcomes in Forsyth County: Addressing the Problem". He discussed the Translational Science Institute that he directs at Wake Forest Baptist Health and its role in addressing the infant mortality problem in this county. Research has shown that one of the main causes of infant mortality is the stress of poverty and racism over a woman's life course. Community leaders who attended the Institute's three workshops on the problem developed the following list of suggestions for addressing the issue:

- *create community awareness of the problem through education*
- *inform community organizations of the problem*
- *create materials to convey the problem (posters, personal story told by a mother who lost her baby)*
- *mentor pregnant mothers (through churches). Use the window of opportunity that is open during pregnancy*
- *encourage businesses to become engaged in finding solutions to this problem*
- *encourage businesses to think creatively about the long-term impact of this problem, not just the short-term costs*
- *advocate for policy changes to prioritize care for pregnant mothers*
- *encourage the development of community "will" and engagement to address this problem*
- *consider "positive deviance": what can we learn from those communities who have found creative solutions to this problem with the same resources and challenges as Forsyth County?*
- *study the Norwegian model (prenatal care plus one year postnatal care provided to mothers) and learn how it could be adapted to our community.*

Kathy Lowe, MSW, Assistant Director of the Translational Science Institute and Lynne Mitchell, Director of Preventive Health Services at the Forsyth County Public Health Department also attended the meeting. Lynne brought handouts from the Infant Mortality Reduction Coalition for each participant. Check out their web site at www.HelpOurBabies.org.

Save These Dates

Nurse network meetings (6:00-8:00 pm)

July 12 – (no meeting) August 9 - (at Hospice & Palliative Care Center)

September 13 - (at the Shepherd's Center)

Faith Community Nurse Basic Prep Course

October 18 – 22, 2011 - (at Ardmore Baptist Church)

THE SHEPHERD'S CENTER IS NOW ON FACEBOOK

<http://www.facebook.com/pages/The-Shepherds-Center-of-Winston-Salem-NC/142160352471869?ref=ts&v=wall> or go to our website —www.shepherdscenter.org— and click on the link for Facebook.

Partners in Health and Wholeness, an initiative of the North Carolina Council of Churches, would like to bring to your attention the following free health tools which are designed to help you and your loved ones make healthier choices:

[ChooseMyPlate.gov](#) - Uses the plate as a visual aid to help illustrate both the types and correct portions of food you should consume on a daily basis in order to maintain a healthy weight.

[Eat Smart, Move More North Carolina](#) - Offers a variety of programs and tools to help people of faith eat healthier and be more physically active.

[Heart 360](#) - Allows you to track and manage your heart health and share your results with your physician.

[My Life Check](#) - Offers you a heart health assessment and individualized plan.

[NC County Health Tool](#) - Provides obesity and smoking rates by county as well as community strategies for addressing these problems. In addition, the NC County Health Tool illustrates the positive effects of reducing obesity and smoking rates on county health rankings, hospital visits and personal income.

[NC Good Health Directory](#) - Provides a list of affordable, evidence-based wellness resources by county.

[Shape Your World](#) - Offers strategies for transforming your local community into a healthier, safer place to live. Visit this website to: **1)** take advantage of the Shape Your World Visualization Tool which allows you to "build" your own environment and share your pictures with others, **2)** complete an online checklist to assess how easy it is to get around your neighborhood on foot, **3)** find resources on local greenways and parks, and **4)** get tips on how to take action and make your dream of creating a healthier community a reality.

Message from the Interim Director...

I have been spending the month of June finishing my nurse refresher course by doing bedside clinical nursing at Forsyth Medical Center on 8 West, a pulmonary unit. We see patients with a wide variety of problems...a young man with a spontaneous pneumothorax, another young man with brain injury and a permanent tracheostomy resulting from a car accident who developed pneumonia, a middle aged woman with end stage COPD. It is this last type of patient that we see most often: middle-aged to elderly people who have smoked their entire lives, who are now dealing with the consequences of their life choices. It is not a pretty picture. Many make regular trips to the hospital for lung "tune-ups". They (and their families) are well-known and loved by the nursing staff. So it is always sad when they are forced to admit that there is nothing further that can be done medically to help them and that they need to think about how they wish to spend their last days and weeks. Some choose to be transferred to the palliative care unit at Forsyth. Others choose to return home with Hospice Care support, or become an inpatient at Hospice and Palliative CareCenter. We are fortunate to be able to offer these choices to our patients and their families so that they can be supported physically, emotionally and spiritually during their last days together.

In August, we will meet at our local Hospice and Palliative CareCenter to learn the "Who, What, When, Where and Why of Hospice". We will also be taken on a tour of the facility, including their new outpatient palliative care clinic. I hope you can join us on August 9 as we learn more about this valuable local resource.

Blessings, Judy

Volunteer opportunities:

- **Shalom Green Street Health Clinic** - chart review on Thursday mornings. Work with Trudy Woher, RN and Patty Stockner, RN to review patient charts from the previous night's clinic. Capturing statistics such as number of patients served, ages, ethnicity, diagnoses, treatments and outcomes will help the clinic document need and care metrics as they apply for grants to support the clinic, and as they evaluate their work and plan for the future.
- **Shalom Green Street Clinic Referral Coordinator** – This free health clinic needs someone to follow up on referrals made during the clinic sessions. The job will take 1 – 2 hours per week and those hours can be scheduled at any time. It would be helpful to know how to speak Spanish when phone calls to patients are required. For full job description, contact Judy Iannuzzi, jiannuzzi@shepherdscenter.org.
- **WSTA Blood Pressure Screening** – third Thursdays – Help the medically underserved learn about their current blood pressure, how to manage blood pressure with diet and exercise, and where to go for treatment if necessary. A portable screening box is available with BP cuffs, stethoscopes and teaching materials. We now have several regular health consumers who come each month, bringing their BP record with them.

Educational opportunities for nurses:

- **Westberg Annual Parish Nurse Symposium**, September 16-18, 2011, Millennium Hotel, St. Louis, MO. Go to www.parishnurses.org for more information and to register.
- **The Dark Night of the Soul: Assisting Clients coping with Spiritual Distress at the End-of-Life**, July 21, 2011, 2:45—4:30, Derrick L. Davis Forsyth Regional Cancer Center, The Lobby Conference Room. To register, call Christine Dudgeon at 336-718-8480 or email cbdudgeon@novanthealth.org. CEU credit available.

Educational opportunities for you or members of your congregation:

- **Caregiver Lunch and Learn**, Thursday, July 21, 2011 at Senior Services, 2895 Shorefair Drive. 11 am – 1:30 pm. Lunch is provided. Respite care is available. For more information, call 761-2111.
- **Hospice and Palliative CareCenter Grief Counseling Center's 21st Annual Camp Carousel**, Monday, July 25 – Friday, July 29, 2011. For children, adolescents, teens and adults who may benefit from support in coping with the death of a loved one. Camp Carousel offers grief support groups, art and music therapy, writing, animal-assisted therapy, and a variety of fun and creative activities designed to help those who are grieving significant death-related losses. For more information, call Donna Hampton at 336-331-1319 or go to www.hospicecarecenter.org.
- **Better Choices, Better Health™**, online workshops to help those coping with an ongoing health condition, anxious or depressed or coping with daily pain. Based on Stanford University's widely tested Chronic Disease Self-Management Program, the workshops can help people:
 - ◇ Find practical ways to deal with pain, fatigue, and stress
 - ◇ Discover better nutrition and exercise choices
 - ◇ Make informed treatment decisions
 - ◇ Learn better ways to talk with their doctor and family about their health.

To register, visit: selfmanage.org/signup. Powered by the National Council on Aging.

International Parish Nurse Resource Center (IPNRC) now on Facebook

You must have a Facebook account to log in to the IPNRC page.