



# FAITH & HEALTH

FAITH COMMUNITY PARTNERSHIP NEWSLETTER

August-September, 2008

## Spiritual Care and Nursing Practice

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Faith Community Coordinator

While preparing this issue of "Faith and Health", I read Standard 9 of the Scope and Standards of Practice which deals with evaluation of our professional practice. The faith community nurse is knowledgeable in two areas – professional nursing and spiritual care. Our practice "focuses on the intentional care of the spirit as part of the process of promoting wholistic health and preventing or minimizing illness in a faith community." (Scope and Standards of Practice, American Nurses Association, 2005)

"Care of the spirit" is an awesome responsibility and special privilege we are called to do. For years, the connection between spiritual well-being and physical health has been studied. Rev. Granger Westberg, Lutheran pastor and founder of the parish nurse legacy in 1984, taught jointly at the University of Chicago in the Divinity and Medical Schools. His conviction was that "You cannot look at just the body without looking at the human spirit." Thus the evolution of parish nursing and health ministries!

"Common to most descriptions of spirituality, as reflected in nursing literature, are the elements of love; compassion; caring; transcendence; relationship with God; and the connection of body, mind, and spirit," according to Mary Elizabeth O'Brien in *Spirituality in Nursing, Standing on Holy Ground*. Whereas a person can go to their health care practitioner and receive excellent health care, the intentional care of the spirit is seldom, if ever, received there. We are taught to assess, diagnose, plan, implement and evaluate in all areas of nursing and spiritual assessment is included within the specialty of faith community nursing. Our interventions frequently address the spiritual realm—we listen, pray, offer compassion, love, hope, wisdom and bring God to the side of the hurting. What a gift we have been given and are able to give to our faith community members!

Rev. Deborah L. Patterson, Executive Director of the International Parish Nurse Resource Center states in her book *The Essential Parish Nurse*, "[Parish nursing] draws a healing

## In Honor of Labor Day, September 1 Occupational Hymns

Source Unknown

When you go to church over the holiday weekend, be sure to smile as you go through your hymnals!

- Dentist's Hymn ..... Crown Him With Many Crowns
- Weatherman's Hymn ..... There Shall Be Showers of Blessings
- Contractor's Hymn ..... The Church's One Foundation
- The Tailor's Hymn ..... Holy, Holy, Holy
- The Golfer's Hymn ..... There's a Green Hill Far Away
- The Politician's Hymn .... Standing on the Promises
- Optometrist's Hymn ..... Open My Eyes That I Might See
- The IRS Agent's Hymn... I Surrender All
- The Gossip's Hymn ..... Pass It On
- The Electrician's Hymn .. Send The Light
- The Shopper's Hymn ..... Sweet Bye and Bye
- The Realtor's Hymn ..... I've Got A Mansion Just Over The Hilltop
- The Massage Therapist's Hymn ..... He Touched Me
- The Doctor's Hymn ..... The Great Physician

AND for those who speed on the highway....a few hymns:

- 45 mph ..... God Will Take Care of You
- 65 mph ..... Nearer My God To Thee
- 85 mph ..... This World Is Not My Home
- 95 mph ..... Lord, I'm Coming Home
- 100 mph ..... Precious Memories

Give me a sense of humor, Lord, Give me the grace to see a joke, To get some humor out of life, And pass it on to other folk. Happy Labor Day!

## August Health Observances

*Cataract Awareness Month*.....www.aao.org

*National Immunization Awareness Month* ..... www.cdc.gov  
www.partnersforimmunization.org

*Children's Eye Health and Safety Month* ..... www.preventblindness.org

*Psoriasis Awareness Month*.....www.psoriasis.org

## VNA Flu-Busters

It's that time of the year again! You can call Liza Orban at 248-967-8755 or contact your Faith Community Coordinator to schedule your 2008 Flu Clinic. The prices are the same as last year, \$25 for influenza and \$40 for pneumonia. Insurances accepted include HAP, Blue Care Network, Priority Health (formerly Care Choices), Medicare Part B, Medicare HMO's, Railroad and Advantage Plan. It is required that you provide a table, chairs and a wastebasket in as private an area as you are able to arrange. It is recommended that you offer traffic control personnel and some refreshments for your faith community members to avoid low blood sugars. Early dates in October fill up fast, so call as soon as you can to get the ball rolling!

## Spiritual Care

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circle around a congregation and extends that circle into the community, blowing open the doors of churches in renewing and life-affirming ways....Our faith communities are called to share Christ's ministry of calling God's people to wholeness. We are called to preach, teach, and heal-to bring hope for healing and well being for the whole people of God as spiritual, emotional, intellectual, physical, and social beings."

In Matthew 25:35-40 we learn "For I was...ill and you cared for me...Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me." It was apparent at our last support group meeting that there are marvelous works being done out there. The stories of teaching, reaching out, showing compassionate care of the whole person-that's what we're all about. As we continue our programs, let us go forward with courage and conviction doing that which we are called to do, addressing body, mind, and spirit, knowing that we are renewed with the strength of Him who calls us to serve. "Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your labor is not in vain in the Lord." 1 Corinthians 15:58.

## What's In Your Child's Lunchbox?

As children begin their new school year, it is time to pay close attention to what he/she is having for lunch. It is estimated that over 16% of children nationwide are overweight and that percentage is on the rise. Parents greatly influence what their kids eat. It's more important than ever to encourage healthy eating habits.

According to Andrea Garen, RD, preparing nutritious school lunches and snacks is a challenge for many parents. "Besides breakfast, lunch is the second most important meal for school-aged children and provides one-third of their daily calories."

One of the easiest ways parents can ensure they are packing a nutritious lunch is to provide a mixture of whole grains, low-fat dairy, fruits, vegetables and lean meats. The quantity of food packed is also important since portion size is another factor that contributes to overweight kids. One snack bag of pretzels may contain two or more servings. Pre-measuring items such as peanuts or cookies into the correct serving size shows kids just how much they should be eating of such foods.

Healthy snack ideas are:

- Raw veggies and lowfat dip
- Fresh fruit
- Lowfat quick breads and muffins such as pumpkin, zucchini, banana or bran
- Non-sugared and whole grain cereal
- Lowfat yogurt, drinkable yogurt or Go-gurts
- Frozen fruits such as grapes, pineapple chunks, melon balls, berries and bananas
- Hard-boiled eggs
- Unbuttered popcorn
- Lowfat string or cubed cheese
- Applesauce
- Peanut butter on crackers, fruit or veggies
- Mini rice cakes
- Whole wheat tortilla with lowfat cream cheese, honey, raisins and chopped apples
- 100% fruit or vegetable juice
- Snow peas, frozen soy beans (edamame) or broccoli florets and a tasty dip of ginger, honey and yogurt

Parents should remember to practice what you preach! You can't expect a child to eat healthy if you are munching on a candy bar. Your child will eat what can be seen and reached, so put nutritious snacks front and center and keep sweets and chips out of sight.



Source: kidshealth.org

## September Health Observances

*Leukemia & Lymphoma Awareness Month* ..... [www.lls.org](http://www.lls.org)

*National Cholesterol Education Month* ..... [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)  
[www.americanheart.org](http://www.americanheart.org)

*Fruit and Vegetable Month* ..... [www.cdc.gov/5aday](http://www.cdc.gov/5aday)

*September 9-15-National Suicide Prevention Week* ..... [www.nimh.nih.gov](http://www.nimh.nih.gov)  
[www.freedomfromfear.org](http://www.freedomfromfear.org)

*September 16-22-Reye's Syndrome Awareness Week* ..... [www.reyessyndrome.org](http://www.reyessyndrome.org)

*Prostate Cancer Awareness Month* ..... [www.fightprostatecancer.org](http://www.fightprostatecancer.org)

*Ovarian Cancer Awareness Month* ..... [www.ovarian.org](http://www.ovarian.org)

## Leukemia and Lymphoma Cancer Awareness Month

### *About Lymphoma*

Lymphoma is a general term for a group of cancers that originates in the lymphatic system. Lymphoma results when a lymphocyte (a type of white blood cell) undergoes a malignant change and begins to multiply, eventually crowding out healthy cells and creating tumors which enlarge the lymph nodes or other sites in the body. The lymphomas are divided into two major categories: Hodgkin lymphoma and all other lymphomas, called non-Hodgkin lymphomas.

### *Signs and Symptoms*

The most common early symptom of non-Hodgkin lymphoma is painless swelling of the lymph nodes, usually in the neck, armpit, groin or in the abdomen. Other symptoms often include fever, night sweats, excessive tiredness, indigestion and abdominal pain, loss of

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## September is Prostate Cancer Awareness Month

Prostate cancer continues to be the second leading cause of cancer deaths among Michigan men. Since the late 1980's, it has been the most frequently diagnosed cancer (other than skin cancers) in men in our state.

The causes of prostate cancer are unknown at this time, though genetic, environmental, and behavioral factors are being investigated. The following are risk factors for prostate cancer:

- Age: Prostate cancer is found most often in men older than age 50; approximately 34 percent of Michigan men diagnosed with prostate cancer in 2002 were between the ages of 50 and 64. More than 62 percent were 65 years of age or older.
- Family history of prostate cancer on either maternal or paternal side increases the likelihood of getting prostate cancer.
- Diet: High fat diets may increase the risk of prostate cancer.

Today, early prostate cancer is most often found with a blood test, Prostate Specific Antigen (PSA) before the cancer has caused symptoms. However, the problems that may be symptoms of prostate cancer could also be caused by infections, prostate enlargement, or other prostate conditions and should be evaluated by a physician. The problems that could be symptoms of prostate cancer include:

- Difficulty starting to urinate
- Less force to the urine stream or dribbling after finishing urinating
- Frequent urination
- Blood or pus in the urine
- Pain or burning feeling while urinating

- Pain with ejaculation

- Hip or back pain that does not go away

Prostate cancer can be aggressive, growing quickly, and spreading to other parts of the body, eventually causing death if not treated. Or it may be slow growing and stay in the prostate where it causes few if any problems and does not affect the individual's lifespan or quality of life. Sometimes it is obvious from test results that the cancer is aggressive; however, in many cases it is not clear.

Prostate cancer is different from other cancers in that most cases are of the slow growing type that would never have caused problems. Therefore, each man must decide whether or not to get tested for prostate cancer, and if it is found, which treatment option to select based on the risk and benefits as informed by his values and preferences.

The CDC has produced a guide to assist men in making the decision on whether to get screened for prostate cancer.

*Prostate Cancer Screening: A Decision Guide* is available at no cost through the Michigan Department of Community Health's clearinghouse at [www.hpclearinghouse.org](http://www.hpclearinghouse.org). In addition, the Michigan Cancer Consortium has developed a decision aid to help men make informed decisions regarding treatment of early prostate cancer. *Making the Choice: Deciding What To Do About Early State Prostate Cancer* is available free of charge in booklet, audio, and web-based format by calling 1-800-249-0314 or visit [www.prostatecancerdecision.org](http://www.prostatecancerdecision.org).

Source: Michigan Cancer Consortium, Sept., 2006

# Leukemia and Lymphoma

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appetite and bone pain. Symptoms of Hodgkin lymphoma are all of the above plus troublesome itching and weight loss.

## About Leukemia

Leukemia is a malignant disease (cancer) of the bone marrow and blood. It is characterized by the uncontrolled accumulation of blood cells. Leukemia is divided into four categories: myelogenous or lymphocytic, each of which can be acute or chronic. The terms myelogenous or lymphocytic denote the cell type involved. Acute leukemia is a rapidly progressing disease that results in the accumulation of immature, functionless cells in the marrow and blood. The marrow often can no longer produce enough normal red blood cells, white blood cells and platelets. Anemia, a deficiency of red cells, develops in virtually all leukemia patients. The lack of normal white cells impairs the body's ability to fight infections. A shortage of platelets results in bruising and easy bleeding. Chronic leukemia progresses more slowly and allows greater numbers of more mature, functional cells to be made.

## Signs and Symptoms

Some signs or symptoms of leukemia are similar to other more common and less severe illnesses. Specific blood tests and bone marrow tests are needed to make a diagnosis. Signs and symptoms vary based on the type of leukemia. For acute leukemia, signs include:

- Tiredness or no energy
- Shortness of breath during physical activity
- Pale skin
- Mild fever or night sweats
- Slow healing of cuts and excess bleeding
- Black and blue marks (bruises) for no clear reason
- Pinhead sized red spots under the skin
- Aches in bones or joints (for example, knees, hips or shoulders)
- Low white cell counts, especially monocytes or neutrophils

Source: [lls.org](http://lls.org)

## Dates To Remember:

**September 12-14** - Westberg Parish Nurse Symposium, St. Louis, Missouri. [www.parishnurses.org](http://www.parishnurses.org)

**September 16 - November 18, 2008**, Tuesdays, 6:00 - 9:00 p.m. Core Curriculum for Faith Community Nurses, 36 continuing education contact hours, Providence Hospital, Café C. Cost \$445. Taught by Sr. Judy Mouch, U of D Mercy. Contact your Faith Community Coordinator for more information.

**September 24, 2008** - SAVE THE DATE!! St. John Faith Community Partnerships Fall Support Group. Morning and evening sessions. Topic to be announced. St. John Macomb-Oakland Hospital, Oakland Education Building, 27351 Dequindre Rd., Madison Hts., MI 48071.

# Scope and Standards of Practice-Faith Community Nursing

We continue to feature specific standards in each issue of "Faith and Health" so that we may better understand the scope and standards of faith community nursing (parish nursing.)

## Standard 9. Professional Practice Evaluation

The faith community nurse evaluates one's own nursing practice in relation to professional practice standards and guidelines, relevant statutes, rules, and regulations.

### Measurement Criteria:

The faith community nurse's practice reflects the application of knowledge of current practice standards, guidelines, statutes, rules, and regulations.

### The faith community nurse:

- Provides age-appropriate care in a spiritually, culturally, and ethnically sensitive manner.
- Engages in self-evaluation of practice on a regular basis, identifying areas of strength as well as areas in which professional development would be beneficial.
- Obtains informal feedback regarding spiritual care and nursing practice from patients, peers, spiritual leaders, health committee members, faith community volunteers, professional colleagues, and others.
- Participates in systematic formal review, as appropriate.
- Takes action to achieve goals identified during the evaluation process.
- Provides rationales for practice beliefs, decisions, and actions as part of the informal and formal evaluation processes.

Source: Faith Community Nursing: Scope & Standards of Practice, 2005.

## Transformation

With the challenges of an ever increasing number of uninsured, and a slow economy in Michigan, St. John Health has engaged in a transformational process, restructuring and realigning resources so that we can support our core mission of providing patient care. The realignment of our resources resulted in a workforce reduction in many of our service areas. For community health, our redesign resulted in changes to many of our community programs. We are still very committed to our faith community nurse/health ministry partnerships, and have assessed all our sites to make sure there is a faith community coordinator as your resource. Most of you have been contacted if there is a change in your coordinator. But, please call our office at 586-753-1484, and speak with Sally if you have any questions and concerns. We are moving forward in providing wholistic health resources to you and your communities. We hope to see all of you at our fall support group meeting.

## Who's Responsible?

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