

Offered to you by the Religion Member Interest Group
and Health Ministries Association

Health Ministry Teams, Faith Community Nurses and Nutrition Professionals: Collaborating in Places of Worship

Presenters:

Alyson Breisch, MSN, RN-BC

Mary Niester, MPH, RD



Housekeeping



- Audio Connection is through your microphone & speakers of your computer or mobile device.
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- **IMPORTANT:** YOUR MICROPHONE IS MUTED to eliminate background noise.



- Time has been reserved at the end of the presentation for Q & A.
- Please use your Chat box to submit your questions to the host at any time during the presentation.



- A link to the webinar recording, a PDF of the presentation slides, evaluation survey and CPE certificate (for Academy members) will be emailed to you within 48 hours.
 - Today's webinar is approved for 1 CPEU (for Academy members).
-

Meet Our Presenters



Alyson Breisch, MSN, RN-BC

Mary Niester, MPH, RD



Webinar: Health Ministry Teams, Faith Community Nurses and Nutrition Professionals: Collaborating in Places of Worship

Health Ministries and Faith Community Nursing

Alyson J. Breisch, MSN, RN-BC



A close-up photograph of a white flower with a yellow center, set against a dark background. The flower is the central focus, with its petals clearly visible. The background is dark and out of focus, creating a strong contrast with the white and yellow of the flower.

Speaker, Alyson J. Breisch
has no conflicts of interest

Objectives

By the end of this program, the participant should be able to:

- **Provide an overview of health ministry/Faith Community Nursing**
- **List 2 benefits of health ministry/Faith Community Nursing in a place of worship**
- **Name 3 areas where a dietitian can be a valuable asset to a health ministry/Faith Community Nursing program**

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**People of Faith Working Together
for Healthier Communities.**

The Health Ministries Association is recognized as the only national professional membership organization for faith community nurses.

[Learn More](#)



Health Ministries Association

<http://www.hmassoc.org>

A decorative graphic consisting of several overlapping, wavy, teal-colored bands that flow from the left side of the frame towards the right. The bands have a slight gradient and a soft, ethereal quality.

Health Ministries

Whole Person Health

- “Integration of individual’s emotional, intellectual, physical, social, spiritual, and vocational dimensions into positive beliefs and meaningful activities that enhance human functioning and quality of life.”
- “Well-being: an individual’s perception of her or his own wholistic health.”
- “Wellness: integrated, congruent functioning aimed toward reaching one’s highest potential.”

Faith Community Nursing Scope and Standards of Practice, 3rd ed. 2017, p. 91.

"Health is not just the sense of completeness in ourselves but also is the sense of belonging to others and to our place; it is an unconscious awareness of community, of having in common"

Wendell Berry '94





Health Ministries

“The promotion of health and healing as part of the mission and service of a faith community to its members and the community at large.”

Faith Community Nursing Scope and Standards of Practice. 3rd Ed.

- **Use religious beliefs to motivate congregation towards health and living a healthy life.**
- **Integrate religious beliefs and health promotion into normal life cycles – birth, illness, or death – to celebrate life and/or enhance coping, wholeness, and a sense of peace.**

Wellness Ministries Team Approach



- Individuals with different abilities and disabilities, dependent in different ways and degrees.
- Individuals giving and receiving care.



**Promoting
Self-care**

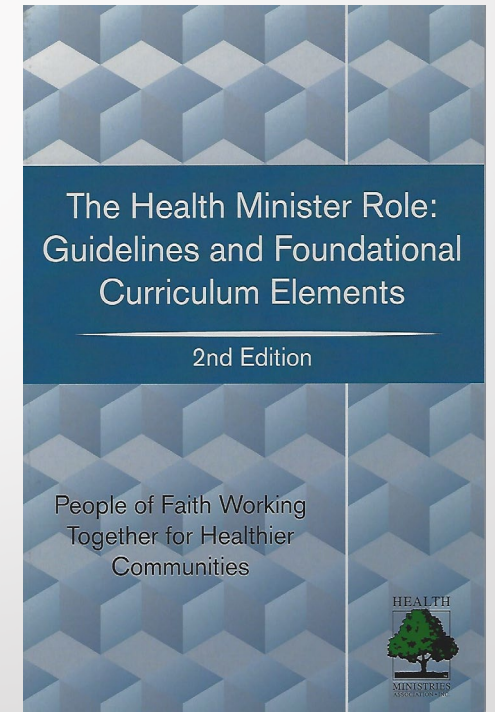
**Building Social
Support Networks**

**Identifying
Environmental
Issues**

**Health
Ministries
Interventions**

Health Ministries Committee

- Interested members concerned about health of faith community
- Committed to carrying out healing ministry
- Written mission statement
- Integrate other caring programs already in place
- All members should NOT be professionals
- Faith Community Nurse may serve as chair or as a member of committee





Benefits:

Provides a “web of care” so peoples’ needs are not overlooked.

Communication between groups is increased.

The needs of the congregation are met in an integrated way.

Care is given in a way that those being served know they are not alone or abandoned.

Health Education (Examples):

Dental Health

Update your first aid kit

Life Stress Education

Sexuality/Sex education

Parenting classes

The caring question class

Time management workshop

Gifts of the Spirit workshop

Healthy Heart class

Good Nutrition

Prayer and Meditation

Wellness Weekend – Health fair

Conflict management sessions

Corporate Wellness

Dying, death, grief and loss seminars

Bioethics Seminar

Healthy refreshments for meetings

Violence in the home

Grief clinic

Prayer, stress, and healing class

Caring for your elderly parents

Mental Health & Depression

CPR class

Sabbath Keeping Seminar

Meditation/ Relaxation

Wellness for Youth

Lifestyle Change class

Living with PMS

Chemical Health series

Good Touch – Bad Touch

Homeless and the Church

A Spiritual Christmas

Cancer Treatment class

The activities should be responsive to the needs of the community.

A decorative graphic consisting of several overlapping, wavy, teal-colored shapes that resemble stylized leaves or flowing fabric. The shapes are layered, with some appearing more prominent than others, creating a sense of depth and movement. The colors range from a light, muted teal to a darker, more saturated teal.

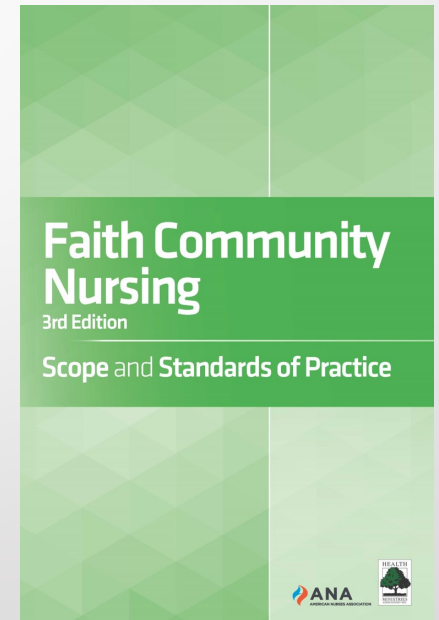
Faith Community Nursing

Faith Community Nurse (FCN)

A Registered Professional Nurse (RN) who is actively licensed and serves as a member of the staff (paid or non-paid position) within a faith community

Focusing on spiritual health, the FCN uses interventions of:

- Presence
- Active listening
- Spiritual support
- Coping assistance
- Hope installation
- Support for Physiologic and Psychosocial functioning
- Use of resources available to the faith community
- Education
- Counseling
- Advocacy
- Referral
- Protection from harm



“Intentional Care of the Spirit”



“The delivery of care that promotes whole-person-centered wellbeing, establishes a therapeutic relationship, with caring as a sacred practice, and focuses on the relationship between faith and health.”

American Nurses Association (2017). *Faith Community Nursing: Scope and Standards of Practice* (3rd ed.). Silver Spring, MD: Nursebooks.org, 88.

Roles of Faith Community Nurse

- Establishes whole person health ministry programs for persons across the lifespan.
- Serves as vital link between faith community and medical community
- Collaborates with colleagues to have them provide their traditional services
 - Case Finding
 - Referrals
 - Education
 - Train volunteers
 - Health Advocacy
 - Health Promotion
 - Counseling
 - Spiritual Support



Goals of Faith Community Nursing



- Protection, promotion, and optimization of health and abilities;
- Prevention of illness and injury;
- Facilitation of healing;
- Alleviation of suffering through the diagnosis and treatment of human responses;
- Advocacy in the context of the beliefs, and practices of a faith community, such as a church, congregation, parish, synagogue, temple, mosque, or faith-based community agency.

Examples of Faith Community Nurse Activities

• Hospital and home visits:

- Discharge planning
- Home safety assessment & fall prevention
- Maintaining independence
- Pastoral visits

• Small group activities:

- Life review and shared narratives
- Ethical wills, Advance Directives
- Low-impact aerobics
- Support groups

• Health Monitoring and Screening:

- Diabetes screening and education
- Personal health assessments
- Living with chronic illnesses
- Cardiovascular risk assessments
- Blood pressure screening

• Personal Health Advocate:

- Expectant and new mothers
- Home care volunteers
- Nursing home resident advocate
- Health care advocacy
- Staff education, support, listening

Faith Community Nurses Collaborate With:

- Dieticians
- Occupational Therapists
- Pharmacists
- Physical Therapists
- Clergy/Chaplains
- Social Workers
- Centers for Aging
- Senior Centers
- Public Health
- Home Health Agencies
- Hospice & Palliative Care
- Interfaith Councils



Benefits Of Faith Community Nursing

- Experience of directly serving those in need
- Establishes leadership within the community
- Encourages reciprocal care
- Reaches broad populations and has great potential for reducing health disparities
- FCNs *advocate, build bridges* between health care systems, faith communities, and wider communities in a geographical area, and *collaborate* with other healthcare providers



References

- American Nurses' Association/Health Ministries Association. *Faith Community Nursing: Scope and Standards of Practice, 3rd ed.* American Nurses Publishing, 2017.
- Health Ministries Association (HMA). *The Health Minister Role: Guidelines and Foundational Curriculum Elements, 2nd ed.* 2018.
- Health Ministries Association (HMA). 2017. HMA Website: The Diary of a Faith Community Nurse. <http://hmassoc.org/the-diary-of-a-faith-community-nurse/> Accessed March 8, 2017
- Smucker, Carol. *Faith Community Nursing: Developing a Quality Practice.* American Nurses Association: Silver Spring, MD, 2009.
- Chase-Ziolek, M. *Health, Healing, and Wholeness: Engaging Congregations in Ministries of Health.* Pilgrim Press, Cleveland, 2005.

A wooden table with a plate of salad and wooden spoons. The salad includes arugula, cherry tomatoes, and sliced onions. The wooden spoons are resting on a red and white checkered cloth. The background is a light teal color.

Serving Together

Mary Angela Niester, MPH, RD



Speaker has no conflicts

Objectives



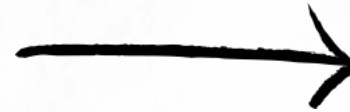
Describe the Academy of Nutrition and Dietetics (Academy) - Religion Member Interest Group (RMIG)

Role of Nutrition Professionals in PHM/FCN

My Experience with PHM/FCN Progr

Academy of Nutrition and Dietetics

- World's largest organization of food and nutrition professionals
- Specialty Groups
 - 26 Dietetic Practice Groups
 - 7 Member Interest Groups - RMIG!



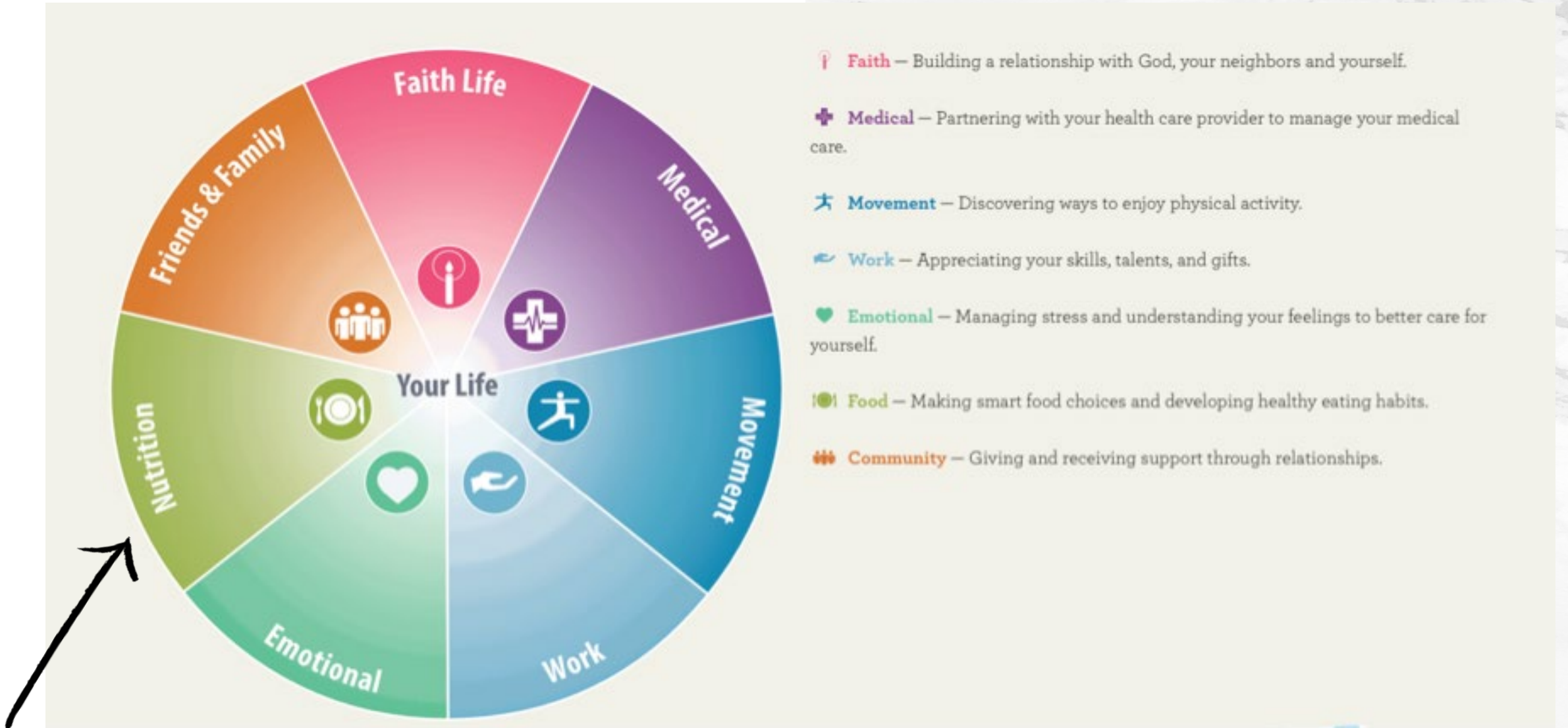
rmig.eatrightpro.org



eatright.org



kidseatright.org



Model for Healthy Living (Church Health Reader August 2020)

Coordinating Care

"Two are better than one, because they have a good return for their labor. If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up."

ECCLESIASTES 4:9-10



Chronic Disease in America



6 in 10 adults in the US
have one chronic disease

4 in 10 adults in the US
have two or more chronic
diseases

Heart Disease
Cancer
Chronic Lung Disease
Stroke
Alzheimer's
Diabetes
Chronic Kidney Disease

The leading causes of death and disability cost the nation \$3.5 Trillion in Annual Health Care Costs

What we bring to the table

Cut through the Nutrition Noise!
Evidence Based Care
Varied Science Background
Nutrition and Public Health Screening
Care Coordination
Skills and Knowledge - SOP/SOPP

Standards of Practice and Standards of Professional Performance

Identify the skill level of the practitioner (competent, proficient, expert)
Look at skills, knowledge, credentials or training



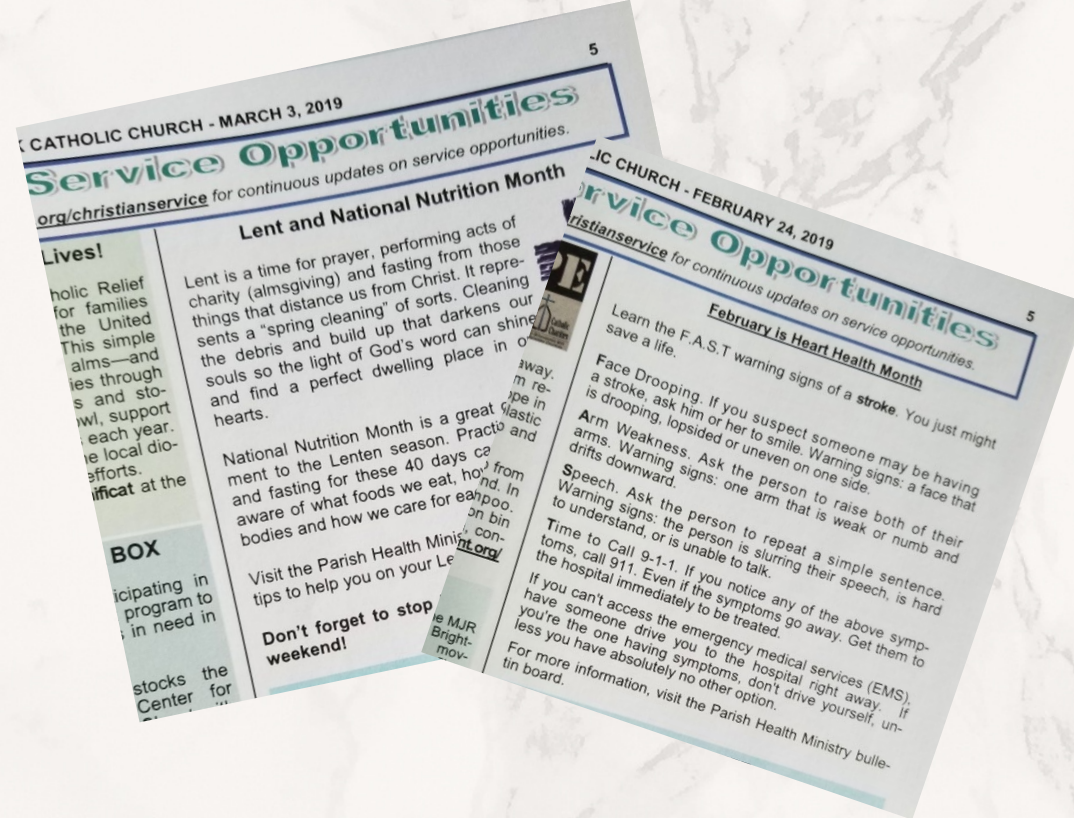
Public Health and Community Nutrition (policy, health code, disparities)

Sustainable, Resilient and Healthy Food Systems (social justice, creation care)



MY ROLE

Creator
Educator
Organizer
Guidance
Grant Writer
Collaborator



You're the essential piece to our puzzle!

Each of us has strengths and skills to share. When we link our individual strengths together, we're invincible.

Can't imagine us without you!

Parish Health Ministry

Community

National Kidney Foundation of Michigan
St. Joseph Mercy Health System
University of Michigan
Henry Ford Health System
Ford Motor Company
State of Michigan - Faith Based Initiative

COLLABORATIONS

Ministries

Knights of Columbus - blood drives
Social Justice and Service Commission
Alzheimer's Support Group
St. Patrick School - Fuel Up to Play 60
Parish Festival Committee

Other Programs and Activities

Healthy Cooking Classes

Faith and Food Prayer Gatherings

Health Promotion/Wellness - Staff

Community Gardens

Composting

Meal Prep Ministry

Home Visits

Food Safety Education

Health Fairs



Resources



Academy of Nutrition and Dietetics Find an Expert <https://www.eatright.org/find-an-expert>

Religion Member Interest Group <https://rmig.eatrightpro.org/home>

Church Health Reader <https://chreader.org>

Scope and Standards for RDNs and NDTRs <https://jandonline.org/content/core>

Public Health and Community Nutrition
Sustainable, Resilient and Healthy Food Systems

Prioritizing Food Security Solutions Toolkit

<https://eatrightfoundation.org/why-it-matters/public-education/food-security-solutions/>

University of Minnesota Self-Assessment Tool for Public Health/Community Nutritionists

<http://www.epi.umn.edu/let/assessment/index.shtm>

Questions?



Thank You!

Thank you for joining us today ~ Be well and be safe!
Let's stay connected!



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<https://hmassoc.org/>
<https://www.facebook.com/HealthMinistriesAssociation/>
<https://twitter.com/HMAssoc>

