

# Faith Community Nursing Newsletter

## Forging A New Path



I love this quote found on the title slide of *Beginning Your Ministry*, in the Health Ministry Basics class: ***“Do not go where the path may lead, go instead where there is no path and leave a trail”*** by Ralph Waldo Emerson. I believe this perfectly describes the past 5 months, in a world turned upside down, in which we search for a new normal. Faith Community Nursing is grounded in relationships but when those relationships are no longer face-to-face due to a pandemic, *how do we do what we do?* We do exactly what our Foundress, Sr. Dolores Thorndike, OSF, did; we make a path where there is no path. We expand our reach in new, creative, out-of-the-box ways we never dreamed possible!

In the first weeks of the pandemic, you switched gears from blood pressure screenings in your faith communities to organizing mask sewing teams. Thanks to your efforts, we distributed over 1,000 masks! When we could no longer come together for educational programs, you broadened your technology skills to learn new virtual platforms like Zoom, Skype, and MS Teams. We have had greater attendance at our virtual classes than we have had in years for our in-person events. Each of you have a calling to make a positive difference in the world. You are willing to learn new skills and to give your time and talent to build relationships and serve others. We are proud and grateful to be partnered with you!

The pandemic has gone on for much longer than anyone could have imagined. Our hospitals are filled to capacity, and the front lines need help. We received a request for *all hands on deck* and had no idea how extraordinarily God was going to use us. Throughout our BayCare Health System hospitals, your leadership team has been privileged to help as sitters, runners, screeners and temp takers. We have had a team trained in making calls to tell people the results of their COVID-19 test and provide education on how to stay safe. Another team has been trained to get consent for convalescent plasma so that it can be offered as a treatment option for patients. This is a time-intensive process that requires an RN to make multiple coordinated calls as well as provide patient and family education. Yet another team is doing screenings at Tropicana Field for Spring Training, which has to be staffed 7 days a week and also requires an education component. The common thread that FCN does so well is to establish relationships and to educate just as we have always provided at health fairs and blood pressure screening events. Being present in the moment is even more vital now as we screen, give results, or get consents. It is that *intentional care of the spirit* that happens when we listen, reassure, encourage, and correct misinformation.

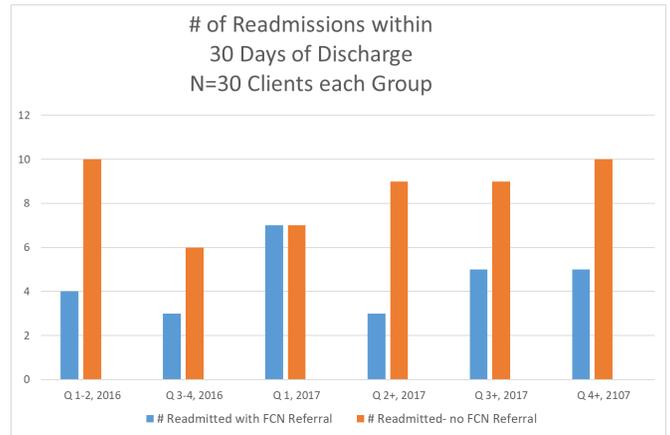
This year has taken FCN down a different path, but God is using us to forge a new trail. The past 11 years, we have always looked forward to two fall events, the Wellness Conference and retreat. As these are uncertain times, they will be cancelled this year. Nonetheless, what I do know for certain, God has a plan for Faith Community Nursing and it is a good one. FCN is adapting just as you are adapting your ministry in your faith community. When you are blazing new trails, where no one has walked before, we hope you find beauty not in the destination, but in the journey itself. We are blessed to serve and grateful to make the journey with you!

*Debbie Rivard*, MSN/ED, RN-BC, System Director, Faith Community Nursing

## Transitions of Care

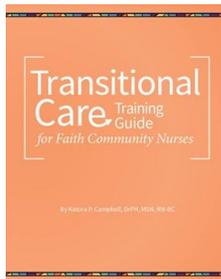
MPM FCN’s: Next time you receive a call from our office asking you to follow up with a hospitalized patient after discharge, expect us to use the phrase *transitions-of-care call* instead of *RRI call*. RRI is an abbreviation for a *Readmission Reduction Initiative* that is just one component of transitional care, and we’re updating our communications to reflect a broader view.

Several years ago, the readmission reduction initiative successfully demonstrated that FCN transitions-of-care interventions could measurably and cost-effectively reduce the risk of unnecessary hospital readmissions for patients who had been identified as at risk for readmission with a specified list of health conditions, and who met other inclusion criteria. In 2018, the MPM FCN team presented the process and outcomes data at the annual conference of the Health Ministries Association. The effective communication and care processes from that project have continued (and will continue) as a coordinated effort of hospital Chaplains, hospital-based FCN Coordinators and our community-based FCN partners.



Right now, we have the pleasure of having **Katrina Goodrich, FCN Transitions of Care Coordinator at St. Anthony’s Hospital**, on temporary assignment with the MPM FCN team. We’re using this time together to learn more about FCN transitions-of-care initiatives across BayCare, and to consider how we might expand the FCN role on the hospital side of the hospital-to-home transition. (We know that many of *you* are already offering transitional care assistance beyond what we request!)

## Transitional Care Resource



A copy of this resource is available in the MPM FCN office, along with other reference material. In the words of author Katora P. Campbell, DrPH, MSN, RN-BC:

*Transitional Care Training Guide for Faith Community Nurses equips the faith community nurse to be a successful bridge between the medical system and the faith community. Often patients discharged from the hospital are at risk of being readmitted within a month because they do not understand discharge instructions, they have no one to advocate for them, and they do not have organized support for practical tasks. The faith community nurse understands the medical issues, and the faith community is eager to express care if they know the need. This helpful guide looks in detail at the role the nurse plays in coming alongside individuals in a vulnerable period of time after a hospital discharge and polishes the nurse’s skills in assessing need, planning care and interventions—including non-medical support that a health ministry team can provide—and evaluating the process for improvements. By taking a wholistic approach to care, the faith community nurse helps ensure a successful transition from hospital to home and eliminates unnecessary hospital admissions.*

## Contact Information: MPM FCN Program

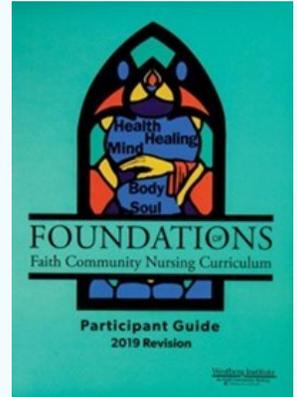
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## FCN Professional Practice: Specialty Education

*“Faith community nursing is the specialized practice of professional nursing that focuses on the intentional care of the spirit as well as the promotion of wholistic health and prevention or minimization of illness within the context of a faith community.”*

*“The intentional care of the spirit sets the specialty practice of faith community nursing apart from other types of nursing. Continuing personal spiritual formation is an ongoing, essential component of practice and includes both self-care and hospitality, through opening the heart to self and others.”*

Source: *Foundations of Faith Community Nursing Curriculum: Participant Guide* (2019 revision), pp. 3, 9



Every specialty practice in nursing has its own educational preparation. The practice of faith community nursing calls for education on spiritual care above that which is generally provided to all nursing students. The Westberg Institute’s *Foundations of Faith Community Nursing Curriculum* focuses on the spiritual dimension of care, along with professionalism, whole-person-centered health and community. Below is an example of how the curriculum brings these concepts together in its 15 modules that align with *Faith Community Nursing: Scope and Standards of Practice* (2017, 3rd edition).

The course’s **Health, Healing and Whole-Person Health** module guides learners, in conversation with each other, to:

- Examine historical concepts of health, healing, and whole-person health.
- Examine theological and conceptual perspectives that impact health, healing, and whole person health.
- Examine the concepts of health, healing, and whole-person health from the perspectives of diverse faith traditions.
- Integrate theological reflection into faith community nursing practice.

**Ideas about God** (adapted from the module, pp. 20-21):

Humans think about God in two ways:

- The **God concept** is intellectual in nature and formed by reason.
- The **God image** is subjective, emotional, and spiritual.

The God image comes from within, not necessarily from the faith community.

Interpretations and expressions can be quite varied, as in the examples below:

- God is loving, caring, and compassionate. (Words often associated with this image include *shepherd, father, and mother.*)
- God is judgmental, distant, and critical. (Words often associated with this image include *judge and master.*)
- God is *healer* and *creator*. (These images acknowledge both a wholeness and a brokenness in creation, as well as a need for healing.)

Both the God concept and the God image may be fluid or stagnant over a lifetime, depending on the experiences and thought processes of the individual.

### Critical Thinking:

*How does the way you believe about God affect your perspective on health, healing, and whole-person health?*

*How does the FCN help connect the image of God to a deeper understanding of whole-person health?*

**Upcoming Virtual FCN Meetings/Education**

Invitations to "Join Microsoft Teams Meeting" links for all virtual classes are sent via email from Andrea Rose to the email address we have on file for you. If you do not have an email address, or computer, please let us know. You can still attend by telephone and will need to contact Andrea for the phone number and conference ID.

- **August 3, 10am-12pm**, Jeanmarie Scordino, M.Ed. FAFS, will be presenting *Hypertension: Move towards better numbers* (1 CE). This is part 2 of the BayCare and American Heart Association's Check. Change. Control initiative.
- **August 17, 5:30-7pm**, Speaker and topic TBD
- **September 14, 10am-12pm**, Part 3 of the AHA's Check. Change. Control. Initiative. Presentation topic: *Stress and Resiliency*.
- **October 5, 10am-12pm**, Part 4 of the AHA's Check. Change. Control. Initiative. Presentation topic: *Stroke Awareness*.

**Check. Change. Control. It's not too late to register...**



**Couldn't make the first of four Check. Change. Control virtual programs?** Don't worry, you still can register and attend. Instructions below. For those who attended the 7/6 class, thank you for your participation. High blood pressure is mostly a symptomless condition, which is why it's called the "silent killer." We look forward to continuing this program over the next few months and grow this program within the faith based communities.

**Reminder: upload at least two blood pressure readings by the end of the month using the AHA BP Tracker through the free app, website, or via text on your mobile phone.**

When logging your BP reading, you can manually enter your measurement on the website, app, or by texting 727-202-5360

To register, download the AHA BP Tracker app or go to www.TampaBayBPTracker.com.

Click 'Register'

Enter the activation code  
**AHATB033**

Enter your information and click 'Register'

Click 'Add New Reading'

Enter reading and click 'Add'

**Questions? Email [Shea.Sterner@heart.org](mailto:Shea.Sterner@heart.org)**

## Information to Share with Your Faith Community



**Fewer childhood vaccines have been given during the COVID-19 pandemic\***

To avoid outbreaks of vaccine-preventable diseases and keep children protected, **vaccinations and well-child visits are essential**

\*Compared with January-April, 2019

CDC.GOV

bit.ly/MMWR5820

MMWR

**August is National Immunization Awareness Month (NIAM)**

The ongoing COVID-19 pandemic is a reminder of the importance of vaccination. There has been an identified decline in routine pediatric vaccine ordering and doses administered that might indicate that U.S. children and their communities face increased risks for outbreaks of vaccine-preventable diseases. Reminding parents of the vital need to protect their children against serious vaccine-preventable diseases, even as the COVID-19 pandemic continues, is critical.

(MMWR Weekly /May 15, 2020/69(19); 591–593)

**Virtual class: Intro to Safe Babysitting by Safe Sitter® | Saturday, August 29, 11am-12pm**

This a one-hour program designed for groups of students in grades 6-8 who are interested in learning how to safely care for children. The program is designed to teach an introductory level program about safe babysitting techniques. The Intro to Safe Babysitting program is intended for groups such as Girl Scout troops and youth groups. Students learn tips to manage behavior that will help them stay in control of themselves and the children in their care. Students also learn the ages and stages of child development. Completing Intro to Safe Babysitting by Safe Sitter® meets some of the requirements of the Cadette Babysitter Badge. Contact **Lavina Ward** for registration information.



**Convalescent Plasma Needed.** Studies have shown that transfusing plasma from a person who has recovered from COVID-19 into a patient who is fighting the virus can help boost that patient's immune system, potentially helping them recover. OneBlood has experienced a 500% increase in hospital orders for convalescent plasma due to the surge of COVID-positive patients. OneBlood does not have enough people donating plasma to keep up with the volume of requests. If you know anyone who has *recovered from COVID-19* (symptom free for 14 days) and is interested in donating convalescent plasma, please direct them to **oneblood.org**.

## In Memoriam



**Catherine Crumbs, RNC, MSN, ARNP** of St. Marks Missionary Baptist Church passed from this life on June 28, 2020. The leadership and fellow faith community nurses of St. Anthony's Hospital Faith Community Nursing Program offer their sincere condolences to the family. Ms. Crumbs served her church and the community of St. Petersburg as a faith community nurse for a number of years. Catherine was a member of the Phi Kappa Phi Honor Society and a former president of the St. Petersburg chapter of the National Black Nurses Association. She spent many years as a nursing instructor at St. Petersburg College and countless hours volunteering her time with the Pinellas County Urban League. She will be remembered for her heart of service.

## Contact Information: St. Anthony's FCN Program

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**Lavina Ward**, Nursing Coordinator, 727-820-7884/ lavina.ward@baycare.org

**Katrina Goodrich**, Transitional Care Coordinator, 727-825-1703/ katrina.goodrich@baycare.org

## Look What's Happening With Our Ambassadors of Health!

Over the past several weeks, we have been deeply moved by the messages we receive from our FCNs and what they are doing to meet the needs of their community, despite the pandemic. Each month we plan to feature a church or FCN and tell their story. This month we are featuring **Lisa White**, FCN, of Land O' Lakes United Methodist Church and the LOLUMC sewing ministry team. For over 20 years, the sewing ministry team has been very active. With 15-20 team members, they meet most Thursday mornings to sew on machines donated to the church, as well as donated materials. Together they have given so much to so many. Here are just a **few** of the many items they have made and provided to those in need or less fortunate:

- Comfort Quilts that have been blessed (shown right) with a prayer for health, healing and peace. These quilts are given to anyone ill or in need of comfort, and feature a pattern that includes a cross. The cross includes a pocket that they can slip their hands into and/or use as a tissue pocket.
- Fidget aprons for the Veteran Center and weighted fidget quilts for autistic children in schools.
- Totes for children to use in foster care, and literally 100's of masks for front line workers, members of the congregation, children and any others who needed them.
- "Nap quilts" for Kindergarten children at a local elementary school. At the end of the year, they get to take them home.
- Sleeping bags for the homeless, plus a mat for use under the bag crocheted from strips of over 400 plastic bags!!
- Knit/crochet hats for chemo patients and crochet bears for children in a crisis situation.



These are only a few of the things these dedicated ladies have done for their community to meet the many needs. We are all in total awe and appreciation. Well done, ladies...well done!!

On time statistics winner for June is **Mary Brigati**, FCN at St. Stephens Catholic Church, Riverview, FL. Mary received a copy of "*Weary Joy, The Caregiver's Journey*", by Kim Marxhausen, as a gift. Congratulations, Mary!

## Manager's Memo

In Psalm 84 the psalmist is longing to worship at the temple in Zion. How timely this ancient word is for us today as many are still worshipping virtually, longing to return to the house of the Lord! We, like the psalmist, are strengthened by God (Is. 40:28-31, Phil. 4:13) as we continue through this COVID journey. Through this painful part of our pilgrimage (valley of Baca), God blesses and strengthens. Through prayer, encouragement, gratitude, and firmness of purpose we can carry on. As the Hebrew sojourner made his way to Jerusalem to worship, he gained strength knowing that the distance to be traveled was growing less and less. My prayer is that you would be encouraged today, trusting that the remainder of the journey is less than we've already traveled. True pilgrims "go from strength to strength," one step and one day at a time, increasing in strength, winning one victory after another. *How has God been your strength the past several months?* I'd love to hear from you!

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Ambassadors of Excellence/Education Programs

**BLS Recertification** Please note that all BLS classes have been temporarily discontinued until further notice. If your certification is expiring or has expired, the AHA has extended all expiration dates.

Links and More....



nctsn.org

The National Child Traumatic Stress Network is an organization with a mission to raise the standard of care and improve access to services for traumatized children, their families and communities throughout the U.S. The site has cartoon resources for explanation of COVID-19 for early childhood age groups and helping to prepare school children for returning to the classroom. The site provides resources in English, Spanish, Mandarin, and many other languages. All resources are free and printable. Especially helpful if you have or know someone who has a young child that is not sure what the virus is all about is a book entitled, "Trinka and Sam Fighting the Big Virus." It's a lovely book that helps explain at a child's level what the virus is and how everyone is working together to fight it. To go directly to that resource, go to: [nctsn.org/print2307](https://nctsn.org/print2307). A companion story includes that common questions that children may have about COVID-19 is also available at [nctsn.org/print/2308](https://nctsn.org/print/2308)

# Trinka and Sam Fighting the Big Virus:

Trinka, Sam, and Littletown Work Together



## Fighting the Big Virus: Trinka and Sam's Questions

A companion to the story  
Fighting the Big Virus:  
Trinka, Sam, and Littletown Work Together



For many of us, these last six months have been challenging to settle our minds and enjoy a peaceful sleep. I felt in my heart if I am experiencing this disruption in my own sleep pattern, that many of my fellow FCNs and members of our congregations are probably going through the same thing. Here are some useful tips shared by the Florida Hospital Association and Duke University presentation, "Enhancing Resilience: The Science of Sleep." First, set a consistent, ritual-like pattern for your nighttime routine. Try to watch the sunset in the evening to recalibrate your circadian cycle at least once a week. Avoid caffeine 4-6 hours prior to bedtime and enjoy carbohydrates in your diet in the evening meal. Enhance your consumption of natural sunlight in the daytime to help your body produce Vitamin D3 which helps to regulate sleep. May we all take a few of these suggestions and be blessed with a great night of sleep!

God bless, **Cathy Gunn**, Coordinator

**Spiritual Nourishment for Caregivers**



The COVID -19 Pandemic and recent surge in hospitalizations afforded the opportunity for **Sara McNamee**, FCN, to witness firsthand (as a resource float nurse), the tremendous labor of love our patients receive from the nursing staff, respiratory care staff, therapists and other point of care providers at Winter Haven Hospital (WHH). The skill and compassion these team members demonstrate is phenomenal. As an act of gratitude for these exceptional team members, Faith Community Nursing partnered with the Spiritual Care Department to offer support and encouragement to caregivers at WHH through the distribution of prayer cloths, coloring books, and cookies. This traveling spiritual enrichment cart reached not only point of care staff, but the many team members such as lab and supply chain personnel, environmental services and nutrition staff who all play a vital role in ensuring BayCare’s mission to serve is fulfilled.

Our continued love and prayers for all during this unprecedented time. Pictured from left: Chaplains Harvey Lester and Nanette Medero, and Sara McNamee, FCN.

**Polk County COVID News**

Polk County FCN participates monthly with the Rath Senior Connexion Center through zoom general and board meetings. On July 14th, Dr. Joy Jackson MD, Director, Florida Department of Health in Polk County, was the guest speaker and presented on **COVID-19 Summary and Community Call to Action**. Here are some highlights:

**Vulnerable Populations**

- People who are more likely to have adverse health outcomes
- Older individuals
- Underlying chronic health conditions
  - \* Heart disease and/or hypertension
  - \* Lung disease
  - \* Diabetes
  - \* Obesity
- What are the adverse health outcomes?
  - \* More likely to be hospitalized
  - \* More likely to require mechanical ventilation
  - \* Higher risk of death
  - \* Higher risk of social/emotional adverse outcomes due to isolation

**Drive through COVID-19 testing:** Gil Jones Center, 3425 Lake Alfred Road, Winter Haven, Mon thru Fri, 7-10am; Bartow Regional Medical Center, 2200 Osprey Blvd., Bartow, Mon, Wed, Fri, 7-10am

**Slowing the Spread of Infection**

**How?**

- Reduce Exposure
- Social distancing – at least 6ft apart
- Handwashing
- Avoiding crowds
- Stay home if you are sick or have been exposed to someone with COVID-19
- Stay home if you are at risk for worse outcomes due to age and chronic health conditions such as heart disease, lung disease, or diabetes
- Wear a mask when in public and if you cannot assure adequate social distancing

**Why?**

- Currently there is little community immunity
- Risk of overwhelming the healthcare system and critical infrastructure
- To protect vulnerable populations

**Contact Info: Polk County FCN Program**

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