

Faith Community Nursing Newsletter

Foundations of FCN Course Offered in 5-Friday's Format

This past year, COVID-19 tested our flexibility and ingenuity as we worked to keep the wheels of Faith Community Nursing in motion. All in-person events were converted into a virtual format and everyone gratefully experienced connection and fellowship through a computer screen as a temporary option. Now, as 2021 continues to see restrictions lessen, we are excited to share that the **Foundations of Faith Community Nursing Curriculum** is returning to a live classroom setting in September!

BayCare Health System, an educational partner with the Westberg Institute, has long offered the Foundations of Faith Community Nursing Curriculum (2019 revision). Faith Community Nursing holds spirituality as central to its practice and is recognized by the American Nurses Association as a sub-specialty of nursing. This intensive course is designed to provide a basic foundation for Faith Community Nursing and covers spirituality, professionalism, wholistic health and community, and is approved for 36.5 CE hours. We are grateful that this course will be held at the BayCare Outpatient Center, located at 900 Carillon Parkway St. Petersburg, FL 33716, in conference rooms A & B on the first floor.



Each full classroom date takes place over five consecutive Fridays, **September 17th & 24th, October 1st, 8th & 15th**. Seats are mandated at a limit of 20 to observe COVID-19 guidelines for this facility, and masks must be always worn by all. Those interested in registering may obtain an application from your local FCN office, or contact Lavina.Ward@BayCare.org or by calling 727-820-7884.

Promoting Health and Health Equity: An Introduction

Social Determinants of Health



Social determinants of health (SDOH) have a major impact on people's health, well-being, and quality of life. Addressing SDOH is important for improving health and reducing health disparities. Examples include:

- Safe housing, transportation, and neighborhoods
- Racism, discrimination, and violence
- Education, job opportunities, and income
- Access to nutritious foods and physical activity opportunities
- Polluted air and water
- Language and literacy skills

SDOH also contribute to wide health disparities and inequities. For example, people who do not have access to grocery stores with healthy foods are less likely to have good nutrition. That raises their risk of health conditions like heart disease, diabetes, and obesity — and even lowers life expectancy relative to people who do have access to healthy foods. Simply promoting healthy choices will not eliminate these and other health disparities. Instead, public health organizations and their partners in sectors like education, transportation, and housing need to take action to improve the conditions in people's environments. (Excerpted from Healthy People 2030 at health.gov/healthypeople)

Look What's Happening with our Ambassadors of Health!

Saying goodbye to the many faces of Lora Beth Reece...

Over the past four years, we have come to love and respect **Lora Beth** as the dedicated, spiritual, kind, and giving professional that she is!! However, for those of us that worked with her on a near-daily basis, we had the pleasure of seeing many more faces than just the professional one. At right are just a few (of many) good memories of Lora Beth captured over the years: 1) **Lora Beth** and team at the 2017 Lights of Love Plant City; 2) **Lora Beth** with **Linda Wilkerson** and **David Karchut** representing BayCare on a Dragon Boat race; 3) **Lora Beth** and **Gloria Ciani** having fun making Valentine cookies with the Elizabeth Sisters at the Franciscan Center; 4) "Hamming" it up at the Team Member of the Month Luncheon; and lastly, **Lora Beth** among other "casual tourists" **Cathy Gunn**, **Magda Setzer-Podowski**, and **Linda Wilkerson** during a Retreat. Lora Beth is definitely one of a kind, and could add to any team, committee, or venue she was on. She loved visiting the Franciscan Center and talking to the Sisters there. She equally enjoyed visiting all of the FCN churches, their FCNs and CHPs to see what they needed and how could she help. She was also a poet who frequently shared her artistic talents with her team members and was known to cause a few tears to shed with her beautiful heart-felt prayers. She was always there with a smile or laugh, or voluntarily lending a helping hand to whatever task we had. She was all of these things, and more. Most importantly, Lora Beth is a very spiritual woman, a woman of God, and a follower of Christ's teachings. As such, she is quick to say a prayer with you, if you need one, or lend an ear to listen without judgment. It is precisely this last "spiritual face" that led Lora Beth to follow her heart and her soul, and leave us for a new role. She will still be in the area, but will follow a new path where she can minister to others and still be a servant to God. Lora Beth, it goes without saying that we love you (ALL the faces), and we will miss your presence on our team. We were truly blessed and grateful to have you in our lives! God bless you always!



Back-to-School events are already being scheduled. As we enter this new season of the year, let us reflect on this Back-to-School Blessing by Rev. Marilyn E. Thornton. *"Bless my paper and my pen, guide my spirit deep within. Help me think and help me play, this whole school year, day by day. As I move from class to class, guide my footsteps; clear my path. Keep my tongue to speak your words, let your will for me be heard. In every subject high or low, may God's excellence be shown. Keep me strong to reach the prize, to grow in grace, becoming wise. Whether far from home or near, may I hold God's precepts dear. To do my best at every task; for this blessing, I do ask. Help my family be a part as I lift my mind and heart. As I study, work, and pray, be with them throughout the day. Of whom much is given, much is required. May his learning be my greatest desire."*

On time statistics winner for May is **Druann Briggs**, FCN at First United Methodist Church, Zephyrhills. Druann received a copy of *"Dwelling Places: Words to Live In Every Season,"* by Lucinda Secret McDowell, as a gift. From Linda, Darlene, and me, thanks for getting your stats in on time. Congratulations, Druann!

Contact Information: St. Joseph's/SFBH FCN Program

Linda Wilkerson, Manager, Ph: 813-757-8006 SFBH/813-356-7310 SJWH FAX: 813-872-2936 linda.wilkerson@baycare.org

Carla Williams, Department Secretary, Ph: 813-356-7311 FAX: 813-872-2936 carla.williams@baycare.org

BayCare Community Outreach



BayCare Faith Community Nursing did not let COVID-19 stop us from supporting a local faith-based community outreach center. One of the healthcare system's newest contributions to Bartow and the Church Service Center is a BayCare Wellness Station called "HiGi." The HiGi, like the one pictured below, was placed in the front waiting area of the building. A key focus area from the Community Health Needs Assessment is access to health care services. The HiGi stations create opportunities for easy health screenings so users can take action to improve any issues encountered. Faith Community Nursing wanted patrons driving through the Feeding Tampa Bay distribution site to realize that this service was readily available. FCN Coordinator, **Lanet Owen** (left), handed each driver an educational flier, **KNOW YOUR NUMBERS** and informed them that the Church Service Center is open Monday thru Friday, 8:30am-4:30pm; parking is readily available. The flier lists

health screenings that the wellness stations provide: blood pressure, pulse, body weight, body mass index, and diabetes risk assessment.

You can find BayCare Wellness Stations in every Publix pharmacy located within Hillsborough, Pasco, Pinellas, and Polk counties. There are more than 300 locations to choose from in the Tampa Bay area.

BayCareKnowYourNumbers.org



Faith in Action: Growing the Ministry

A partnership can start with a brief encounter, encouragement, a special talent and follow-through. I have been worshipping at Legacy Christian Church in Lakeland since last August and now consider this my church home. It took my husband and I a couple of years to determine where we were being led to worship and to do ministry. One Sunday around Easter time, I noticed the lady in front of me had a crochet bag of animals. At the end of the service, I introduced myself and we exchanged names. Melodee Marshall gladly showed me her handy work and let me know that she was making them to be handed out at **Options for Women**, a non-profit medical clinic serving women facing unplanned pregnancies by providing FREE medical services. I asked her if she had ever heard of a Prayer Shawl ministry and if she would like printed information. She graciously said yes and the next time we encountered each other at church, I had the informational material ready to give her. Within a couple of weeks, she came up to me after Sunday worship and let me know she had already finished and given away her first prayer shawl. This small health ministry effort is leading the way to greater things for Legacy. I want to personally thank Pastor Steve Brooke and Elder Ken Rawlings for meeting with me on Wednesday night, June 16 to hear about faith community nursing, congregational health promoter training and beginning a health ministry. I am looking forward to seeing what the next year will bring to the congregation. ~ Lanet Owen, volunteer role as an FCN



Contact Info: Polk County FCN Program

Lanet Owen, Coordinator, Bartow Regional Medical Center, 863-533-8111, ext 521831/lanet.owen@baycare.org

Sara McNamee, Coordinator, Winter Haven Hospital, 863-293-1121, ext. 7935/sara.mcnamee@baycare.org

FCN Participation in Stroke Accreditation

BayCare Health Systems currently has twelve Det Norske Veritas® (DNV) Certified Stroke Centers. Did you know that Faith Community Nursing (FCN) played a part in some of those accreditations? Morton Plant Mease and St. Anthony's Hospitals have FCN representatives who sit on the West Region Stroke Committees and report how **you** help these hospitals meet DNV Community Outreach Education Program Standards. Kudos to you! Here is how you helped in 2020 and Quarter 1 of 2021:

- **2208 blood pressure screenings.**
- **324 diabetes screenings**
- **8047 conversations in person, on the phone, or virtually.** Every time you talk to a person about wellness, resilience, life-style changes, disease management, mental health, etc., you are giving them the tools they need to live healthier lives and reduce their risk of stroke.
- **149,598 indirect contact opportunities.** Through bulletin boards and newsletters, you have the potential to share health information with 149,598 people (based on church membership).
- **Check. Change. Control:** Bethel Community Baptist Church had 17 members participate in this virtual program from the American Heart Association to learn how to reduce their risk for heart attack and stroke (story on page 5). Ask your FCN coordinators how you can bring this program to your church.

We still have opportunities to increase knowledge in our communities. Roughly 50% of the Stroke Alert patients who arrived at BayCare Emergency Departments so far this year came in a private vehicle. This means they missed the opportunity to be evaluated by EMTs for transport to the Stroke Center best equipped to help them.

BayCare has four levels of Stroke Centers (As described by the DNV):

Acute Stroke Ready Centers: Patients can be assessed for the most appropriate level of care and then will be transferred to the appropriate hospital. Acute Stroke Ready Centers can administer tissue plasminogen activator (tPA or alteplase).

Primary Stroke Centers: Capable of treating acute stroke, some hemorrhagic strokes, administering tPA; provide extensive evaluation, individualized care, and rehabilitative services in a dedicated stroke-focused program.

Primary Plus Stroke Centers: A new level of stroke care for organizations who meet the requirements of the primary stroke program and are fully thrombectomy capable but, cannot meet the Comprehensive Stroke requirements due to reasons such as volume requirements or capability to provide the full services, as required.

Comprehensive Stroke Centers: For patients who need more advanced care for their stroke. These centers are best equipped to treat hemorrhagic strokes or provide thrombectomies and other neurosurgical interventions. They also have dedicated neuro intensive care units.

Encourage community members to BEFAST:

We can help community members better understand that having a stroke does not have to result in permanent disability. EMTs can begin treatment in the ambulance, assess them to determine which hospital will best meet their needs, and alert the hospital that they are on the way so the Stroke Team at the hospital can prepare to meet them at the door and begin care immediately. It is helpful if they can report when their last known normal was or when exactly the stroke symptoms started. Visit Baycarestroke.org for more information.

Contact Information: MPM FCN Program

Neppie Alexander, FCN Supervisor: 727-736-9767, Neppie.Alexander@baycare.org

Georgia Cuthbert, FCN Coordinator: 727-736-9761, Georgia.Cuthbert@baycare.org

Katrina Goodrich, Transitional Care Coordinator: 727-736-9762, Katrina.Goodrich@baycare.org

Main Office/Marla Winn-Wicht, Administrative Assistant: 727-736-9769

Balance

Sudden loss of balance

Eyes

Sudden loss of vision in one or both eyes

Face

Sudden facial weakness or drooping

Arms

Sudden weakness or numbness in arms or legs

Speech

Sudden slurred or difficulty speaking

Time

If you observe any of these signs, call 911, immediately noting the time at the onset of symptoms

Mailing Address:

646 Virginia Street

Mail Stop 477

Dunedin, FL 34698

July is National Minority Mental Health Month



Bebe Moore Campbell, founder of the National Alliance on Mental Illness (NAMI) Urban Los Angeles chapter, was a champion for mental health education and support among individuals of diverse communities. In 2008, the United States House of Representatives announced July as Bebe Moore Campbell National Minority Mental Health Awareness Month. The purpose of Minority Mental Health Awareness Month is to increase knowledge about minority mental health issues in communities and to provide resources. Treatment Works, be encouraged to raise awareness to end stigma. Four ways you can advocate for yourself and others: 1) talk to your doctor, 2) get a referral to a mental health specialist, 3) work together with your mental health provider to integrate your culture into your treatment plan, and 4) connect with other families via support groups.

Faith Community Nursing in Action: Check Change Control



May marked the conclusion of the 4 month, evidence-based hypertension management initiative: Check. Change. *Control* at Bethel Community Baptist Church in St. Petersburg, FL. The collaboration between the American Heart Association and BayCare Health System has branched out to reach residents in our faith communities. The presentations were held virtually each month. At the beginning of the program, 20% had BP readings in the normal range, 60% in the pre-hypertensive range and 20% in the hypertensive range. Over the course of the program the anonymous BP readings were tracked and reported to the lead FCN **Ruby Hope**. The participants had excellent results: 46.7% (-9.00mm) of the participants saw systolic improvement and 53.3% of the participants (-3.33mm) saw diastolic improvement. Participants were engaged and motivated via monthly presentations, BP checks at church clinics, prizes and receiving a Certificate of Completion at the end of the program. For more information on the Check. Change. *Control* Program contact Kaitlin.chamberlin@heart.org or Ruby.Hope@baycare.org

Transitional Care visits resume at St. Anthony's Hospital

Transitional Care visits at St. Anthony's Hospital were suspended during the pandemic to keep staff and patients safe. We are excited to share that we have been given the green light to begin providing transitional care visits again. Initially, we will be visiting patients who are direct referrals from Faith Community Nurses, Congregation Health Promoters, churches partners, pastoral care, hospital staff or family members. The main goals of Transitional Care visits are:

- Connect the patient with the FCN in their faith community or with a SAH FCN Coordinator with the purpose of giving them additional resources for successful recovery at home.
- Ensure that medications are accessible and that their usage and dosing is understood by the patient/family.
- Ensure that the patient/family can schedule and attend follow-up visits in a timely manner.
- Ensure that the patient/family understands the hospital discharge instructions.
- Provide Spiritual Care by offering a compassionate, prayerful, listening presence.

A Faith Community Nurse with a visible badge can visit a patient in the hospital that is not in an isolation room. Previously patients were allowed one visitor per day; going forward a visit from an FCN should not count as their one daily visit. Please call the office with any questions.



Contact Information: St. Anthony's FCN Program

Patti Carr Wolfinbarger, FCN Supervisor, 727-820-7880/ patricia.wolfinbarger@baycare.org
Andrea Rose, Grant & Operations Coordinator, 727-825-1709/ andrea.rose@baycare.org
Lavina Ward, FCN Coordinator, 727-820-7884/ lavina.ward@baycare.org

St. Anthony's Hospital
 FCN Dept, MS 2021
 1200 7th Ave N
 St. Petersburg, FL 33705

Virtual Continuing Education Classes

Date	Time	Topic/Class Title	CE	Presenter
7/2 Fri	9am- 3pm	Foundations of FCN course/Classroom Day 2 (for participants currently enrolled in the course)	Yes	Multiple
7/15 Wed	9- 11:30am	Breast Cancer, Surgical Management, and Prevention Infomercial: American Cancer Society	Yes	Peter W. Blumencranz, MD, FACS Medical Director, The Comprehensive Breast Care Center of Tampa Bay
7/29 Thurs	5:30- 7:30pm	Cultural Sensitivity/Competence	Yes	TBD
8/5 Thurs	2- 3:30pm	Moving Forward from a Season of Grief	Yes	Susan Jacob, PhD, RN Professor & Executive Assoc Dean of Academic Affairs, The University of TN Health Science Ctr
8/13 Fri	9am- 4pm	Foundations of FCN course/Classroom Day 3 & Graduation (for participants currently enrolled in the course)	Yes	Multiple
8/19 Thurs	10- 11:30am	Perinatal Considerations	Yes	Dr. Richard Woodruff, MD

REGISTRATION FOR ALL EDUCATION EVENTS (UNLESS NOTED): an email from Andrea Rose will be sent to you 1-2 weeks prior to the class that will include a flyer with Learning Objectives, a Registration link, and the MS Teams “Join Meeting Link.”

Bring Check. Change. Control. to Your Faith Community

The American Heart Association is collaborating with faith-based communities in Tampa Bay to ensure our places of worship support a healthy lifestyle and to connect community members to heart healthy resources. The local AHA team wants to connect with Faith Community Nurses and congregations in Hillsborough, Pasco, Pinellas and Hernando counties* that are interested in a **FREE** blood pressure education course called **Check. Change. Control.**

The AHA and BayCare staff will facilitate this 4-month hypertension education program with sessions on hypertension 101, movement for a better life, stress and resiliency, and stroke awareness for congregation members. Congregation members will meet once a month with the goal of tracking 8 blood pressures over the course of the program through the AHA’s Tampa Bay BP online tracker. You will be the Congregation Champion, helping promote the program and encourage blood pressure tracking. This program can be done virtually or in a hybrid (virtual/in person) format, depending on the congregations needs.

If you are interested in participating, even if the *county of your faith community is not listed above, please contact Kaitlin Chamberlain, Community Impact Director at the AHA Tampa Bay, at Kaitlin.Chamberlain@heart.org. Thank you!



American Heart Association.

Check. Change. Control.®

Purpose statement: *Faith Community Nursing cultivates a network of professional nurses for the purpose of health promotion for all people in need with a focus on the intentional care of the spirit.*