

***Parish Nurse Basic Preparation Continues!!!!***

The basic preparation curriculum for faith-based nurses (see below for proposed changes to the title parish nurse), began in the modular format in June 2004. The modular format provides a series of seven (7), non-sequential seminars covering the curriculum, necessary for parish nursing, outlined by the International Parish Nurse Resource Center (IPNRC). The offerings are possible through a partnership with Florida Atlantic University's Christine E. Lynn College of Nursing. Participants receive five (5) contact hours per session and once all seven (7) modules are completed, a certificate in parish nursing is issued. The modules run continuously so that nurses can eventually collect all and receive their certificate in parish nursing.

Three modules have been offered and by October 2005, the entire first series will be completed. Interest in the curriculum has been positive. Module 3: ***Faith-based Nursing Practice Considerations: Legal/Ethical and Interfaith Prayer Interventions*** was attended by 18 nurses. Marnie Poncy, a nurse and an attorney with the Bioethics Project of the Legal Aid Society of Palm Beach County, engaged the group in a lively and highly energetic session about legal issues that affect nursing practice in a congregation. The pace of learning continued in the afternoon as an inter-

faith clergy panel shared their individual faith traditions within the context of prayers for healing. Imagine the opportunity to interact with clergy of various religions: ***Judaism***—Rabbi Steve Westman of Temple Beth El in West Palm Beach

***Islam***—Gholam Rahman a member of the Muslim community and journalist

***Buddhism***—Reverend Maya Malay the Ngakmos at the Dharma Center, Lake Worth, Florida

***Catholicism***—Father Seamus Murtaugh of St. Ann Catholic Church and parish in West Palm Beach

***Reformed Protestantism***—Reverend Mary Wright of the First Presbyterian Church of West Palm Beach

***Baha'i***—Ted Brownstein a member of the Baha'i faith and author of The Interfaith Prayer Book (see page 3: Resource Corner—Internet websites)

***Interfaith Collective***—Taylor Stevens spiritual leader and founder

At the conclusion, clergy led the group in an interfaith prayer experience. Participants left the session feeling connected to a common "God" and one another. Everyone agreed that the experience was enlightening, interesting and an amazing opportunity.

***American Nurses Association  
&  
Health Ministries Association  
join to update and revise the "Scope and Standards of  
Parish Nursing Practice!!!!***

Every five (5) years, the American Nurses Association (ANA) reviews their various publications regarding Scope and Standards of Practice. In 2004, a newly revised *Scope and Standards of Nursing Practice* was

published and a work group comprised of nurses from ANA and the Health Ministries Association began the task of reviewing the *Scope and Standards of Parish Nursing Practice*. (Continued on page 3)

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**Faith-based nursing practice roles:**

- Health counselor
- Health educator
- Health advocate
- Referral liaison
- Developer of support groups
- Volunteer trainer
- Integrator of faith and health



## Clip and Post: Preventing the “Cold” and “Flu” the old Fashioned Way

From the National Health Ministries– Presbyterian Church USA website the following tips provide a reminder of what Grandma told you:

- |  |  |  |
|--|--|--|
| <ol style="list-style-type: none"> <li>1. <b>Wash your hands often</b> – after coughing, sneezing, toileting, before eating – germs live for hours.</li> <li>2. <b>Cover your sneezes and coughs with tissue</b>— throw away immediately.</li> <li>3. <b>Keep hands away from face</b> - germs enter the body through eyes, nose or mouth.</li> <li>4. <b>Drink plenty of fluids</b>—it</li> </ol> | <ol style="list-style-type: none"> <li>5. <b>Get fresh air</b>—germs easily circulate indoors.</li> <li>6. <b>Exercise regularly</b>— to assist the body in building natural virus-killing cells</li> <li>7. <b>Eat foods containing “phytochemicals”</b>- vitamin foods like dark green, red and yellow vegetables and fruits</li> <li>8. <b>Decrease alcohol consumption</b> –alcohol dehydrates the body and in-</li> </ol> | <ol style="list-style-type: none"> <li>9. <b>Eat yogurt</b> –its beneficial bacteria can stimulate the immune system to fight disease</li> <li>10. <b>Decrease smoking</b>— smoke restricts the immune system, paralyzes the natural virus filtering system of hairs in your nose</li> <li>11. <b>Relax</b> –increases circulating immune cells in the blood</li> </ol> <p>creases the susceptibility to infections</p> <p>TRY ALL, or even a few, OF THESE TIPS FOR LESS AFFECTS OF COLDS &amp;</p> |
|--|--|--|

*Interfaith Health & Wellness Association, Inc. is pleased to announce continuing funding for year two from the:*

- **Community Foundation of Palm Beach and Martin Counties**
- **Allegany Franciscan Foundation**

*Major in-kind donations from the:*

- **First Presbyterian Church- WPB**

*Wellness means attention to the*

## Upcoming Event to attract nurses \* \* \* \*

*Mark Your Calendar!!!*

### NEXT PARISH NURSE CURRICULUM MODULES

**March 4, 2005:**

*Module 4: Assessment, Documentation AND Assisting with Issues of Grief/Loss*

**May 13, 2005:**

*Module 5: Parish Nurse Roles: Health Educator, Health Advocate & Coordinator of Volunteers AND Health Promotion/Wellness*

**August 26, 2005**

*Module 6: Parish Nurse Roles: Referral Agent & Support Group Coordinator - Dealing with Family Violence*

**October 14, 2005**

*Module 7: Getting Started: The Health Ministry Team*

**TIMES:** 9:30 am—4:00 pm (5 contact hours)

**WHERE:** Florida Atlantic University  
Boca Raton, FL

**OR**

### JOIN THE RETREAT EXPERIENCE

**June 6—10, 2005**

**WHERE:** *The Cenacle Spiritual Life Center  
1400 South Dixie Highway  
Lantana, FL. [Cenaclefl@aol.com](mailto:Cenaclefl@aol.com)*

**TIMES:** variable between 9am to 9pm  
More information: call IHWA @ 561-379-1972

### FREE LUNCHEON OPPORTUNITY

**February 7, 2005**

*Networking Brown Bag Luncheon*

**Who:** Parish nurses and others interested in parish nursing  
**Where:** Holy Name of Jesus Catholic Church  
345 South Military Trail  
West Palm Beach, FL  
**Time:** 11:30 am - 1:00pm

Bring your lunch. Beverage provided.

BODY

MIND



&

SPIRIT



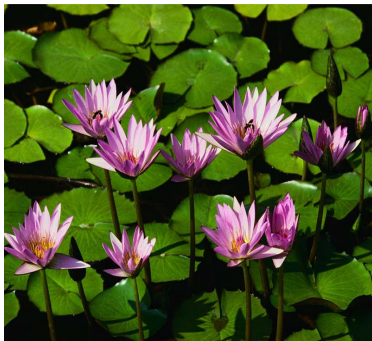
*Supporting faith-based nursing practice in South Florida*

Selma Verse, Executive Director  
301 South Olive Avenue  
West Palm Beach, FL 33401

Phone: 561-379-1972  
Email: IHWAssoc@aol.com



ON THE WEB AT:  
[IHWASSOC.ORG](http://IHWASSOC.ORG)



*Observe the colors and detail.  
Reflect on these in your life  
and  
be thankful!*

## **Resource CORNER:**

### **Internet websites:**

1. International Parish Nurse Resource Center— [www.ipnrc.org](http://www.ipnrc.org)
2. Stephen Ministries—[www.stephenministries.org](http://www.stephenministries.org)
3. Journal of Christian Nursing—[www.intervarsity.org/ncf/jcn](http://www.intervarsity.org/ncf/jcn)
4. American Nurses Association—[www.nursingworld.org](http://www.nursingworld.org)
5. Florida Nurses Association—[www.floridanurse.org/](http://www.floridanurse.org/)
6. Florida League for Nursing—[www.thefln.org](http://www.thefln.org)
7. Interfaith Resources—<http://www.interfaithresources.com/products/inunity.cfm>

### **Articles of Interest:**

1. Becker, Sharon. (2004). **The Health Insurance and Portability Act.** *Journal of Christian Nursing*, 21 (2), 12. Reprint of a HIPAA statement from Good Samaritan Hospital, Dayton, Ohio for use by health ministry teams and parish nurses.
2. Koenig, Harold G. (2003). **Health Care and Faith Communities: How Are They Related?** *Journal of General Internal Medicine*, 18(11), 962-963.
3. Mullooly, Wynell, and Kathi Scarpace. (2004). **Parish Nursing: Sharing Christ's Healing Mission.** *Ministry & Liturgy*, 31(1), 18-20. Introduction to parish nursing for clergy.
4. Parker, William. (2004). **How Well Do Parish Nurses Document?** *Journal of Christian Nursing*, 21(2), 13-14.

### **Books:**

1. Wren, K.R., & Norred, C.L. (2003). Real-world Nursing Survival Guide: Complementary & Alternative Therapies. Philadelphia: WB Saunders.

### **Funding Possibilities:**

1. [www.grantstation.com](http://www.grantstation.com)

In August 2004, a draft of the revisions was placed on the Health Ministries website and nurses were asked to provide feedback. After considering the comments, a final draft of the document was sent to the review board at ANA and a final decision is pending. The major changes in the *Scope and Standards*.... Include:

1. New formatting to reflect the 2004 revised *Scope and Standards of Nursing Practice*
2. A **change in the name** of parish nurse to **faith community nurse** or FCN. This is an attempt to be inclusive of all religious traditions
3. Inclusion of practice standards for:
  - \* outcome measurement
  - \* research data collection
  - \* advanced practice nurses
4. Specific measurement criteria for each standard of practice.

*For more information watch the websites for ANA @ <http://www.ana.org/> or HMA @ <http://www.hmassoc.org/> and their official publications.*

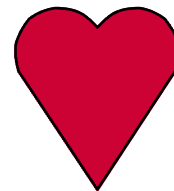
*Faith-based nursing means true*

**CARING !**

*Body*

*Mind*

*Spirit*



*for*

*Healing & Wellness*