

Creating Communities for Health &
Healing through Faith Community
Nursing



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Historical Perspectives

- Ancient time a “parish” meant a place for shelter & comfort
- Jesus cared for the whole person
- Christian crusades
- Catholic church - “Sisters”
nurses motivated to care because of their faith and their calling to service

Faith Community Nursing

- Granger Westberg, Lutheran Chaplain
 - taught the relationship of faith/religion and health to doctors, nurses and other pastors
- Educational programs & curriculum
 - “Faith Community Nurse” vs “Parish Nurse”

Who is a Parish Nurse?

- Requirements
 - Current RN license
- Knowledge/experience
 - Community health concepts
 - Excellent communication skills
 - Committed to wholistic health
 - Able to address needs of faith community members
 - Understanding of faith tradition’s rites & rituals

Where does a FCN work?

- Parish
- Church
- Mosque
- Synagogue
- Temple
- Health system
 - Sanford Health, Allina, Fairview
- Organization
 - YWCA, Churches United for the Homeless
- Others?

How do we connect?

- Spiritually guided nurse carries within her/him a tradition ... accessing power, not fully hers/his ... assisting others to access their own strength



- Integrate faith and health

Health and Healing Practices within a Faith Tradition

- Is there a history of your faith community working in the health field or medical missions?
- What are your faith tradition's beliefs on health-related issues?
- What are your faith tradition's views regarding the end of life? Beginning of life? Genetics? Suicide?

Roles and Service Options – 1. Health Education

Seminars on:

wellness, domestic violence, healthy relationships, honoring one's body

Health fairs

booths, information, assessments

Babysitting clinics – Home alone programs

Exercise classes

fall prevention, strength training, walking clubs

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**Roles and Service Options –
2. Health Counseling (1:1)**

BP screenings
Health assessments
Information sharing
Active listening
1:1 education

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**Roles and Service Options –
3. Referral Agent and Liaison**

Home visits
Linking with others
 in the faith community
 local/regional agencies
 service groups

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**Roles and Service Options –
4. Develop Support Groups**

Support for families who are experiencing:
 dementia (Alzheimer's), infant loss, teen suicide
Men's groups
 living alone, cooking classes, laundry care
Chronic disease management programs

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**Roles and Service Options –
5. Coordinate Volunteers**

Linking with congregational members to
provide support ("time and talent sheets")
 friendly visitor, Stephen's Minister, Befrienders
 Other home services
Assist with access to transportation services
Support programs – car care ministry

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Roles and Service Options – 6. Advocate

Attend health provider appointments as
“another ear”
Assist congregants to navigate the health care
system
Promote health care literacy
Visit congregants in care facilities – especially
those without family in the community

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Others

Continuity of care from hospital discharge
 effective discharge to home
 prevention of readmissions
Disability services
Cultural diversity
Working with students:
 nursing and pharmacy

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Additional Information

- Awareness of community services
- Work with others
 clergy, professional congregational staff, health
 council
- Time commitment for the FCN role
- Practice boundaries
- Know one’s limits

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Contact information

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- Westberg Institute
 – www.churchhealthcenter.org
- Health Ministry Association
 – http://hmassoc.org/