HEALTH MINISTRIES
PROGRAM

INTRODUCTION PACKET

Learn more about Faith Community Nursing and Health Ministry
What is a Health Ministry?

Health Ministry emphasizes the wholeness of body, mind and spirit in congregations. Healing, health and wellness are promoted among the members as well as the people in the surrounding community. It is a cooperative effort which may include members interested in health and wholeness, hospitals and other health agencies in the community.

Many congregations may already have health ministry activities underway, but an organized, dedicated congregational health ministry usually includes a health minister or ministers who assist individuals and groups to meet their needs for health. They normally work with a health cabinet/committee to further implement designated programs and activities such as:

Health Screenings
Education - promoting wellness and spiritual support – integrating faith and health
Assisting in advocacy and finding resources
Listening, personal health counseling, advocating personal responsibility
Training and coordinating volunteers
Home, hospital, shut-in visitation

Different Models of Health Ministry popular today:

Parish Nurse:
- Paid or volunteer
- Solo or team

Lay Health Minister

Health Ministry Team
What Do Faith Community Nurses (FCNs) Do?

Faith Community nurses assess the needs of the congregation to facilitate wholistic health within the church.

Faith Community nurses plan classes & programs based on the assessed needs of the congregation:

- Suicide Prevention
- Life Style Management
- Health Ethics
- Choosing a Nursing Home
- Exercise, Nutrition
- Healthy Aging
- Grief
- CPR
- Walk to Jerusalem
- Physically and Mentally
- Challenging Conditions
- Choosing a Day Care Center
- Organ Donations

Faith Community nurses train volunteers to extend the health and caring mission of the church:

- Stephen Ministries
- Prayer Shawl ministries
- Blood pressure screeners
- Grief Support Groups
- Nursing home visitors
- Accessibility & Safety Factors

Faith Community nurses help clarify the relationship between faith and health via:

- Sermons
- articles in church newsletters
- Bulletin Boards
- poster displays
- presentations to church groups
- Bulletin inserts

Faith Community nurses provide nursing services for all ages, such as:

- for infants–new mother visits;
- for children–Sunday school content on the body;
- for teenagers–self-esteem, substance abuse prevention;
- for young adults–stress management, occupational health, nutrition classes;
- for older adults–health aging, reminiscence, visiting.

Faith Community nurses act as health resources within the church:

- referring members to community resources
- conducting screenings: diabetes, blood pressure, glaucoma, vision, hearing, etc
- supporting members in life-style changes, supporting care-givers and the elderly desiring to remain in their homes
- counseling individuals who have personal health questions.

Faith Community nurses visit members in their homes, nursing homes and hospitals focusing on:

- the relationship between spiritual and physical well-being;
- follow up on early hospital discharges;
- doing physical assessments;
- doing spiritual assessments;
- setting goals which consider the client’s wholistic strengths and deficits.

Adapted from Questions and Answers on Parish Nursing by Marquette University, Milwaukee, Wisconsin

Good Samaritan Hospital
Premier Health Partners
Health Ministries Program
937-227-9454

Updated 3/10/09
Implementing a Health Ministry

Basic steps in beginning a Health Ministry:

1. Pray for God's will, timing, direction and guidance.
2. Learn all you can about health ministry. Gather information from local, national, and denominational resources. Talk to persons in other congregations already in health ministry. Look carefully at the values and culture of your faith.
3. Seek out others in your congregation who may be interested in the concept. Along with others who are interested, present information to the pastor, obtain approval to go ahead.
4. Communicate the idea of health ministry to the congregation by:
   a. church bulletin, newsletter or bulletin boards
   b. presentations to existing boards, groups and committees and key individuals
   c. sermons by the pastor that discuss the connection of spirituality and health
5. Organize a health ministry task force/committee/cabinet
   a. establish the model and structure of the ministry (i.e. paid or volunteer?, number of hours, solo vs. team practice)
   b. identify purpose and goals
   c. look at needs that may be “driving the creation” of this ministry
   d. research legalities of your congregation and denomination
   e. develop preliminary budget and funding ideas
   f. recruit and hire candidates if desired
   g. collaborate with local hospital program if possible
6. Once the model is determined and a committee/cabinet/team is established:
   a. follow through on suggestions identified in earlier research
   b. organize a commissioning service for those implementing the ministry
   c. take an in-depth look at the demographics of the members
   d. survey the congregation for wants/needs/concerns
   e. look for opportunities to “publicize” to the members what you are doing
   f. plan programs that educate and promote prevention and wellness, with scripture connection
   g. recruit others who can assist with their skills and areas of interest
   h. validate professional licenses of those involved in the ministry
   i. seek appropriate training for nurses and other health professionals
   j. follow the guidelines established in the Scope and Standards For Faith Community Nurse Practice
   k. network with others in the ministry to share ideas, get support
   l. identify local resources for assistance, program ideas, etc.
   m. continually evaluate the ministry – keeping the focus on your goals and who is being served, change programs ideas as the members needs change
7. Celebrate the ministry and the good work being done, give thanks to the Creator
Health Ministry Program Resources

- Consultation/coaching to assist and walk with a congregation in all aspects of ministry development
- Assists with the development of a health council/cabinet/team
- Quarterly continuing education opportunities, such as:
  - Developing Congregational Health Ministries
  - Blood Pressure Screening Training with Ohio Department of Health
  - The Gift of Caring Presence
  - See Me...Recognizing and Responding to the Issues Facing Older Adults workshop
  - Being Wounded Healers: Caring for Others as We Care for Ourselves workshop
  - Grant Seeking and Resources for Success workshop
- Co-Sponsors Greater Dayton Faith Community Nurse and Health Ministers Support Group
- Bimonthly newsletter
- Blood pressure equipment: both aneroid and Dinamap electronic machines for loan
- Blood pressure documentation file cards and client pocket cards
- Lending Library of books, videos and periodicals
- Professional Liabilities Information and resources
- Community liaison to Greater Dayton Area agencies and resources
- Sample documentation forms
- Sample surveys and demographic forms
- Access to screenings, speakers and numerous resources from Good Samaritan Hospital programs and departments
- Assistance with Health Fair planning
- Display and bulletin board resources and materials
A HISTORY OF THE DEVELOPMENT
of Faith Community Nursing and Health Ministries Concepts

• In the 70’s, Dr. Granger Westberg, a Lutheran minister, hospital chaplain and medical school professor, established holistic health clinics in Chicago area churches. Staffing was provided by a physician, a nurse and a pastoral counselor.

• In the early 1980’s, the concept of a “ministry of health” emerged, and began to focus on the role that the nurse can play in congregational health. Through their corporate structure, Lutheran General Health Care Systems established a model of partnership with churches and the Parish Nurse Resource Center was created.

• Interest in the concept grew, and by 1986, parish nurse education programs were established at Lutheran General Hospital in Park Ridge, IL. And Iowa Lutheran Hospital in Des Moines, IA. In ’87 the IPNRC sponsored the first of the now annually held parish nurse conferences called the Westberg Symposium. In 2002, the Resource Center was relocated to St. Louis, MO under the direction of the Deaconess Parish Program.

• In 1989, due to an increasing interest in the health ministry concept, and directed by further vision of Granger Westberg, the Health Ministries Association, Inc. (HMA) was incorporated as a non-profit organization. This association serves the full congregations’ involvement in health ministry, including laity, clergy and all health professionals. HMA holds an annual conference in rotating locations throughout the country.

• In 1998 the HMA document Scope and Standards of Parish Nurse Practice was adopted by the American Nurses Association. This document was revised in 2005 and is now called Faith Community Nursing Scope and Standards of Practice.

• Today, the growing movement is toward a Health Ministry Program. With this concept, the congregation has the freedom to create a team approach to meet the health needs of their membership. Often, the team is a council, cabinet or committee, comprised of nurse, allied health professionals and lay people who determine how the assessed needs will be met. Throughout this country and indeed the world, there are incredible numbers of people serving in a parish nurse or health ministry role. These nurses most often work as volunteers but some are in paid positions, supported by hospitals, congregations, universities or long term care facilities. Collaborative ventures in Faith Community Nursing, especially between hospitals and congregations, are also popular.

• The late Dr. Granger Westberg continued to play an integral role in the Parish Nurse and Health Ministries movement until his death in the winter of 1999.
HEALTH MINISTRIES PROGRAM MAY INCLUDE: A Listing of Possible Activities

I. Health Educator

Dental Health
Wellness Weekend - Health Fair
CPR Class
Update Your First Aid Kit.
Conflict Management Sessions
Sabbath Keeping Seminar
Life Stress Education
Corporate Wellness
Meditation/Relaxation Education
Sexuality/Sex Education Classes
Dying, Death, Grief& Loss Seminars
Wellness for Youth
Parenting classes
Bioethics Seminar
Lifestyle Change Class
The Caring Question Class
Healthy Refreshment~ for Meetings
Living with PMS
Time Management Workshop
Violence in the Home Class
Chemical Health Series
Gifts of the Spirit Workshop
Grief clinic
Good Touch - Bad Touch
Healthy Heart Class
Prayer, Stress and Healing class

Homeless and The Church Class
Good Nutrition Class
Caring for Your Elderly Parents Workshop
A Spiritual Christmas Workshop
Prayer and Meditation Class
Cancer Treatment Class
Mental Health and Depression Class
Unplug the Christmas Machine Workshop
Lifestyle Wellness Series
Free to be Thin Class
Health and The Bible class
Chemical Dependency Series
Drugs and Interventions Class
Living with Alzheimers Class
How to Ask Your Doctor About Class
Women’s/Men’s Health Issues Series
Eating Disorders Class
Retirement Planning Seminar
Seminar on Aging
Living Will/Durable Power of Attorney
Planning Your Own Funeral
Health & Safety
Nursery Attendant Training
Child/Sexual Abuse Education
Babysitting Training Class

II Coordinator of Volunteers

Cards/Calls of Concern
Spiritual Support Group
Widow’s Support Group
Unemployed Support Group
Caregivers Support Group
Mothers-Day-Out
Phone Ministry Follow-up
Coordinate Transportation Pool
Establish & Train for Prayer
Developing Member Referral Network
Stop Smoking Clinic

Weight Loss Support Group
Parents of Teen Support Group
Parents Anonymous Group
AIDS Support Group
Senior Fellowship Meal/Day
Hospital/Nursing Home Visitation Training
Children’s Ministry to/with Elderly
Caring Community Training
Stephen Ministry Training
Befrienders Training

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II. Coordinator of Volunteers, Continued

Training for Greeters
Quilting Group at Shut-in’s Home
Adopt-a-Grandparent (S.S. Class)
Divorce Support Group
Arthritis Support Group
Adopt-a-Student (College & Elderly)

Alzheimers Care-giver Support Group
Coordinate Home Health Care
Retreat for Elderly
Single Parent Support Group
Telephone “Buddy” Network

III. Personal Health Counselor and Home Health Minister

Home Visits
Pre and Post Hospital Visits
Nursing Home Visits
Expectant & New Mother Visits
Dysfunctional Family Visits
Teenage Mother visits
Volunteer Network for Home Care
Ministry to Pastors & Staff
Case Conference with Pastoral Staff
Fire/Smoke Alarm Check-Church & Homes

Personal Prayer Requests, Staff Meeting
Building Accessibility
Sermon, Meditation, Homily
Expand Prayers of the Church
Services of Prayer & Healing
Worship/Devotions in Nursing Homes
Staff Education: Consultation & Listening
Advocate for Nursing Home Patients
Church as Non-Smoking Facility

IV. Health Monitoring and Screening

Blood and Organ Donations
Personal Health Assessments
Blood Pressure Screening
Diabetes Screening
Cholesterol Screening
Glaucoma Screening

Confronting Child & Family Abuse
Low-impact Aerobics
Well-Adult Screening Clinic
Health Standards for Day Care Program
Living with Chronic Illness Group

V. Health Resource and Referral Agent

Life-line Emergency Phone System
Personal/Family Crisis Intervention
Medical Service for Uninsured

Transitions from Home to Nursing Home
Ministry to Homeless
Resource for People of Special Need

Adapted from Health Ministry Association