



Annual Report: Parish Nurse Program

Fiscal Year 2016

Lee Health Parish Nurse Program Manager
Nancy Roberts, RN, BSN, FCN
Health Park Medical Center
Spiritual Services

The American Nurses Association and the International Parish Nurse Resource Center have encouraged the interchangeable use of **Faith Community Nurse** and **Parish Nurse**. Registered Nurses who complete the Foundations Course are credentialed with course completion. We currently have **28 Faith Community Nurses partnering in 30 covenant relationships with Lee Health** functioning as health educators, personal health counselors, referral agents, trainer of volunteers, developer of support groups and integrators of faith and health. Parish Nurses function as part of the ministerial team in a non-paid model or in a paid model that is decided by Faith Community Leadership and the parish nurse. Their role in the community creates a bridge between our Health Care System and our community.

In June 2016, Lee Health Parish Nurse Program successfully credentialed 11 new Faith Community Nurses. Of the 11 nurses, 5 were current Lee Health employees. It is our plan to offer the Foundations Course again in August, 2017. The International Parish Nurse Resource Center, a ministry of The Church Health Center located in Memphis, Tennessee has offered this course through a collaborative partnership with Lee Health since 2000. The newly updated course will award 40 CEU to the participant as well as a Faith Community Nurse Pin and a certificate of course completion.

Statistical data shown below was gathered using a template developed by the Faith Community Nurses to capture the contacts made in their respected Faith Communities and outreach to the Community at Large.

Program Highlights: FY 2015

1. **Faith Community Nurses** connect with their Faith Communities and the Community-At -Large for a holistic approach to health promotion and wellness.

An approximate total of 7379 direct client to nurse contacts were reported. A **direct contact** is defined as a one to one meeting with the client, greater than 15 minutes, and the primary reason for the contact may include one of the following:

- Integrate Faith and Health
- Patient Education/Health Counselor
- Referrals to LMHS or Community Resources
- Active Listening
- Health Advocacy
- Grief Work
- Health Clinic Triage

An approximate total of 156,845 in-direct clients to nurse contacts were estimated within the Church Community. An **indirect contact** is defined as coordination of activities at the Faith Community or an outreach of coordination of activities for the community at large. Some common **indirect contacts** may include:

- Health related written articles for distribution in newsletters/bulletins
- Educational Programs developed for church and/or community
- Coordination of volunteer groups: Prayer Shawls, Compassionate Blankets, Communion Ministry, Health Ministry Teams, Stephen Ministry or Visitation Teams to home bound, hospitals and facilities
- Coordination of group Blood Pressures
- Coordination of Community Health Fairs
- Food Pantry & Food Lunch Programs
- Immunizations and health screenings

2. **Monthly Parish Nurse Meetings** allow for sharing of health ministry programs and speakers from Lee Health resources to promote system referrals. Over 290 referrals to our health system were made by Lee Health Parish Nurses. Primary to the monthly agenda are topics related to safety and patient excellence of nursing care. Speakers from community resources are also scheduled to alert the nurse to new resources and/or to refresh current assessment skills. This year one primary theme was Health and Wellness initiatives and speakers encouraged Health Coaching, Integrative Medicine, Walking Programs and Balance Screening.

3. **Key Community Programs and Outreach**
 - A. **Haitian Faith Community Nurse:** Approval was received for this previous grant position to be updated to a Spiritual Services PRN RN position up to 10 hours/week. Primary health education and health awareness is provided to the Haitian Community through Haitian radio health talks, Health Screening events, and one-to-one education at the Free Maranatha Nazarene Church of the Rock Clinic. The continued success of the free clinic has seen an attendance this past year of 493 Direct Contacts (clinic). Education for the individual is the primary responsibility of the FCN with topics that may include: Blood Pressure, Diabetes, Cancer Prevention, Medication Usage, and Healthy Lifestyle Choices. Encouragement to use appropriate community referrals, such as Lee Community Health Care/United Way Clinics, and Family Health Centers of SW Florida is a main focus. A Haitian Community Health Fair was held at First Baptiste Haitian Church and over 200 Haitian individuals attended from area Haitian Churches. They were screened on a variety of health issues such as Hearing, Eye Health, AIDS, Blood Pressure, Balance and glucose to name only a few. Coordination with Harry Chapin Mobile Food Truck was also a part of the Health Awareness Day.

 - B. **The Homeless of Lee County** are served by two Faith Community Nurses through program coordination, indirect contact and triage of health and social issues.
 - a. “God’s Table, Chapel by the Sea on Ft. Myers Beach assisted over 6099 Individuals to connect with services for food, clothing, health assessments and referrals for community resources provided by CCMI and Family Health Services. The Faith Community Nurse is in a paid model by the congregation to assist in the potential needs of the homeless and community.

 - b. All Soul’s Episcopal Church, N. Ft. Myers, has a once a week distribution of food pantry items, hot lunches, veteran services as well as community social services a total of 9401 were served food and pantry items. The triage of individuals for medical issues is done by the Faith Community Nurse and referred to the Family Health Center, ARNP. An approximate total of 456 individuals were assessed by the Faith Community Nurse who is currently a PRN Spiritual Service RN working up to 10 hours per week. LMHS is represented on the Lee County Homeless Coalition by the Faith Community Nurse who assists with Point in Time Count of Homeless of Lee County as well as the Annual Veterans Stand Down and participates in other community homeless events and community outreach throughout the year.

C. Underserved Outreach: Hope Lutheran & Amigos en Christo: Lee Health Parish Nurse employed 40 hours per week by Congregation to provide wholistic care to church members and to coordinate outreach to the community at large.

- Amigos en Christo is a small congregation of primarily non English speaking, underserved residents of the area. Blood Pressure Screening provided to: >35 individuals with individualized education. Flu immunizations were organized and provided by Walgreens free for 20 individuals.
- Pueblo Bonita: A community of low income, underserved individuals living near Hope Lutheran. Educational programs provided to 391 residents on topics that include: Chronic Disease, Tuberculosis, Human Trafficking Awareness, and Child Development. Also 22 Flu immunizations were organized and provided by Walgreens free of charge.
- New Horizon's Supper Mom's Club: Group of underserved mothers in community. Blood pressure screening and blood sugar provided to 20 women and 1 hour of Diabetes Prevention Education
- Shoes of Hope: Large outreach to the underserved population of migrant and low income resident children of the area: 400 Children had their feet washed and received a new pair of shoes, socks and backpacks.
- Lions Club of Bonita: Outreach with Blood Pressure screening and individualized education provided to 38 individuals.

4. Regional Community Health Fair Screenings were developed and successfully accomplished by the following Faith Communities and Parish Nurses. Planning and organization of the events were provided by: Lee Memorial Health System, Right At Home, and Shell Point Village Retirement Community. Approximately 250 attendees took advantage of numerous free health screenings: Locations for health fairs:

- a. **Sanibel Island:** Center for Life: Sponsored by Sanibel United Church of Christ, St. Isabel, St. Michaels & All Angels Episcopal Church, Sanibel Community Church
- b. **Ft. Myers:** Sponsored by First Christian of FM, Peace Lutheran, Ft. Myers UCC, Thomas A Edison Congregational
- c. **Cape Coral:** Sponsored by Grace Methodist, Christ Lutheran, St. Andrews Catholic Church and St. Katherine Drexel Catholic, Kings Way Ministries,
- d. **Bonita Springs:** Sponsored by Hope Lutheran, First Presbyterian of Bonita, Lamb of God Lutheran/Episcopal
- e. **Grace Shores:** Sponsored by Grace Shores United Methodist Church, Alva Countryside Wesleyan, Tice United Methodist.

5. The Compassionate Blanket Program established in 2009, continues with generous grants from the Cape Coral Hospital, Lee Memorial Hospital, and Gulf Cost Hospital Auxiliary Boards and private donations. Through combined efforts of Parish Nurses and Faith Community Sewing Groups in local Faith Communities, the blankets are constructed then distributed to 11 Intensive Care Units in the Health System. The Palliative Care Team members and the ICU nurses then gift the blankets to families who have lost a loved one in the intensive care unit or who are in need of special comfort. Since inception approximately 1500 blankets have been gifted and the response from families as well as staff has been overwhelming positive.

Feedback and comments from ICU and Palliative Care Teams have shown increased employee job satisfaction and positive feelings of providing a special gift of compassion. Family members who have received the “Compassionate Blanket” have also commented on the special comfort they received at a critical time of grief and loss.

Participating Faith Community sewing groups:

**St. John XXIII – The Villas
All Souls Episcopal
Unity of Ft. Myers
Faith Presbyterian of Cape Coral
St. Michaels Lutheran
Peace Lutheran
Sanibel Community Church
Sanibel UCC
Good Shepherd United Methodist
St. Luke Episcopal Church
Christ Lutheran Church**

4. **PDCA Lean Transformation techniques** were used to develop a process of Parish Nurse **Referrals for CHF and also COPD/Asthma patients discharged from hospital system.** Parish Nurses were provided with evidence based teaching tools that are currently initiated during hospital stay. The goal is for parish nurses to empower the patient to seek medical care early and to reinforce understanding of CHF/COPD symptom management in an effort to reduce re admissions. Referring departments from Care Management, Palliative Care, Heart Failure Educators and Care Transitions were initially requested to make a referral. As the program information is shared, more referrals are anticipated.
Referrals received: **9** Readmitted at 30 days: 0 Readmitted within 60 days: 1

Respectfully submitted,

Nancy Roberts, RN, BSN, FCN
Lee Health Parish Nurse Manager

We are Thankful for the continued program support by Lee Health Leadership and the guidance from Lee Health Spiritual Services Department.