



# 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



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Health Ministries Program

937-227-9454

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

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

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

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

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

# Implementing a Health Ministry

Basic steps in beginning a Health Ministry:

1. Pray for Gods 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	Homeless and The Church Class
Wellness Weekend - Health Fair	Good Nutrition Class
CPR Class	Caring for Your Elderly Parents Workshop
Update Your First Aid Kit.	A Spiritual Christmas Workshop
Conflict Management Sessions	Prayer and Meditation Class
Sabbath Keeping Seminar	Cancer Treatment Class
Life Stress Education	Mental Health and Depression Class
Corporate Wellness	Unplug the Christmas Machine Workshop
Meditation/Relaxation Education	Lifestyle Wellness Series
Sexuality/Sex Education Classes	Free to be Thin Class
Dying, Death, Grief& Loss Seminars	Health and The Bible class
Wellness for Youth	Chemical Dependency Series
Parenting classes	Drugs and Interventions Class
Bioethics Seminar	Living with Alzheimers Class
Lifestyle Change Class	How to Ask Your Doctor About Class
The Caring Question Class	Women's/Men's Health Issues Series
Healthy Refreshment~ for Meetings	Eating Disorders Class
Living with PMS	Retirement Planning Seminar
Time Management Workshop	Seminar on Aging
Violence in the Home Class	Living Will/Durable Power of Attorney
Chemical Health Series	Planning Your Own Funeral
Gifts of the Spirit Workshop	Health & Safety
Grief clinic	Nursery Attendant Training
Good Touch - Bad Touch	Child/Sexual Abuse Education
Healthy Heart Class	Babysitting Training Class
Prayer, Stress and Healing class	

### II Coordinator of Volunteers

Cards/Calls of Concern	Weight Loss Support Group
Spiritual Support Group	Parents of Teen Support Group
Widow's Support Group	Parents Anonymous Group
Unemployed Support Group	AIDS Support Group
Caregivers Support Group	Senior Fellowship Meal/Day
Mothers-Day-Out	Hospital/Nursing Home Visitation Training
Phone Ministry Follow-up	Children's Ministry to/with Elderly
Coordinate Transportation Pool	Caring Community Training
Establish & Train for Prayer	Stephen Ministry Training
Developing Member Referral Network	Befrienders Training
Stop Smoking Clinic	



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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