

Westberg Symposium 2010
Session A - Descriptions
10:45 - 11:00 AM
Saturday 9/18/2010

- A – 1 Professional Boundaries: Discerning the Line in the Sand (P,R):** *Jane Barton, MTS MASM, Certified Spiritual Director, Community Educator for Life Quality Institute, Denver, CO*
Professional boundaries are needed to protect patients and families as well as healthcare providers. This statement is reinforced by the existing codes of ethics and standards of conducts associated with specific disciplines within the healthcare community. It is important for a healthcare provider to understand the demarcation between self and patient/client in order to serve in a mutually beneficial manner. However, boundaries are diverse in nature, some seemingly difficult to distinguish at times. It is therefore important to review periodically the characteristics of boundaries, the authoritative sources defining boundaries, the varieties of boundaries, the evidence and implications of crossed boundaries, and the available resources for boundary resolutions.
- A – 2 Children Grieve: Ways to be Helpful & Supportive (R):** *Vera Duncanson BA Religious Studies, Hospital & Hospice Chaplain, Provena Covenant Medical Center, Urbana, IL*
This presentation will help parish nurses be better equipped to assist grieving children and their families within their congregations. We will explore the unique grief responses of children, the tasks of grief children need to work through, how they might express feelings, and the impossible questions they sometimes ask. A model for a support group will be discussed as a way to further explore and understand how children process grief and what is supportive to them. Attendees will learn what to listen for in a grieving child, how to create a safe space in which the child is comfortable sharing her or his story and feelings, and how to respond to the child's needs or questions—or be comfortable not having the answers. Resources and activities to use with children will be shared. Storytelling, sharing, music, art, and play accompany this presentation.
- A – 3 Orienting the Parish Nurse: Setting Sail for Sustainability (R,A):** *Laureen Markland RN FCN, Regional Parish/Faith Community Nurse Coordinator, Winchester Medical Center, Winchester, VA*
This presentation will provide Parish Nurse Coordinators with practical advice and tools for welcoming both new and experienced Parish Nurses to their network. Navigating the sometimes murky waters of changing clergy, varying levels of support or simply the normal excitement, apprehension or anxiety of beginning a parish nursing ministry requires a coordinator to have leadership skills that foster positive relationships right from the get-go. Using a sample welcome binder created by the presenter who is a regional coordinator in her

fifth year as well as an active Parish Nurse, participants will examine approaches to orientation and many resources which promote successful Parish Nurse ministries, connectivity and compliance which influence network and individual ministry sustainability.

A – 4 Helping Patients Thrive with Knowledge – Health Information Literacy’s Role in Patient Care (E,R): *National Network of Libraries of Medicine Liaisons: Siobhan Champ-Blackwell MSLIS, Creighton Univ., Omaha, NE; Barbara Jones MLS, J Otto Lottes Health Science Library, Columbia, MO; James Honour MLIS, Univ. of Wyoming Libraries, Laramie WY*

Health Literacy is more than just being able to read a patient education brochure. Instead, being health literate means being able to understand and act on information, make informed decisions about health care, and have the ability to gather and evaluate health information. Numerous studies demonstrate the lower the level of health literacy, the poorer the health outcome. And yet, a patient’s health literacy level is often difficult to assess.

This interactive session will cover definitions of health literacy, provide an overview of resources to turn to for locating reliable trustworthy health information, and provide examples of programs like Missouri Health Literacy Foundation and the National Network of Libraries of Medicine, that can assist health care providers in navigating the jungle of health information resources available. Case studies will be used to review and discuss class content. Attendees will leave with the ability to locate and evaluate patient education materials that are appropriate for the patients they see in their Parish Nurse practice.

A – 5 Improving Emotional Intelligence: The Role of Cognitive Behavior Therapy in Whole Person Health (P,R,S): *Katia Reinert RN MSN FNP PH-CNS FCN, Health Ministry Clinical Supervisor and Faith Community Nursing Coordinator at Adventist HealthCare, MD*

This presentation will use a biblical foundation to explore the role of emotional intelligence (EQ) and cognitive behavioral therapy in whole person health. It will identify evidenced based distorted patterns of thinking that may contribute to health problems such as anxiety and depression. In addition, the session will provide practical examples of how one may replace inaccurate thought patterns with accurate thinking.

The presentation will assist faith community nurses and health ministry leaders to evaluate their own emotional intelligence through an EQ self-screening test, as well as enable them to recognize unhealthy patterns of thinking in themselves and others.

At the completion of this session participants will gain a better understanding of cognitive behavioral therapy modalities and the process of recognizing destructive thoughts. They will be better able to improve their own EQ and

manage their emotions, as well as use interventions that will assist others in preventing or finding healing for depression and anxiety. Finally, they will recognize that physical and mental healing is a natural link to spiritual health.

A – 6 Creative Arts: Thriving Through Contemplative and Reflective Expression (P,S): *Alyson Breisch RN MSN FCN, Educator Consultant for Breisch Health Education PLLC*

This presentation will explore ways that contemplation, reflection, and creative art expression cultivate increased awareness and insight. Creative processes often are healing processes. This approach may be useful in bereavement support groups and in providing pastoral care for parishioners. It also can be valuable in deepening self-appreciation by individuals who work in health ministries. The workshop will discuss approaches for use of artistic expression and the association to health and wholeness. The participants will then participate in a contemplative reflection exercise followed by an application workshop in which they may use several creative art techniques to illustrate and honor aspects of their health ministries' work.

A – 7 Compassion Fatigue & Its Effects on the Nurse and Their Families (E,S): *Rev. Angelo Betancourt, MDiv JD BCC, Emergency Department Chaplain, Texas Health Harris Methodist Fort Wayne Hospital, TX*

1) This presentation will take a look at a yearlong study that took place at Texas Health Harris Methodist Fort Worth Hospital. The study's aim was to discover to what extent our nurses were suffering from Compassion Fatigue. The study also went a step further to something that has not been done before; the study looked at the nurse's families to determine if they were feeling the effects of the caregiver's compassion fatigue. When the study was completed we determined that indeed our nurses did suffer from the effects of compassion fatigue. Through the nursing governance structure, the unit based councils; we set out to establish best practices to deal with compassion fatigue. This presentation will discuss the subject of compassion fatigue and how it surfaces in a major metropolitan trauma center.

2) The phenomenon of Compassion fatigue affects not only nurses in a major metropolitan hospital it affects all caregivers including faith community nurses. If they are not careful the affects of compassion fatigue can be passed on to their families.

3) The participant will develop skills in identifying Compassion fatigue in themselves and others. They will be given self tests and they will be given strategies for dealing with and preventing compassion fatigue.

A – 8 Healthy Aging in the Midst of a Changing World – the Longevity Revolution (P,E): *Marge R. Hendrickson, Senior Resource Care Coordinator, Aurora Health Care, Milwaukee, WI*

News Flash: "By the year 2030, the number of Older Americans in the U.S. will reach somewhere between 65 and 70 million individuals-What a Changing World!" This collaborative program demonstrated the care and concern that we have for our seniors, along with our efforts to provide information and

assistance-so that healthy aging can take place.

This presentation will give parish nurses the opportunity to learn about a collaborative holistic health education program for older adults that was developed between a parish nurse/senior resource coordinator, the community education/outreach department of a hospital, the YMCA, community libraries and clinics, and other community senior organizations. The community in which this program was started has a large senior population-25% and 16,000 individuals. The nurse developed a series of programs to address the topic of Healthy Aging. The questions raised and discussed were: What is normal aging? How can individuals age in a healthy manor? What are the Myths of Aging? Basically, the question is: How can we live the best life possible for us at this time in our lives? Many other health topics were presented-from Alcoholism & Older Adults to Advance Directives-all in a holistic manner. These will be available at the time of the presentation. The nurse participated in community health fairs and blood pressure clinics. The nurse was available to follow up with participants who were in need of services or health counseling. This program was begun in 2008 and continues to the present with plans for 2010.

A – 9 Becoming the Change you Wish to See – a Quantum Perspective (E,S):
Ronnette Sailors RN BSN FCN, Coordinator, Alegent Health Faith Community Nursing Network, Omaha, NE

Thriving in a changing world requires re-evaluating our thoughts and beliefs, and utilizing tools that can help us not only maintain but grow emotionally and spiritually. Gandhi said “A man is but the product of his thoughts. What he thinks, he becomes.” To expand on that, what we become affects everything else in some way. Therefore, self care is not an ego trip or a selfish thing—in its most delicious sense, self care helps us to become more whole, to reflect God more fully, and to be totally present for others.

By looking at the vastness of outer space and inner space, exploring fractals and Chaos theory, investigating research on gratitude, happiness, and heart coherence, we will begin to integrate spirituality and health in a way that helps us to find our significant place in a very large picture. We will practice various techniques leading to coherence of body, mind and heart, clearing a path that allows our real selves to shine through, leading to healing of self, others, and the planet.