

Wholeness ~Wellness

Wisconsin Parish Nurse Coalition

Special Interest Group of the Wisconsin Nurses Association



Volume 8 Issue 4: November 2009



Salutations from the WPNC Chair

Our 10th annual WPNC Pre-Conference was held on Thursday October 22nd 2009 at the Pfister Hotel in Milwaukee. Even though the weather outside was rainy, windy and damp, the event itself was a "day filled with sunshine" as 105 parish nurses gathered together to Celebrate Joy in the Journey of Parish Nursing.

As I look back on that day, I visualize a day that certainly celebrated the professional practice of parish nursing in Wisconsin. As we celebrated our 10th year as a special interest group of the Wisconsin Nurses Association, I saw not only what was current, but also what was done in the past to ensure that our professional practice of parish nursing would be just that, a professional practice.

It was exciting to see parish nurses from around the state in attendance. We had parish nurses come from as far north as Superior and south from Monroe. Nurses came from Madison, La Crosse and Milwaukee as well as many other locations.

Special thanks to our pre-conference co-chairs, Mary Mauer and Jennie Soika as they did an outstanding job in the planning and implementing of this wonderful conference. Also a special thanks to Megan Leadholm from WNA for all of her assistance, your help is very much appreciated.

Thanks also to Mary Fran Crist who worked so hard with the silent auction. Your hard work was very much appreciated.

Thanks also to all of the steering committee members who continue to volunteer their time and talent to ensure that the professional practice of parish nursing continues in Wisconsin. If you are interested in learning more about serving on the steering committee or contributing to the organization in any way, please contact me through WNA, I would be happy to talk to you about opportunities to serve.

In closing, I would like to congratulate the Wisconsin Nurses Association on their 100th year anniversary. In 1909, nurses came together in Milwaukee at the Pfister Hotel to explore the professional practice of nursing. One hundred years later the journey continues.

In closing, I would like to invite you to continue on your journey in parish nursing. Mark your calendar to attend the 2010 WPNC Pre-Conference, which will be held on October 7th in Madison at the Monona Terrace.

Wishing you health, happiness and many blessings
Kris Wisnepske, MSN, RN
WPNC Steering Committee Chair



Wisconsin Parish Nurse Newsletter... Welcomes Your Submissions

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A Thanksgiving Prayer

Oh God,
 When I have food, help me to remember the hungry;
 When I have work, help me to remember the jobless;
 When I have a warm home, help me to remember the homeless;
 When I am without pain, help me to remember those who suffer;
 And remembering, help me to destroy my complacency and bestir my compassion.
 Make me concerned enough to help, by word and deed, those who cry out for what we take for granted.

~Samuel F. Pugh~

This quarterly publication is made possible through the Publication/Communications Committee. It is written by, for, and in honor of Parish Nurses and Parish Nursing.

PLEASE...submit articles, etc. by February 9, to Dorothy Flees @ 9522 County Road T, Marshfield, 54449 or dorothy.flees@tznnet.com

**WNA Parish Nurse
Pre-Conference & Parish
Nursing Practice...
A Perspective from the
New Guy to the Practice
of Parish Nursing**

The Wisconsin Parish Nurse Coalition had its annual meeting on Thursday, October 22, 2009 at the Pfister Hotel in Milwaukee and I was very fortunate to be able to attend. I should explain that I just started working as a Parish Nurse at the beginning of September and I had finished the Basic Parish Nurse Preparation Course, just the weekend before. Obviously, I am a very new Parish nurse, and still learning how to function in this role. I found the WPNC meeting to be very informative, inspiring, and helpful in defining my role as a Parish nurse. It was also cool just being in a room with almost 100 other Parish nurses.

My instructor for the basic Parish Nurse Preparation Course was Ruth Williams. One of the things she stressed in class was that we all needed to be connected with other Parish nurses; not only in order to have someone to ask questions about the role, but also for moral support. There is nothing like a ballroom filled with 100 other Parish Nurses to prove to you that you are not alone and there are certainly many people, you can contact for help and support. Simply being in that room was inspiring.

The WPNC program included three presentations and a panel discussion. The first presentation was titled "Joy in the Journey" and the speaker was Rosemarie Matheus. I was not familiar with who Rosemarie Matheus was, but I could tell by the excitement in the room that she was someone very special. When she was introduced as someone who worked with Reverend Granger Westberg in establishing the role and function of a Parish Nurse, I understood what all the excitement was about. It

became obvious that she had also trained many of the people in the audience to be Parish Nurses. She did an excellent job defining joy and describing its physical, mental and spiritual aspects. At the end of her presentation she expressed that joy is healing, joy is contagious, and encouraged us to bring joy to others.

The second presentation was titled "Perceptions of Parish Nurse Training: Research Summary". The author, Deb Ziebarth, had done a descriptive study. She interviewed eight new Parish Nurses about their training to become effective in this role. Her findings seemed to suggest that for an individual to take on the role of a Parish Nurse they need early training in the role, peer sharing, mentoring, and a long time to build trust with their clients. The data also suggest that inadequate training in the role of a Parish Nurse may lead to ineffective functioning in this role as well as job frustration. Ms. Zeibarth listed a number of barriers to becoming an effective Parish nurse. Of course, as this was a descriptive study, she suggested areas for further research. One other point she made that I found very thought provoking was that she sees Parish nursing as an alternative model of a health care delivery system and she sees the Parish nurse as functioning in the role as a generalist health care provider. An article about her research will be published in the Journal of Continuing Nursing Education. I look forward to reading this article. As a new Parish Nurse, this presentation is particularly useful.

The final presentation of the morning was given by Geri Heppe and was titled "Jest for the Health of It". Hers was a wonderfully funny presentation. She talked about the history of humor and healthcare, presented a long list of types of humor, and listed a longer list of the benefits of humor to the health of patients. She did this all

while wearing outrageous slippers and telling many jokes. I apologize, unfortunately I didn't write down any of her jokes. But here's one from Garrison Keillor: "Incontinence Hotline... can you hold please". Personally, I use humor a lot as a nurse. It's wonderful to have scientific research that shows this is a healthy thing to use with my patients.

After lunch and a business meeting of the WPNC, there was a panel discussion about cultural diversity. Before I became a nurse, I earned a BA in anthropology. I found this panel discussion very interesting to me personally as well as very useful. For me, the idea that we should be aware of cultural differences is a concept I'm very aware of. I greatly appreciated, the practical advice of all of the speakers about caring for individuals who are members of their particular cultures. There is not the space in this article/newsletter to discuss all the advice that was given (I took almost 3 pages of notes) but I thought all of the speakers were excellent. I would strongly advise that if members of the congregation you serve are of a different culture, you do some reading about this culture, ask a lot of questions and find someone of that culture who can advise you. It is helpful to know how a culture views health and the treatment of illnesses. It is also very important to know how to interact with people of this culture.

Again, I want to express how much I enjoyed all of the topics and all of the speakers at these presentations. I found them all relevant, informative, and inspiring. I want to thank Wisconsin Parish Nurse Coalition for putting on such an outstanding conference. You all did a great job. See you next year.

I want to take a moment to tell you about the Pfister Hotel. It is grand, it is elegant, it isn't gorgeous, and it's certainly

deserves its status as a historic landmark in Milwaukee. During the breaks between speakers I wandered around looking at the pictures on the walls. They were oil paintings from the Victorian period. I saw one painting by Pizarro, a painter whose name I recognized. I asked the concierge about the collection. He informed me that there were 96 original paintings in the collection and that this collection was one of the best in the United States for this period of art. The value of this art collection had saved the hotel on at least one occasion. In recognition of the value of having this artwork in the hotel, the Pfister sponsors an artist in residence. The current artist in residence is Reginald Baylor. The hotel is currently accepting applications for 2010. If you have never been in this hotel is well worth a visit. Also, ask the concierge to tell you the story about the rich, snobby lady from New York City and a painting of the Arabian horses.

Thank You!

Tom Porter, RN Parish Nurse
Albany Faith Communities

Exploring Perceptions of Parish Nurses about Parish Nurse Training

“Exploring Perceptions of Parish Nurses about Parish Nurse Training”, a recent qualitative descriptive research study, was presented by Deborah Ziebarth, MSN, RN at the Parish Nurse Pre-Conference. Attendees were reminded that the parish nurse provides the congregation with a recognized and reliable resource of primary health care and health related services (Atwood, Peterson, & Yates, 2002) and that parish nursing is an established method for health care delivery that is well received by the community and is seen as an alternative delivery model (Tuck & Wallace, 2000).

In facilitating the study, in-person interviews were done with eight

parish nurses in different program models around the state who were practicing for less than two years. The results were presented in a descriptive matrix (Marsh, 1990) with seven themes. Themes are concepts with supporting descriptive narratives.

Themes included:

1. education strategies
2. strategies most helpful
3. barriers to parish nurse training
4. description of early role transition
5. description of on-going role transition
6. supplemental interventions that enhanced role transition and
7. other things that supported role transition.

Group activities during training and peer support during role transition were cited as helpful interventions for the new parish nurse. Participants identified some deficiencies in training that lead to feelings of inadequacy in areas such as spirituality, community nursing knowledge, specific disease knowledge. Lack of role models and inadequate practice hours were also challenges for role transition.

The study’s findings will help parish nurse educators and others understand what are the most helpful education strategies and supplemental interventions affecting effective role transition for parish nurses. These findings will contribute to the improvement of training models to support successful role transition.

Deb Ziebarth, MSN, RN, Presenter
Manager of Community Benefit Outreach Programming for ProHealth Care, Waukesha Memorial Hospital and Oconomowoc Memorial Hospital
Parish Nursing

**CONGRATULATIONS!!
MARY FRAN CRIST
WPNC FUNDRAISING CHAIR
WPNC STEERING COMMITTEE
WELCOMES YOU ABOARD!!!**

The Challenges of Developing a Denominationally Based Parish Nurse Organization

In 2004, APNAM, the Association of Parish Nurses of the Archdiocese of Milwaukee, was formed. It is an organization of Catholic parish nurses and parish nurses who minister in Catholic parishes in the Archdiocese of Milwaukee. With the support of the Archdiocese through the Nazareth Project of the John Paul II Center, APNAM functions to provide and promote opportunities for mutual support, networking, spiritual formation and professional development. Membership in APNAM is open to all Catholic parish nurses of the Archdiocese Milwaukee and to all parish nurses who minister in Catholic parishes in the Archdiocese of Milwaukee. Retired and former parish nurses are welcomed as members as well. Membership in APNAM is also open to "friends of parish nursing" which includes but is not limited to members of health ministry teams, human concerns committees and parish councils, pastors, pastoral associates, chaplains and all those who may benefit from membership.

The founding of this organization was the culmination of approximately 12 years of work by various individuals in promoting the ministry of parish nursing in the Archdiocese of Milwaukee.

The Catholic Archdiocese of Milwaukee encompasses the 10 counties of southeastern Wisconsin: Fond Du Lac, Sheboygan, Washington, Dodge, Waukesha, Milwaukee, Walworth, Racine, Ozaukee and Kenosha.

History

In 1994, through the efforts of Sr. Mercita Pipp, the Archdiocesan Priests Council issued a resolution recognizing “the Parish Nurse as a legitimate parish or collaborative parish ministry.”

In 1996 Archbishop Rembert Weakland convened a Task Force on Parish Health Ministry which prepared a publication Parish Health Ministry: A Primer for Parish Involvement. Bernie DeBoer RN, Betty Lovinus RN, Sr. Mercita Pipp RN and other Archdiocesan staff wrote the primer. This primer has been used extensively not only in our Archdiocese, but throughout the US as a guide for establishing parish health ministries and parish nurse practices in addition to providing guidance for diocesan health ministry policy and procedure.

Since 1996 parish nurses and parish health ministry have been promoted through various Archdiocesan Offices. The late 1990s and early 2000s saw a great expansion of parish nursing in the Archdiocese through the nurturing of Margaret "Peg" Flahive and the Office for Human Concerns. Since then, other Archdiocesan staff in various other departments have served as liaison to parish nursing. Parish nurses have always felt a need to maintain a healthy relationship with the Catholic Church in this Archdiocese.

The parish nurses of the Archdiocese have also always felt a need for structure and an organization similar to those of other Catholic lay ecclesial ministries. In 2004, APNAM was formed. In 2006, APNAM formed a governing board, developed a purpose statement and formalized its structure. Archbishop Timothy Dolan reaffirmed parish nursing as a legitimate parish ministry and acknowledged APNAM as an important organization representing parish nurses.

Present Challenges

The latter half of this decade has seen the number of parish nurses serving in the Archdiocese decline. Health care systems generally have withdrawn support for the ministry and churches, due to their own financial difficulties, have not been able to fill in the gap. There

were once 75 – 80 parish nurses serving and now there are approximately 35. This mirrors declines in lay ecclesial ministry in general.

Because of the large area of the Archdiocese, communication and maintaining an accurate census of parish nurses in practice has been a challenge. The intense nature of their work and increasing needs of parishioners while facing decreased resources have caused parish nurse to have an intense focus on their own practice. They don't feel they have time to share information with an organization based many miles away. They tend to concentrate their participation on their local support group.

Leadership of APNAM faces similar challenges. The leadership role is voluntary and we all work in the ministry. We don't have time to travel to all parts of the Archdiocese for networking and fact finding. Various electronic means have been tried to increase communication: email broadcasts, blogging and surveys, which have met with limited success.

As this goes to press, The Archdiocese of Milwaukee is still awaiting the appointment of a new Archbishop. No innovation can take place so the atmosphere is one of waiting and maintaining.

It is important for parish nurses serving any denomination to have a voice and representation at the denominational level. That's why we of the APNAM board feel it's important to continue to strive to make APNAM a viable lay ecclesial organization that will be consulted by Archdiocesan officials on matters of health and healing for the Catholic Church of southeastern Wisconsin.

Acknowledgements: Information used in this article was provided by Betty Lovinus RN and Teresa Flaherty RN. Being a newcomer to a leadership role, I acknowledge all those parish nurses who have brought parish nursing to where it is today in the Milwaukee Archdiocese.

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Editor's Note: Since this article was penned, Pope Benedict XVI has named Bishop Jerome E. ListECKi, current Bishop of the Diocese of La Crosse as the 11th Bishop of the Archdiocese of Milwaukee. Currently, Bishop ListECKi remains with the Diocese of La Crosse until his installation as the Archbishop of the Archdiocese of Milwaukee in the early part of January 2010. Announcement of the exact date will be forthcoming from the Archdiocese of Milwaukee.

The GrapeVine Project Health Education for Parish Nurses

Too many Wisconsin women don't know where to go when they or their family members are faced with a physical or mental illness. The problem is greatest among rural and inner-city women who more often lack access to health care, health insurance, and support resources. Again and again, healthcare providers, health educators and women themselves asked the Wisconsin Women's Health Foundation to help with community-based women's health education programs and materials.

The **GrapeVine Project** (named for the song "I Heard it Through the Grapevine"), created in 2002, leverages the immense value of parish/faith community nursing particularly among underserved populations. The project offers scholarships to licensed RNs so they can receive the advanced training necessary to practice effectively in a faith community. In addition, the **GrapeVine Project** equips participating nurses with invaluable training and tools so they can provide women with up-to-date information about their most common health conditions: heart

disease, breast and cervical cancer, bone disease, mental illness, domestic abuse, and oral health, to name a few. Currently, about 30 nurses from across the state work with the Foundation to do outreach in their local communities.

Because the need for information is so great and because the program has been so successful (reaching over 3,000 women), the Foundation is now expanding the project into southern Wisconsin. At an Open House in Madison on November 19, the Foundation recruited Dane County parish nurses. The participating nurses will receive training on two health topics in January 2010 which will prepare them to take this information out into their communities.

For more information about the **GrapeVine Project**, (including tuition scholarships) visit the website of the Wisconsin Women's Health Foundation: www.wwhf.org or contact Marilyn Duguid, RN, at the Foundation at 608-251-1675 or mduguid@wwhf.org.

Marilyn Duguid, RN
Project Coordinator, Wisconsin Women's Health Foundation
Madison, WI

*WNA Pre-Conference
for Parish Nurses
Summation*

Overall, feedback from the 105 registered attendees, regarding speakers, accommodations, and food was very positive.

Congratulations to our two scholarship recipients: Vicki Evenson from Brodhead United Methodist in Brodhead and Kathleen Lee Graham from St Francis Xavier Parish in Merrill.

Thank You Everyone!

Jennifer Soika

Pre-Conference Co-Chair

Winter Warm Up Workshop offers Parish Nurses Refresher for Mental Wellness

(Wausau) North Central Area Health Education Center offered **Winter Warm Up Parish Nurse Workshop**, an interactive mental health training for Parish Nurses on Saturday, November 21, 2009, at First United Methodist Church, 903 N. 3rd St., Wausau.

"Winter is long for people in Wisconsin, and this presentation gives Parish Nurses an opportunity to freshen their skills in recognizing the symptoms of depression and substance abuse," said Suzanne Matthew, Ph.D., Executive Director of North Central Area Health Education Center. "In the afternoon, we introduced participants to self-care techniques to help them better care for their own emotional well-being as they care for others. We are excited to offer this first of several workshops that we are planning for Parish Nurses."

Barbara Vieth Seiser, FNP-BC, a psychiatric nurse from the Wausau area spoke in the morning session about signs, symptoms, and referral resources related to depression and substance abuse. These conditions can be more prevalent during winter months.

In the afternoon, Jennifer Berna, Ph.D., an adult educator and health promotion specialist explored Positive Psychology and the importance of self-reflection to self care. Parish Nurses, like other health care providers, are at increased risk for emotional burn-out because of their work. Dr. Berna provided the group with practical techniques to help prevent those crisis overloads when demands are high.

Anyone wishing to receive more information on future workshops for Parish Nurses can feel free to contact Bobbie Kolehouse, bkolehouse@nahec-wi.org.

NORTH CENTRAL WISCONSIN AREA HEALTH EDUCATION CENTER IS AFFILIATED WITH THE UNIVERSITY OF WI-MADISON SCHOOL OF MEDICINE AND PUBLIC HEALTH.

Our Most Priceless Possessions Are Free

"Everything that's really worthwhile in life comes to us free - our minds, our souls, our bodies, our hopes, our dreams, our intelligence, our love of family and friends and country. All of these priceless possessions are free." ~Earl Nightingale

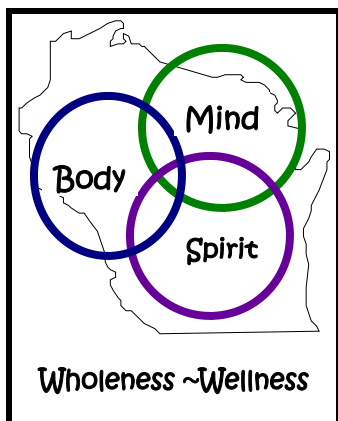
Think about it. You can lose all of your money and start over. If your house burns down, you can rebuild it. But things that cost you nothing, you can never replace.

One of the most important keys to self-motivation is to clearly identify your core values in life. You must decide what matters most. Why the need to identify your values? Many people think, "I know what's important; I don't need a list to remind me." What they don't fully understand, however, is that those core values will often serve as critical guides for making important decisions. When they're in doubt, your core values will cut through the fog like a beacon in the night.

We all know there are many distractions along the road of life that will try to pull us away from our values. Sometimes we are forced to make difficult choices. But a good rule of thumb is that when you have to sacrifice material possessions for one of those "free things" that life has given you...you've made the right choice.

A Blessed Thanksgiving & Christmas and Joyful Welcome to 2010!

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WISCONSIN PARISH NURSE COALITION

Mission: The WPNC will communicate a *caring* presence - locally, regionally, and statewide - while *preserving, supporting, and advancing* the professional practice of parish nursing.

Vision: The WPNC *unites and nurtures* the professional development and practice of parish nursing within Wisconsin.

Goals:

1. Facilitate connections between Parish Nurses throughout WI.
2. Promote high standards of practice among Parish Nurses.
3. Support collaboration/cooperation between and among Parish Nurses and other nursing colleagues
4. Provide a vehicle for communication of issues, education, and concerns of interest to Parish Nurses throughout WI.

Wisconsin Parish Nurse Coalition Leadership*

Kris Wisnefske, RN (Chairperson)
Peg Weber, RN (Secretary)
Sue Schaus, RN (Treasurer)
Jennifer Soika, RN / Mary Mauer, RN (Conference Planning)
Deborah Ziebarth, RN (Educational Development)
Dorothy Flees, RN (Communications / Publications)
Patti Varga, RN (Nominations)
Katie Dykes, RN (Professional Development)
Mary Fran Crist, RN (Fundraising)

* Elected every 2 years

Information. . .

Contact Wisconsin Nurses Association: 608-221-0383 or 800-362-3959

Visit WPNC on the Web @ www.wisconsinnurses.org

We welcome your comments and encourage contributions