

FAITH & HEALTH

(your link to wholistic health)



JANUARY 2007

Maintaining a Healthy Spiritual and Emotional Heart

February is Heart Month. We know that exercise, eating our fruits and vegetables, and not smoking keeps our physical heart healthy and strong. But many of us forget that just as a human heart can be cared for to keep us in a healthy condition, so too the spiritual and emotional heart needs tending. In Scripture the words “heart” and “hearts” are mentioned 782 times. God does know the importance of wholistic heart health. In Matthew 22:37 it states, “You should love the Lord your God with your whole heart...” A healthy heart represents all that God wants from us. A healthy spiritual heart trusts God completely for strength and understanding. Proverbs 15:13 states, “A glad heart lights up the face, but by mental anguish the spirit is broken.” A healthy spiritual and emotional heart makes us truly love others.

Ways to live life to the fullest and tend to your spiritual and emotional heart health are: **Swing**. When you feel unbalanced or stressed, or just have a little extra time, go to your local park and swing. It will take you back to the simplicity and wonder of being a child. Practice joy everyday. **Bubbles**. Keep them in the cup holder of your car and blow them out the window in rush hour traffic. It is the most fun you can have for under a buck. **Keep an open heart**. When answering the phone, each time you lift it to your ears, take a conscious breath, open your heart and greet the unknown caller with love. **Make art with friends**. Have “Spirit art play dates”. Gather with friends and create spiritually inspired works of heart and hands.

May we strive daily to maintain a healthy heart, ever mindful that we have given it to God.

SJH Faith Based Health Ministries Go Red *(to help women understand heart disease)*

There are still misconceptions about cardiovascular disease not being a real problem for women. In fact, women are greatly affected by cardiovascular disease. 63% of women who die suddenly of heart disease have not experienced previous symptoms. According to the American Heart Association (AHA), heart disease and stroke are the #1 and #3 killers of American women over the age 25. Heart attack, stroke and other cardiovascular diseases kill over 500,000 women a year – about one death a minute. Furthermore, African Americans and Hispanic women have a greater risk than white women of comparable socioeconomic status.

That’s why St. John Health has joined the AHA’s national campaign to help women learn how to care for their hearts, make their lifestyles heart-healthy and ultimately lower the incidence of heart disease among all women.

Here are a few ways to spread the word:

- Make a commitment to encourage the women in your life to improve their health.
- Contact your Parish Nurse Coordinator for resources.
- Contact the AHA for helpful tips and literature at 1-888-MYHEART or visit their web site www.americanheart.org.
- At your place of worship hang posters, set up information tables, schedule a speaker or screening related to women’s heart health.

continued on next page...

Health Ministries Go Red...continued

Please join us in empowering women everywhere to make lifestyle changes that will improve outcomes related to heart disease by registering for one of the following Partnership Red Dress Tea Events outlining fellowship and innovative ideas you can implement in your congregation.

Hartford Memorial Baptist Church - Saturday, Jan. 13, 10 a.m. to noon
18700 James Couzens, Detroit 48235

Immanuel Lutheran Church – Tuesday, Jan. 16, from 10 a.m. to noon
47120 Romeo Plank, Macomb 48044

Antioch Lutheran Church – Thursday, Jan. 18, from 6 to 8 p.m.
33360 W. 13 Mile Rd., Farmington Hills 48334

Each partnership church will be receiving registration details in the mail soon.

If you are a woman, “BE YOUR OWN BEST FRIEND. Look into your heart. See what changes you can make for a healthier future.” (AHA 2006).

References adapted from AHA's and St. John Health's web pages

February Health Observances

American Heart Month
..... www.americanheart.org
National Wear Red Day, Feb. 2 ...
..... www.nhlbi.nih.gov/health/
hearttruth
National Children's Dental Health
Month... www.ada.org/goto/ncdm
Give Kids a Smile Day - Feb. 3
National Eating Disorders
Awareness Week
www.nationaleatingdisorders.org

CPR Guidelines 2005 Change Highlights

The 2005 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care has brought about a number of changes. The chart below provides highlights and overview of some of those changes. Additionally, St. John Health Parish Nurses are modifying the procedure for teaching CPR classes. More information will be available soon.

Additional information about CPR guidelines is available at www.americanheart.org. You may also call St. John Health Connect at 1-888-440-7325 for upcoming classes.

Lay Responder

	OLD	NEW
Rescue Breaths	Deep breath at 2 seconds/breath	Normal breath given over 1 second until chest rises
Chest Compressions to Ventilation Ratio	15:2 -Adults 5:1-Child 5:1-Infant	30:2-Adults/Child/Infant
Chest Compression Rate	100/minute-Adult/Child 120/minute-Infant	100/minute-Adult/Child/Infant
Chest Compression Landmarking Method	Tracing up the ribs-Adult/Child One finger width below the nipple line at the center of the chest-Infant	Simplified Approach – Center of the chest-Adult/Child Just below the nipple line at the center - of chest-Infant
AED	Up to 3 shocks, then 1 minute of CPR	1 shock, then 2 minutes (or 5 cycles) of CPR

March Health Observances

- National Nutrition Month www.eatright.org
- www.msue.msa.edu/Oakland
- www.mypyramid.gov
- www.5aday.org
- National Brain Injury Awareness Month..... www.bia.usa.org
- National Colorectal Cancer Awareness Month
- www.preventcancer.org/colorectal
- National Multiple Sclerosis Education and Awareness Month
- www.msfocus.org
- Kick Butts Day-March 28, 2007 www.kickbuttsday.org
-

Body Mass Index (BMI) for Adults

What is BMI?

BMI is a number that is calculated from a person's weight and height. BMI is a reliable indicator of body fatness for adults. BMI does not measure body fat directly, but research has shown that BMI correlates to direct measures of body fat, such as underwater weighing and dual energy x-ray absorptiometry (DXA). BMI is an inexpensive and easy-to-perform method of screening for identifying weight categories that may lead to health problems.

How is BMI used?

BMI is used as a screening tool to identify possible weight problems for adults. BMI is not a diagnostic tool. It is used to determine if excess weight is a health risk, but a healthcare provider would need to perform further assessments. These assessments might include skinfold thickness measurements, evaluations of diet, physical activity, family history, and other appropriate screenings.

Center for Disease Control (CDC) uses BMI to measure overweight and obesity, because calculating BMI is one of the best methods for population assessment of overweight and obesity. Calculation only requires height and weight and it is easy for clinicians and the general public to use.

BMI	Weight Status
Below 18.5	Underweight
18.5-24.9	Normal
25.0-29.9	Overweight
30.0 and Above	Obese

Source: www.cdc.gov

Winter Fruits and Vegetables

- Acorn squash is rich in potassium, lycopene, folate and vitamin A & C
- Brussel sprouts contain vitamin K
- Carrots are bursting with vitamin A
- Cauliflower contains vitamin C
- Sweet potatoes have beta-carotene, vitamin C, folate, calcium and magnesium
- Bananas are a good source of magnesium and potassium
- Blueberries have antioxidant benefits and vitamin K (If you can't buy the fresh, buy frozen)
- Cranberry juice is loaded with vitamin C
- Oranges are a good source of vitamin C and potassium
- Dried prunes give you fiber, potassium, vitamin A and vitamin B6

Eat a variety of fruits and vegetables; look for a rainbow on your plate. Modern supermarkets or specialty markets have most of these plus more. These are all good for you with many health benefits.

Source: Michigan State University Extension, Oakland County

"Love is a fruit in season at all times, and within reach of every hand." – Mother Teresa

Faith Community Nursing: Scope and Standards of Practice

Since the 2005 Health Ministries Association (HMA) Annual Meeting and the Westberg Conference, there has been much discussion about the 2005 American Nurses Association (ANA) and Health Ministries Association, Inc. release of the document Faith Community Nursing: Scope and Standards of Practice. There have been dramatic changes in health care and the profession of nursing during the past decade. ANA's 2004 release of Nursing: Scope and Standards of Practice provided the framework and direction for review and revision

continued on back page...

Brighton Hospital to host educational retreats in 2007

Brighton Hospital will host a two-day educational retreat for family and friends coping with an addicted loved one, in late January. Nan Reynolds, an expert in family and addiction, is the featured speaker for both days.

Saturday, Jan. 27, 2007, 4 – 7 p.m. Topics include:

- Family Sculpture (The roles family members take on when growing up in a dysfunctional household and the potential adults have with and without intervention)
- Open format with questions
- Cost: \$10

Sunday, Jan. 28, 2007, 9 a.m. – 5:30 p.m. Topics include:

- Grief (understanding what is really wrong with us)
- Enabling (when being helpful is not helpful)
- Recovery of Relationships (doing what comes unnaturally)
- Cost: \$20

The cost to attend both sessions is \$25 if paid before Jan. 10, 2007, or \$35 after the pre-registration date. Scholarships are also available. To register or for more information, call Kristen Winter at 810-225-2527.

What's New?

Congratulations to **Charmagne Johnson** on accepting the role as Interim Grant Manager, Project ROC (Realizing Our Choices), effective November 20, 2006. **Elaine Lee**, Parish Nurse Coordinator, will be covering Charmagne's partnership churches for the interim period.

Effective Spring 2007, the "Bigger than Ourselves" quarterly newsletter will be available only on the DPNN website www.detroitparishnursenet.org. You must contact them to continue your "snail-mail" copy! Contact them at 313-510-2614 or dpnn2005@ameritech.net.

Welcome to 12th Street Missionary Baptist Church, Detroit and their contact person, **Barbara Dawson** and Pastor **Floyd A. Davis**. Also St. Michael Catholic Church, Sterling Hts, and their volunteer parish nurse **Nancy Dillon**.

WHO'S RESPONSIBLE?

Mary Ann Martin, RN, BAS, Parish Nurse Coordinator
 Providence Pavilion
 248-849-2518 Fax: 248-849-5404
 Email: maryann.martin@stjohn.org
 Designer: Diane Apfel

Scope & Standards...continued

of these scope and standards of practice. With the publication of the new ANA documents, all specialty scope and standards are now being revised. These standards and scope of practice for faith community nursing (FCN) reflect the commitment of HMA to work with the ANA to promote understanding of FCN as a specialized practice in the multidisciplinary practice arena of diverse faith communities.

Faith community nursing is the specialized practice of professional nursing that focuses on the intentional care of the spirit as part of the process of promoting wholistic health and preventing or minimizing illness in a faith community. The FCN is knowledgeable in two areas-professional nursing and spiritual care. The goal of a FCN is the protection, promotion, and optimization of health and abilities; prevention of illness and injury; and responding to suffering in the context of the values, beliefs, and practices of a faith community such as a church, congregation, parish, synagogue, temple, or mosque. With the intentional focus on spiritual health, the FCN primarily uses the nursing interventions of education, counseling, advocacy, referral, utilizing resources available to the faith community, and training and supervising volunteers from the faith community. As an actively licensed registered nurse, the FCN provides nursing care based on professional and legal expectations, education, professional experience, the needs of the patient population, and the position as defined in the faith community. This document delineates the professional responsibilities of a FCN.

To better understand the document and to increase our knowledge of the role of a parish nurse or FCN, the scope and standards will be featured in the upcoming "Faith and Health" newsletters. You may order your own copy of this booklet by contacting nursesbooks.org or any of the web bookselling sites.

Source: "Scope & Standards of Practice: Faith Community Nursing," 2005