

FAITH COMMUNITY HEALTH MINISTRY  
*Year in Review | 2011*



Faith Community Health Ministry



## CELEBRATING 15 YEARS OF HEALTH MINISTRY

This year, we celebrate the 15th anniversary of Faith Community Health Ministry (FCHM)! It is quite humbling for me to follow in the footsteps of leaders and participants who came before me in this program. After six years I feel there is still so much more to learn about this fascinating specialty of Faith Community Nursing and the world of health ministry. This program has been blessed beyond measure over the years. We are so very grateful for the vision and support of our Carolinas HealthCare System leadership, FCHM Steering Committee members, faith community nurses (FCN), faith community health promoters, clergy in the faith communities, funding supporters and collaborative partners who constantly encourage us on our journey.

2011 started with our kick-off to the Live Abundantly program which has been our framework for strategically focusing on increasing awareness of healthy lifestyle choices. Live Abundantly educational materials were distributed throughout our partnered faith communities, 45% of whom had individuals actively engaged in the challenges throughout the year. This review includes details about other success stories and plans for 2012.

Faith Community Health Ministry is realizing more opportunities to “come to the table” both within our system, as well in the community in discussing collaborations with faith communities in the areas of health and wellness. Regionally and nationally, it is clear that leaders are making the connection between faith and health – and that should be encouraging to all of us as evidenced in a press release from the Department of Health and Human Services:

*“In addition to spiritual support, turning to faith and community leaders for health and wellness is a part of many faiths,” said Joshua DuBois, special assistant to the president and executive director of the White House Office of Faith-based and Neighborhood Partnerships. “By linking to the strong infrastructure of congregations, hospitals and care providers are able to reach deep into hard-to-reach and underserved communities to improve the health of Americans.”*

*“Faith and community leaders are trusted messengers within their communities and are on the front lines of fighting many of the health care issues that are plaguing so many underserved communities,” said Mara Vanderslice Kelly, acting director, HHS Center for Faith-Based and Neighborhood Partnerships. “By engaging faith and community leaders in collaborative partnerships, health providers can expand health care access and monitor which best practices are working in local communities and lower costs.”*

We are making that difference right here in our region! We are making the connection between faith and health, serving over 70 faith communities in six counties through the FCHM. We are thankful for divine guidance on this journey.



*Pam Hurley, RN, BSN  
Director, Faith Community Health Ministry*

## A FOUNDATION OF CARING

Faith Community Health Ministry affiliated with Carolinas HealthCare System (CHS) is deeply rooted in the religious tradition of caring for oneself and others. The concept of treating the whole person – mind, body and spirit – has a rich history within all major religions.

Implemented at NorthEast Medical Center in 1997 as the Parish Nursing Program, the FCHM program with CMC-NorthEast through CHS is reaching into the six counties of Cabarrus, Rowan, Stanly, Mecklenburg, Iredell and Gaston.

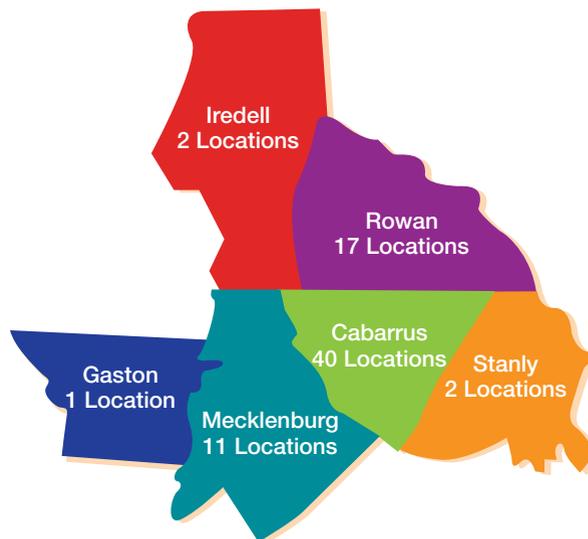
Faith communities are served by faith community nurses who are registered nurses and/or lay people who are faith community health promoters.

In 2011, our program had:

- 45 faith community nurses; 57 faith community health promoters (including 16 Latino community health promoters)
- Covering membership of over 39,000 parishioners



## COUNTY DISTRIBUTION OF FAITH COMMUNITIES

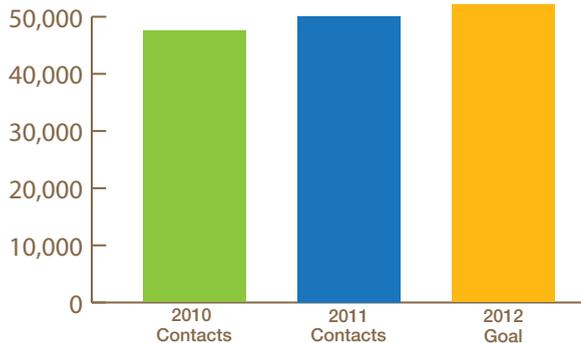


*It has been a blessing and a privilege to have had a part in the development and implementation of the Parish Nursing Program. It is wonderful to see the light come on in someone's eyes when they finally get "how to manage their own diabetes," or see the delight when they "lose that first 10 lbs." It is a blessing to be able to pray with a shut-in, or someone who is going through a difficult time.*

*Jane Honbarrier, original Coordinator of Parish Nurses Program and Faith Community Nurse, Landis Baptist Church (2003 - present)*

## TOTAL CONTACTS

Total contacts is defined as any participant at an event, screening or class

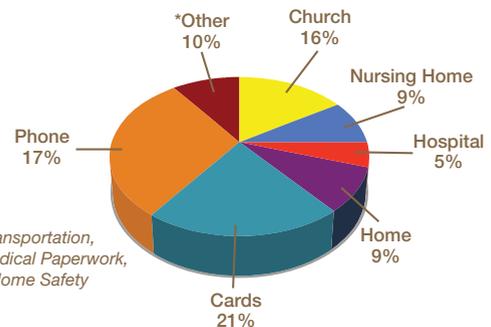


## INDIVIDUAL INTERACTIONS

Faith community nurses and health promoters provide or coordinate a variety of services for their faith communities, including:

- Visiting members at:
  - Faith community
  - Nursing home
  - Hospital
  - Home
- Sending cards
- Making phone calls to and on behalf of members
- Providing transportation related to healthcare
- Assisting with medical paperwork
- Home safety checks

In 2011, faith community nurses and health promoters had 21,154 member interactions. This chart depicts the percentage of visits by type of interaction.



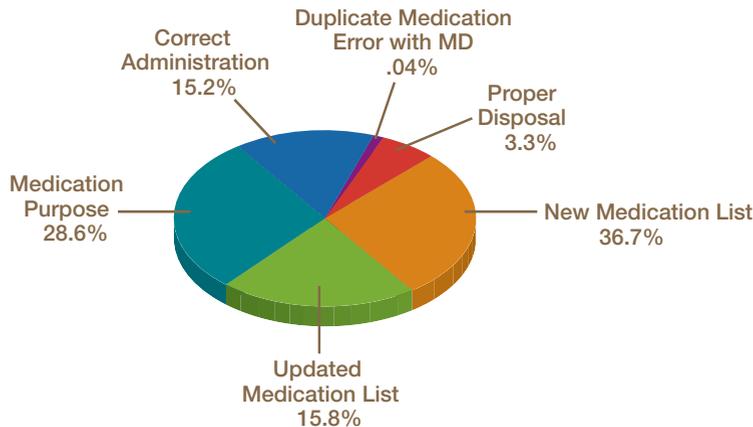
*It was such an honor to work with the nurses and lay leaders involved with Faith Community Health Ministry. Every day, this group offers hope to those in their churches and communities. Health ministry is a transformative ministry that changes lives on a daily basis.*

*Maggie Quisenberry, Coordinator of FCHM program  
(2004-2006)*

## MEDICATION REVIEW

Faith community nurses provide medication interventions to members of their faith communities. Within these interventions, they discuss proper usage, dosage and disposal with their members. They also educate members on the purpose of their medications and assist with creating medication lists.

In 2011, faith community nurses completed 707 interventions with 535 members.



## COMMUNITY HEALTH BENEFITS

Faith Community Health Ministry provides access to a variety of health events, educational seminars and health screenings through its relationship with Carolinas HealthCare System, faith community nurses and health promoters. In 2011, 3,559 individuals participated in health screenings.

- Blood drives: 30
- Flu clinics: 56
- Health fairs: 13
- Exercise classes: 1705
- Support groups: 127
- Mammograms: 172

In the case of an abnormal screening, FCHM provided 241 physician referrals and on-site counseling for 748 contacts.



*In 1980, Cabarrus Memorial Hospital called its first chaplain. I viewed this as the church coming into the medical center to provide spiritual and emotional care for its patients, families and staff. With the new Parish Nursing Ministry, the loop was completed, and the medical center moved back into the churches, where its roots began. The program has taught members of local congregations healthy choices for mind, body and spiritual health.*

*Chaplain Tony A. Biles, BCC, Director of Pastoral Care at CMC-NorthEast*

## PREVENTION THROUGH EDUCATION

In 2011, Fatih Community Health Ministry educational classes focused on prevention. Classes highlight the importance of personal choices and their effects on health and the value of a faith community as support structure. A variety of topics were covered, including:

### Focus on Prevention of Cancer

Prostate and Breast Cancer  
Nine Classes, 214 Participants

### Focus on the Heart and Chronic Illness

Heart Health, Hypertension, Stroke, and Diabetes and Alzheimer's  
16 Classes, 345 Participants

### Nutrition and Healthy Choices

Nutrition, Bone Health, Cholesterol and Eat Smart, Move More, Weigh Less  
144 Classes, 782 Participants

### Children and Teens

Teen Health, Child Abuse and Parenting  
Seven Classes, 86 Participants

### Safety First!

CPR/First Aid, Safety and First Prevention, Hydration  
23 Classes, 187 Participants

### Integrating Faith and Health

Advance Directives, Faith, Grief,  
Stress and Depression  
49 Classes, 888 Participants



## COMMUNITY IMPACT

Non-compensated faith community nurses contributed 10,052 hours on behalf of their faith communities in 2011. This equals to about \$316,638 in nursing compensation.

*Note: Paid CHS Faith Community Nurses salary and benefit dollars originate in total through the affiliated faith community. Non-compensated faith community nurses in partnership with CHS are volunteers for their faith community.*

*The biggest blessings come when you see the impact you have made in someone's life. A cancer patient at church hugged me and I noticed she felt hot. I took her to my office and discovered she had a 101.0 fever. After some questions she showed me a nasty sore on her leg. As an oncology nurse, I contacted the doctor on call for an antibiotic and called the pharmacy to open up and fill her prescription which kept her out of the hospital.*

*Debbie Thomas, Faith Community Nurse  
Highland Baptist Church (2000 - present)*

# Live Abundantly

*Supporting Abundant Living in Faith Communities*

Promoting health and wholeness has always been the foundation of Faith Community Health Ministry. We continue our mission to promote healthy living and disease prevention through our **Live Abundantly** program. The program encourages individuals to make choices that will maintain or improve their physical, emotional and spiritual health.

During its first year **Live Abundantly** encouraged healthy and abundant living by increasing access to care, health knowledge and positive health behaviors. By supporting positive health behaviors such as physical activity and healthy nutrition choices, we not only observed improvement in individual lives, but also in the faith community as a whole.

**Live Abundantly** focused on topics to encourage health promotion and disease prevention, including:

- Understanding How Your Choices Impact Your Health
- Scheduling Well Visits with Your Primary Care Provider
- Knowing Your Body Mass Index and Understanding Your Numbers
- Knowing Your Blood Pressure and Understanding Your Numbers
- Making Healthy Nutrition Choices
- Staying Physically Active on a Regular Basis
- Rest and Renew Your Body, Mind and Spirit
- Maintaining Your Spiritual Health by Connecting with God and Others

All faith community partners receive **Live Abundantly** health education and information, as well as the continued support of their faith community nurse or community health promoter

In addition to providing evidence-based health information to our faith communities, individuals were also able to register to participate in the program in order to work toward these health goals on their own.

- Over 700 participants representing 26 affiliated faith communities signed up to participate in **Live Abundantly** in 2011.
- More than 100 people completed the Healthy Weight Challenge, losing a total of 468 pounds in six weeks.
- Faith communities provided 33 free and low-cost exercise programs for the public



*I feel better as a whole person. Women need encouragement. I've already started the other challenges.*

*- Bernice Frost, parishioner at Centerview Baptist Church in Kannapolis and Healthy Weight Challenge participant*



## Faith Community Health Ministry

Cabarrus, Rowan and Stanly Counties • Mecklenburg, Gaston and Iredell Counties

704-403-4484

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*[www.carolinasmedicalcenter.org/faith](http://www.carolinasmedicalcenter.org/faith)*