

## Reflections on the Art of Nursing

### Beatitudes for Nurses



- Blessed are the rural clinic nurses who minister to the poor and the underserved, for theirs is the Kingdom of Heaven.
- Blessed are the pediatric oncology nurses who mourn for small patients lost, for they will be comforted.
- Blessed are the staff nurses who struggle to embrace a wounded health care system, for they will inherit the Kingdom.
- Blessed are the community health nurses who seek righteousness for their marginalized clients, for they will be satisfied.
- Blessed are the geriatric nurses whose merciful touch calms the anxiety of frail elders, for they will be shown mercy.
- Blessed are the hospice nurses whose purity of heart reflects the single desire of midwifing the dying to new life in Christ, for they will see God.
- Blessed are the maternal-child nurses who help vulnerable mothers achieve peace in their desire to promote the sacredness of human life, for they will be called children of God.
- Blessed are the missionary nurses who risk persecution and death in the service of the oppressed, for theirs is the Kingdom of God.

- Blessed are the military nurses who brave the ravages of war to heal in the name of Jesus, for great will be their reward in heaven.

As reflected in the nursing beatitudes, there are many avenues a nurse may tread in order to give a cup of water to one who thirsts. Each of the numerous and varied acts of servicing, if done in Jesus' name, is derived from the gospel imperative. Each occasion of care and compassion constitutes a nurse's ministry.

*Source: "The Nurse's Calling. A Christian Spirituality of Caring for the Sick"*  
By: Elizabeth O'Brien PhD., RN

### The Parish Nurse Journey

Rev. Dr. Granger Westberg, a founder of modern parish nursing stated that a nurse has the sensitivity – the peripheral vision, he called it – to see beyond the patient's problems and verbal statements. A nurse, he suggested, hears things that were left unsaid by the patient. Rev. Westberg believed that nurses seemed to be grounded both in the sciences and in the humanities, and were comfortable with both the spiritual and physical natures.

Nursing is more than a profession – it is a passionate way of actively sharing God's unconditional love for all people through nursing education and care. Parish nursing is even more: it is nursing that is guided by the Holy Spirit, as the patient (parishioner or member of the community), the pastor, and the parish nurse journey together toward God within the context of the congregation and wider community.

*Source: The Essential Parish Nurse ABC's for Congregational Health Ministry*  
By: Deborah L. Patterson

**Nursing is an art:** And if it is to be made an art, it requires an exclusive devotion as hard as preparation, as any painter's or sculptor's work; for what is the having to do with dead canvas or dead marble, compared with having to do with the living body, the temple of God's spirit? It is one of the Fine Arts: I had almost said, the finest of Fine Arts.

-Florence Nightingale

**Have a Blessed Nurses Week! Thanks for what you do, who you are – everyday!**

## May Health Observances

### Healthy Vision

Month..... [www.nei.nih.gov/nehep/resources/hvm/](http://www.nei.nih.gov/nehep/resources/hvm/)

### Heat Safety Awareness Day -

May 27 ..... [www.weather.gov/om/heat/index.shtml](http://www.weather.gov/om/heat/index.shtml)

### Recreational Water Illness & Injury Prevention Week -

May 23 -29 .....[www.cdc.gov/healthywater/swimming/rwi/rwi-prevention-week/](http://www.cdc.gov/healthywater/swimming/rwi/rwi-prevention-week/)

### World No Tobacco Day -

May 31..... [www.who.int/tobacco/wntd/en](http://www.who.int/tobacco/wntd/en)

## May is Healthy Vision Month

Children's Sports Eye Injuries: More than 40,000 people a year suffer eye injuries while playing sports. For all age groups, sports-related eye injuries occur most frequently in baseball, basketball and racquet sports. Almost all sports-related eye injuries can be prevented. Whatever your game, whatever your age, you need to protect your eyes!

### Take the following steps to avoid sports eye injuries:

- Wear proper safety goggles (lensed polycarbonate protectors) for racquet sports or basketball.
  - Protective eyewear includes safety glasses and goggles, safety shields, and eye guards specially designed to provide the correct protection for a certain activity. Most protective eyewear lenses are made of polycarbonate, which is 10 times stronger than other plastics. Many eye care providers sell protective eyewear, as do some sporting goods stores.
- Use batting helmets with polycarbonate face shields for youth baseball.
- Use helmets and face shields approved by the U.S. Amateur Hockey Association when playing hockey.
- Know that regular glasses don't provide enough protection.

For more information on eye safety, go to [www.preventblindness.org](http://www.preventblindness.org)

## Six Steps for Healthy Swimming: Protection Against Recreational Water Illnesses (RWIs)

You can choose to swim healthy! Healthy swimming behaviors will help protect you and your kids from recreational water illnesses (RWIs) and help stop germs from getting in the pool in the first place. Here are six steps that promote Healthy swimming:

### Three Steps for All Swimmers

Keep germs from causing recreational water illnesses (RWIs):

- Don't swim when you have diarrhea. You can spread germs in the water and make other people sick.

- Don't swallow pool water. Avoid getting water in your mouth.
- Practice good hygiene. Shower with soap before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.

### Three Steps for Parents of Young Kids

Keep germs out of the pool:

- Take your kids on bathroom breaks or check diapers often. Waiting to hear "I have to go" may mean that it's too late.
- Change diapers in a bathroom or a diaper-changing area and not at poolside. Germs can spread in and around the pool.
- Wash your child thoroughly (especially the rear end) with soap and water before swimming. Invisible amounts of fecal matter can end up in the pool.

## Protecting the Ones You Love

### Drownings: The Reality

We all want to keep our children safe and secure and help them live to their full potential. When most of us are enjoying time at the pool or beach, injuries aren't the first thing on our minds. Yet, drownings are the leading cause of injury death for young children ages 1 to 4, and three children die every day as a result of drowning.

Thankfully, parents can play a key role in protecting the children they love from drowning.

### Prevention Tips

Fence it off. Install a four-sided isolation fence, with self-closing and self-latching gates, around backyard swimming pools. This can help keep children away from the area when a parent is not present.

### Heat Safety

Heat is the number one weather-related killer in the United States. The National Weather Service statistical data shows that heat causes more fatalities per year than floods, lightning, tornadoes and hurricanes combined. Based on the 10-year average from 2000 to 2009, excessive heat claims an average of 162 lives a year. By contrast, hurricanes killed 117; floods 65; tornadoes 62; and lightning 48.

### Child Heat Safety Tips

- Make sure your child's safety seat and safety belt buckles aren't too hot before securing your child in a safety restraint system, especially when your car has been parked in the heat.
- Never leave your child unattended in a vehicle, even with the windows down.
- Teach children not to play in, on or around cars.
- Always lock car doors and trunks--even at home--and keep keys out of children's reach.
- Always make sure all children have left the car when you reach your destination. Don't leave sleeping infants in the car ever!

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## June Health Observances

*Fireworks Safety Month*

June 1 - July 4 ..... [www.preventblindness.org](http://www.preventblindness.org)

*Home Safety Month...*

June 1 - 30..... <http://homesafetycouncil.org/index.asp>

*Men's Health Week*

June 13 - 19..... [www.menshealthmonth.org/week/](http://www.menshealthmonth.org/week/)

## Disaster Preparedness

### Four Steps You Can Take to Be Safe

There are four simple things you can do to help keep you, your family, and the people in your home safe in an emergency.

#### Step 1:

Talk about what can happen in an emergency and what people should do. Make plans so everyone will know what to do.

#### Step 2:

Make a Ready-to-Stay Kit in case you cannot leave your home.

#### Step 3:

Make a Ready-to-Go Kit in case you have to leave your home.

#### Step 4:

Write down the information you will need in an emergency. Make a copy of the completed contact card for each member of the family.

To learn more about each of these steps including fun games for the kids go to:

Source: [http://homesafetycouncil.org/AboutUs/HSM/hsm\\_teachers\\_w001.asp](http://homesafetycouncil.org/AboutUs/HSM/hsm_teachers_w001.asp)

## FIRST AID for eye emergencies

Knowing what to do for an eye emergency can save valuable time and possibly prevent vision loss. Here are some instructions for basic eye injury first aid.

### Be Prepared

- Wear eye protection for all hazardous activities and sports-at school, home, and on the job.
- Stock a first aid kit with a rigid eye shield and commercial eyewash before an eye injury happens.
- DO NOT assume that any eye injury is harmless. When in doubt, see a doctor immediately.

### Chemical Burns to the Eye

In all cases of eye contact with chemicals:

- Immediately flush the eye with water or any other drinkable liquid. Hold the eye under a faucet or shower, or pour water into the eye using a clean container. Keep the eye open and as wide as possible while flushing. Continue flushing for at least 15 minutes.
- DO NOT use an eyecup.
- If a contact lens is in the eye, begin flushing over the lens immediately. This may wash away the lens.
- DO NOT bandage the eye.
- Seek immediate medical treatment after flushing.

### Specks in the Eye

- DO NOT rub the eye
- Try to let tears wash the speck out or use an eyewash.
- Try lifting the upper eyelid outward and down over the lower lid.
- If the speck does not wash out, keep the eye closed, bandage it lightly, and see a doctor.

### Blows to the Eye

- Apply a cold compress without putting pressure on the eye. Crushed ice in a plastic bag can be taped to the forehead to rest gently on the injured eye.
- In cases of pain, reduced vision, or discoloration (black eye), seek emergency medical care. Any of these symptoms could mean internal eye damage.

### Cuts and Punctures of the Eye or Eyelid

- DO NOT wash out the eye with water or any other liquid.
- DO NOT try to remove an object that is stuck in the eye.
- Cover the eye with a rigid shield without applying pressure. The bottom half of a paper cup can be used.
- See a doctor at once.

For more information on eye safety, email [info@preventblindness.org](mailto:info@preventblindness.org), or call 1-800-331-2020.



## DATES TO REMEMBER:

May 23, 2011 - **NuVal Nutrition Workshop!** 12 - 2 p.m. or 5 - 7 p.m., Free. St John Macomb-Oakland Hospital in the Oakland Education Center, 27351 Dequindre Rd, Madison Heights, MI 48071.

NuVal™ System is a food scoring system that will help you see at a glance the nutritional value of the food you buy. Certificate of attendance offered. Speaker: Tina Miller, RD.

RSVP required. Call your Faith Community Coordinators! Jane Cheyne, RN @ 586 753-1481 or Suzanne Povinelli, RN at 248 849-2518.

May 25, 2011 - **3rd Annual Nursing Open House Celebration**, 12 - 6 p.m., Free. St Paul of the Cross Passionist Retreat & Conference Center, 23333 Schoolcraft, Detroit, MI 48223. 313 535-9563.

Come experience a stress-free day for nurses, with featured speakers on Compassion Fatigue, Pain Management and Thermology. CE's offered! Enjoy stress relief therapy stations, food and vendors.

## What's New?

**"Celebrate Women!" and "Celebrate Men!" Bookmarks are available now!** – The "Celebrate Women!" bookmark highlights health screening recommendations for women. They can be handed out on Mother's Day – May 9 or anytime you plan a special event for women! The "Celebrate Men!" bookmark highlights health screening recommendations for men. They can be handed out on Father's Day – June 19 or for men's events. Contact your coordinator for the number you will need for your congregation.

**Childhood Obesity Grant** – We are currently working at Family Victory Church in Southfield targeting Childhood Obesity. This involves teaching the entire family healthy living habits such as exercise, healthy eating and goal setting. Once we are finished with this five month event, we plan to gather statistics to measure outcomes. Our long-term goal is to eventually create a program that can be replicated in your Health Ministry.

## A Look Ahead:

Think about.....

### Summer and fall health fairs

Some sites are hosting health fairs such as a 'Back to School' rally. Think ahead and allow at least 3 - 6 months for planning activities and obtaining necessary supplies. Ask each of your team members to contact local services to request their help by manning a table at your fair. Local contacts might include: Health Department, EMS & Fire Department, dentist, etc. Also, contact other national service groups such as the American Red Cross, American Heart Association and American Cancer Society.

## Heat Safety *Continued from page 2*

### Adult Heat Wave Safety Tips

- **Slow down.** Reduce, eliminate or rescheduled strenuous activities until the coolest time of the day. Children, seniors and anyone with health problems should stay in the coolest available place, not necessarily indoors.
- **Dress for summer.** Wear lightweight, light-colored clothing to reflect heat and sunlight.
- **Put less fuel on your inner fires.** Foods, like meat and other proteins that increase metabolic heat production also increase water loss.
- **Drink plenty of water or other non-alcohol or decaffeinated fluids.** Your body needs water to keep cool. Drink plenty of fluids even if you don't feel thirsty. Persons who have epilepsy or heart, kidney, or liver disease, are on fluid restrictive diets or have a problem with fluid retention should consult a physician before increasing their consumption of fluids. **Do not drink alcoholic beverages and limited caffeinated beverages.**
- **During excess heat period, spend more time in air-conditioned places.** Air conditioning in homes and other buildings markedly reduces danger from the heat. If you cannot afford an air conditioner, go to a library, store or other location with air conditioning for part of the day.
- **Don't get too much sun.** Sunburn reduces your body's ability to dissipate heat.
- **Do not take salt tablets unless specified by a physician.**

Source: <http://www.weather.gov/om/heat/index.shtml>

## Who's Responsible?

Jane Cheyne, RN, BSN & Suzanne Povinelli, RN, BSN,  
Faith Community Coordinators

Sally Sterr, Administrative Assistant

St. John Providence Health System, Community Health

586-753-1484 • Fax: 586-753-1488

Email: [sally.sterr@stjohn.org](mailto:sally.sterr@stjohn.org)