

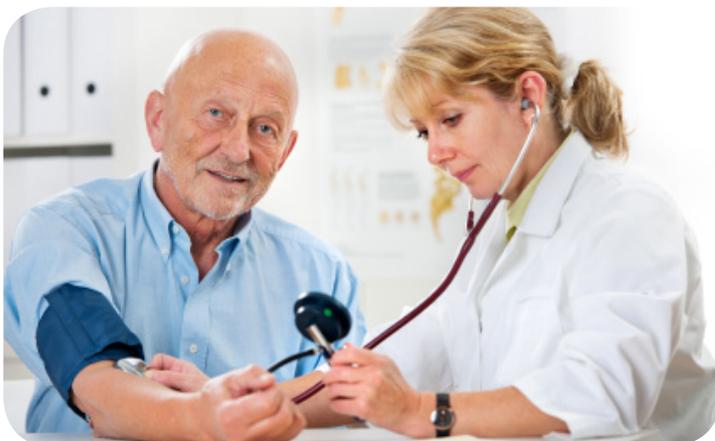


WELS Nursing Today

Take the Challenge!

By Amy Taglienti, RN, WELSNA council coordinator, welsnurses@wels.net

The WELSNA council is encouraging you to take the 2013 Challenge! We are challenging nurses to organize and perform a service or educational project this year. You can pick what type of project you'd like—perhaps a health fair or blood pressure screening clinic. Maybe a class on proper hand washing to young students, or a class on medication safety for Seniors. It's up to you to decide, but whatever you do, we want to hear about it. Please send us a story about your project and pictures if you like, by Nov. 1, 2013. All submissions will be entered into a drawing for an Amazon gift card. The stories will also be featured in the December 2013 newsletter. So put on your thinking caps and join in the fun. We hope to hear from you!



• Needing a few more ideas? •

Nurses from all over have come up with all sorts of areas in which to serve the Lord and his people. Here are a few more to help get those creative juices flowing.

- Change for Life program to help support New Beginnings. www.HelpNewBeginnings.com.
- Gather OTC and personal care items for a local free health care clinic.
- Deliver a meal and devotional materials to new parents in the congregation.
- Start bereavement follow-up phone calls to families experiencing a loss in the last year.
- Host a WELSNA "Meet & Greet" for nurses in your community.
- Organize an effort to install an AED on your church campus.
- Look into the possibility of an auditory looping system for your sanctuary. mdhh@wels.net
- Make pill bags for CAMM.
- Host a fund raising effort to support a medical mission.
- Organize transportation for a member needing help getting to radiation therapy.

Questions on how to get started?

Contact Sue Bolha, RN, parish nurse council coordinator, welsnurses@wels.net

Might you have four hours a month?

By Jean Morzy BSN, RN

While in nursing school, I said a prayer before beginning an exam. It varied every time just a little bit, but it always had a common theme. I would ask God to help me choose the correct answer so that I would be able to care for his children, young and old, when I became a nurse. The Lord blessed my efforts, and I have been an RN for 14 years. During my career, I have had the opportunity to care for God's children in multiple roles. I would like to share with you one of my most recent.

Once a month for a few hours, I volunteer at the Granville Neighborhood Clinic (www.GranvilleNHC.org) in Milwaukee. The clinic is hosted in the gymnasium of a local WELS grade school. A grant supplies the majority of the monetary costs of the clinic, but it strongly relies on volunteers, both lay and professional, to make it functional. Members of the church affiliated with the school assist in the set-up and clean-up of the tables, chairs, and partitions used during the clinic. We begin our day with devotion keeping our focus where it needs to be...on our Savior. Friendly volunteers welcome each patient as our social worker guides patients to resources available outside of this clinic. Nurses triage the patients as they come into the clinic. Patients are seen by physicians or nurse practitioners for various medical conditions that commonly include high blood pressure and diabetes. They do their best to see as many patients in the time allowed while providing quality and individualized care. Phlebotomists perform lab draws as ordered by the medical providers. More nurses dispense prescribed medications, and they offer teaching on the medications and on lifestyle changes that may be

recommended to improve the patient's overall health. In many cases, volunteer Spanish interpreters are at the center of the action providing a vital service that opens the door of communication between patient and medical provider. The dedicated work of the clinic coordinator and other board members make each aspect of the clinic come together.

As you can imagine, this is a lot to do in only four hours once every month! The number of patients attending the clinic has been steadily increasing. This makes all of us at the clinic very excited and also a little bit sad. We are excited that we have the opportunity to attend to God's children that may not have been able to seek medical care otherwise. We are unable to provide every aspect of patient care, but we definitely do the very best with the resources given to us.

We are also sad for two reasons. One reason is that there are so many of God's children in need of assistance. In a country that has been blessed with so much, it is difficult to fathom the actual number of people who need healthcare in just the basic aspects of their life. The health screenings and daily medications to care for the most common health issues facing most Americans these days would be unavailable to these patients if they could not attend the Granville Neighborhood clinic. The other reason we are sad is that because of the increase in the number of patients seeking care, we are struggling to get everyone seen by a medical provider in the time available. The amount of patients that we can see is directly related to amount of volunteers we have that day. There are times when we don't have enough medical providers or a nurse to offer services to everyone who arrives to receive care.

I look forward to the first Saturday every month that I can volunteer. The thankfulness of our patients is evident during our short time together. I am asking all of you that also prayed for assistance while in nursing school from the Great Physician to look at your schedules. Make time for just a few hours a couple of times a year. For the nurse practitioners out there, we could really use your assistance to meet the needs of this community and other communities just like it around the country. Your commitment to serving our Savior will be blessed. He promises to bless us when we do his will, and we know that he keeps his promises.



Diary of a Camp Nurse

By John C. Ibsch, development director for Camp GRACE

Camp GRACE is held the third week of July and has an RN on duty through the week. For more information contact, campgrace1@yahoo.com.

Monday—My first priority is to organize the health forms by cabins and identify staff and campers most likely to have issues. Allergic reactions will probably be the biggest problem again this summer. Two school buses arrive with their precious cargo of 78 children from the inner city of Milwaukee. Campers, counselors, and team leaders begin getting acquainted. Uh-oh, little Deondrae, smallest boy this week, misses his footing getting off the bus and falls on his face. I rush to the rescue! (Deondrae will be a frequent visitor.) Two campers tell about serious asthma problems. The counselors are told what to watch for and, if possible, avoid. Other campers' meds are tagged and properly stored.

Tuesday—My first visitor: Sondra has been stung by something! She has no allergy record. Basic first aid for stings and instruct the counselor for what to watch for. Later in the day Deondrae brings a variety of complaints. Assessment: a serious case of homesickness. Cure for tonight: creation of a "Muckle" out of a clean towel. Delivered the new "Muckle" to our little camper for mothering and gave the counselor a few suggestions.

R.I.C.E.! This is the focus for my class to each camper group today. It fixes most of the minor camp issues. Amazing when practiced. Most "owies" are gone the next day. The body... God's amazing creation.

Wednesday @ 1 a.m.—Sondra can't breathe - asthma. The form didn't list it. She uses a nebulizer at home. No... camp does not have this equipment. Camp director and counselor head off to town to get the necessary help. By 3:30 Sondra is back in camp and makes it through the night. In her case, anxiety on the first night is part of the problem. Thankfully, it does not repeat.

Thursday—The days pass: stings, sprains, nosebleeds, slivers, cuts, scrapes, and one use of the EpiPen. By now, homesickness is either cured or forgotten with the fun of camp, or in Deondrae's case, "fatal," and



he goes home. Tonight's campfire is the last for the week. Another meaningful devotion. "Angels Watching over Me" echoes for the last time. The week went too fast.

Friday—Today is the Pike Lake outing. We all enjoy the sun and watching the kid's canoe, hike or swim. After lunch the home-bound buses pull up and final circle prayers by groups. Hugs all around and I was kept busy signing camp T-shirts. 77 campers hang out windows waving good-bye, most never to be seen again this side of heaven.

Saturday—Before I head out, I want to sort, organize, update records, and finally lock the medicine cabinet until the next camp. It sure was a privilege to serve my Lord as nurse here and be a part of the camp experience. Hope I can do this again next year!

Keep WELSNA in your thoughts and prayers as we carefully consider how to match our ministry goals with the financial needs for that ministry. There are costs associated with our Web site maintenance, printing materials as well as the costs of our Spring Conference and fall Parish Nurse Gathering. We are considering a variety of income sources, one of which might be a donation, small or large, from you. Synod has provided an easy and safe donation feature on our Web site. Or send a check to **WELSNA c/o Special Ministries, 2929 N. Mayfair Road Milwaukee, Wis. 53222-4398**. We take comfort in knowing that the Lord has great plans for WELSNA!

Listening in a Crisis

By Clara Nettesheim RN PN, Christ Lutheran Church, Pewaukee, Wis.

Everyone should be quick to listen, slow to speak and slow to become angry (James 1:19)

We talk and listen every day, but are we really listening? We have all heard the statement: “You just don’t understand!” We’ve heard it from our children, spouse, friends, coworkers, and people who are facing a crisis or illness. Learning how to listen is a gift to the person who is talking. Active listening means giving the person your complete attention, forgetting your own ego, understanding what is being said to you, and demonstrating your respect.

Some keys to active listening:

- Make no judgments: Do not assume you understand and ask for clarification.
- Leave your own personal beliefs at the door. Pay full attention to who is talking.
- Let the person offer their own solutions to their problems.
- Avoid confrontation.

What happens when you listen?

- You learn, understand, and act rather than react.
- They feel understood, open up more, and feel comforted.

What to do /not do with what you hear:

- Truly care, empathize with them.
- Pray with them, reminding them of God’s love and promises.
- Do not judge or preach to them.
- Read the nonverbal cues: posture, gestures, facial expressions, pauses, tone of voice, and remember they are reading your nonverbal cues also.

Why is it hard to listen and solutions to this problem:

- *Assumptions:* You think you know what the person is going to say and you interrupt. Listen with an open mind.
- *Bias:* You let the person’s opinions or appearance block you from truly listening. Don’t focus on one thought or emotion.
- *Control:* You feel you need to interrupt, rush what they say and/or correct them. Listen with your heart and ears. Maintain a relaxed, non-hurried posture, which communicates that what they are saying is important to you. Sitting down together is good.
- *Distraction:* You are thinking faster than they, you are in a

hurry to leave, something else is on your mind. Stay in the moment. Listen to every word. Maintain eye contact

- *Ego:* You put yourself first and the focus on you. Work at respecting and valuing the person.

Remember good listening is active. As parish nurses or nurses in the parish we come into contact with all sorts of people who want to share a bit of what is going on in their life. With an open ended question or two, they are encouraged to open up some more. We have the opportunity to communicate Christian love and concern, offering prayer and comfort from Scripture. Sometimes a hug can go a long way in showing that you care. We seldom can fix the situation but a listening ear can be comforting and we can help them gain a Godly perspective.

I learned that with the help of the Lord I can improve my listening skills in my everyday life.

Resources:

- Believer Center—www.christian-informationcenter.com
- Active listening: A skill for life—www.carepages.com

• News and Notes •

As you may have heard, the 2013 WELSNA Spring Conference was canceled. We apologize for any inconvenience this may have caused and pray you’ll understand. **The conference has now been rescheduled for March 29th, 2014.** Contact us if you would like to join the planning committee. Many hands are needed. Contact us at welsnurses@wels.net.

Check out the “Announcements” found in the WELSNA Web site, www.welsnurses.net, for several opportunities to grow in faith and as nurses this spring/summer. The WELS Women’s Ministry Committee, WKW, and WLIM have something of interest to offer us.

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