

Faith Community Nurse Ministry

2023 Year in Review

Addressing the needs of the whole person:
body, mind, and spirit.



CommonSpirit Health's Faith Community Nurse Ministry

To promote whole-person health, CommonSpirit Health collaborates with faith communities and other community-based organizations in several of the markets we serve. These collaborations provide training, resources, and ongoing support to faith community nurses and health ministers. They improve health in their communities by carrying out evidence-informed programs for health promotion, disease prevention, and disease management.

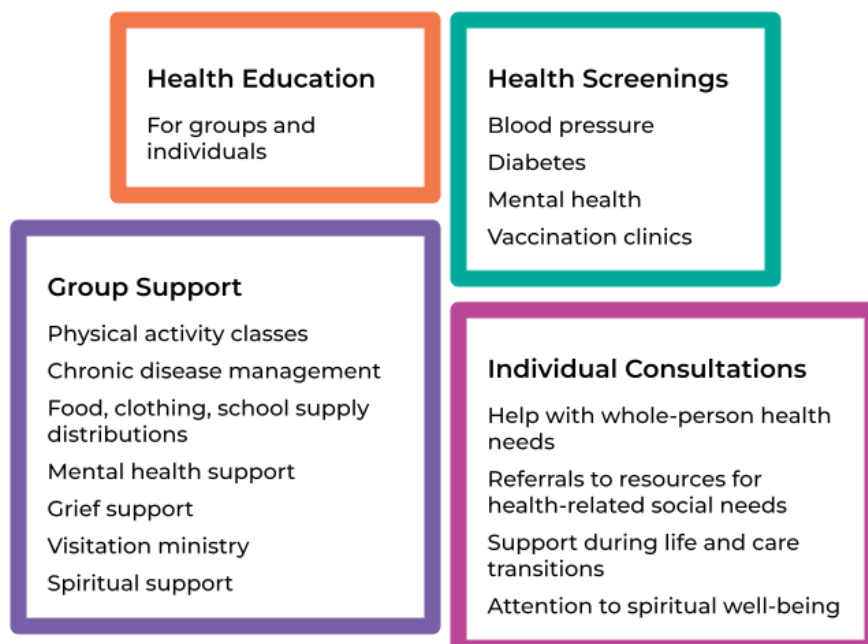
The specific health concerns addressed depend on the identified needs of each community, but often include:

- Chronic disease management
- Falls prevention
- Grief support
- Mental health support
- Spiritual well-being

Faith community nurses and health ministers provide care in their communities. They walk alongside individuals and families as they experience health and life challenges, connecting them with community resources, providing encouragement and supporting spiritual well-being.

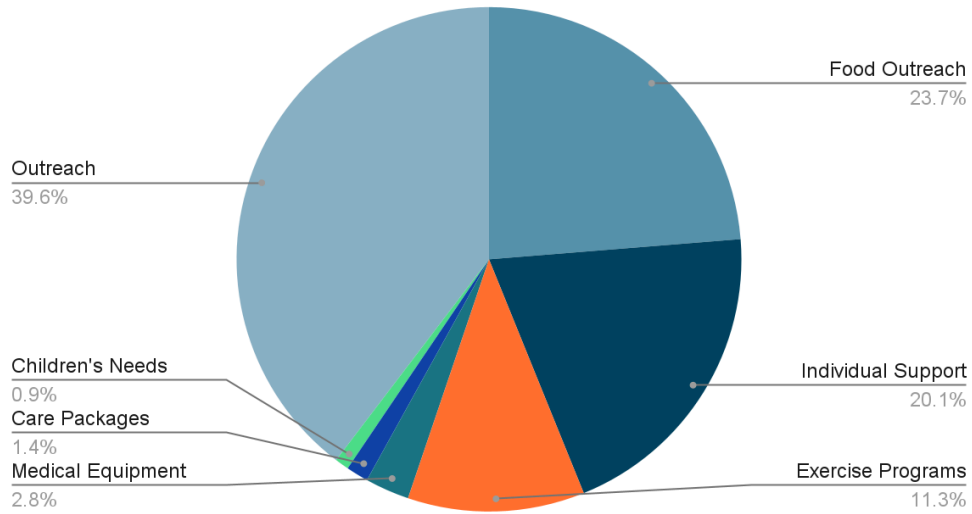
2023 Accomplishments

- Documented 16,967 hours of service in communities served; 14,590 were in-kind services, with a value of \$583,600 (based on an estimated average value of \$40 per hour).
- Managed more than 79,000 points of contact, including:



- Documented cost savings of \$583,041 for clients, our health system and payors as a result of the support provided by faith community nurses and health ministers.

2023 Cost Savings to Individuals and Groups Served



Collective return on investment for 2023, including in-kind services and cost savings, totalled \$1,166,641.

“Our Faith Community Nurse Coordinators are great, creative leaders who provide tremendous intentional care of mind, body and spirit in the communities they serve.

Just imagine what we could do if Faith Community Nursing expanded to all of our CommonSpirit Health communities.”

– Lois Lane, Vice President, Mission Integration
Emerging Markets and Community Health
CommonSpirit Health



2023 Special Projects

Healthy Heart Self-Monitoring Blood Pressure Program

Virginia Mason Franciscan Health Congregational Health Ministries, Puget Sound

In partnership with the Washington Department of Health, Virginia Mason Franciscan Health Congregational Health Ministries sponsored Healthy Heart. The program supports self-monitoring of blood pressure, as well as heart health education and coaching by faith community nurses.

Goals included:

- Increasing faith community, individual, and care provider engagement in blood pressure management.
- Increasing the number of people who can accurately take their own blood pressure.
- Decreasing the number of people with uncontrolled blood pressure.

Analysis of program data also showed a decrease in systolic and diastolic blood pressures during the 16-week program.

Offering this program to individuals where they are, with care and instruction delivered by a trusted source, addressed barriers such as transportation access, housing instability, and access to care.

	Average (mmHg)	Std. Dev.	Min. (mmHg)	Max. (mmHg)	Change
Systolic					
First Reading	134.7	19.1	108	178	↓
Last Reading	132.5	14.2	110	163	
Diastolic					
First Reading	76.7	13.6	56	107	↓
Last Reading	72.3	13.2	52	90	

Advance Care Planning

Faith Community Nurse Ministry, California Central Coast

In early 2020, French Hospital Medical Center, San Luis Obispo, started a Faith Community Nurse Ministry to train and support nurses to implement health ministry programs in their congregations and communities. Seven nurses completed the training.

Working closely with the San Luis Obispo Health Counts Coalition and Mission San Luis Obispo de Tolosa, the faith community nurses created and implemented an advance care planning program in their communities. They provide monthly health observance bulletin articles disseminated by partnering faith communities.

In 2024, the faith community nurses, in collaboration with community stakeholders, will hold a Wellness and Resource Fair at the Mission, providing information and resources to underserved populations in San Luis Obispo County.

Supportive Resources

Penrose – St. Francis Health Services, Colorado Springs

Penrose – St. Francis provides faith community nurses who serve three days a week at two community organizations that provide support services to underserved populations in Colorado Springs. By connecting with these and other community organizations and resources, they can address social needs that impact health outcomes. Their delivery of culturally and socially sensitive care recently helped Penrose-St. Francis receive its third Magnet designation, with an exemplar.

The faith community nurses assess their clients' holistic health needs and connect them with resources that address barriers to care and health-related social needs. They provide emotional and spiritual support that fosters trust and improved well-being. In 2023, they served 843 individuals in 1,644 visits; the types of assistance and their value are shown in the chart below.

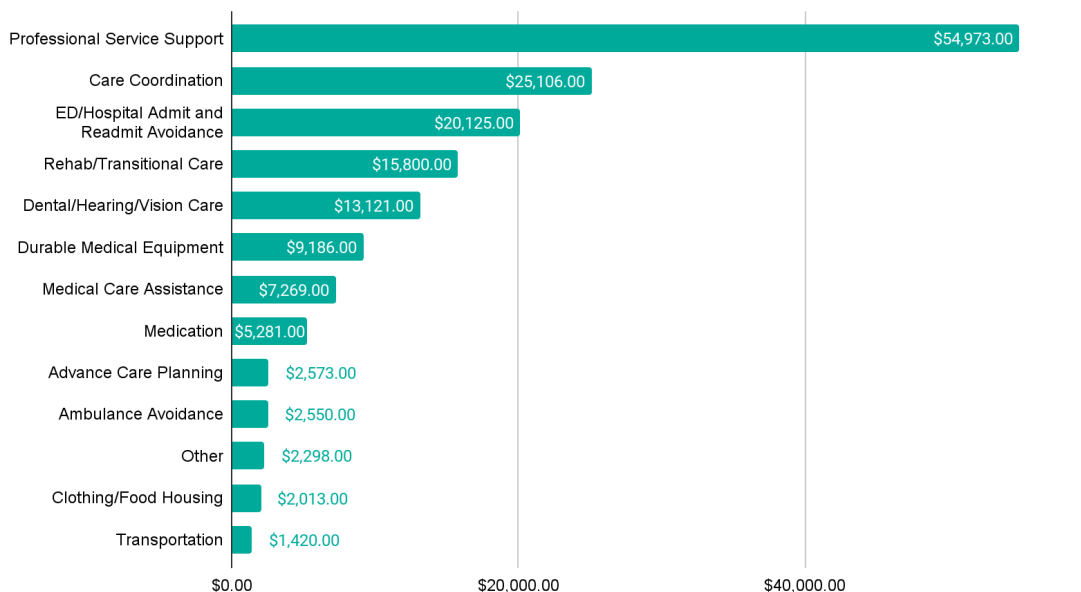
One of Our Greatest Rewards

In serving clients, faith community nurses often address the social needs that lie beneath health and well-being needs. Here's one story:

"A community partner referred a woman who was mentally fragile after losing a son to suicide. She had also misunderstood the out-of-pocket costs related to some necessary dental treatment. We were concerned she could lose ground emotionally or spiritually if her physical need to finish her dental treatment wasn't met. So we found funding and were able to offer financial assistance.

"The next time I saw her, she gave me a big hug. It was wonderful to see her smiling again! One of our greatest rewards is to see clients heal from the inside out."

Penrose-St. Francis Faith Community Nursing Client Assistance and Cost Savings



Faith, Activity and Nutrition Program

Center for Faith-Health Partnerships, Phoenix

In partnership with the University of South Carolina and the Health Ministries Association, the Center for Faith-Health Partnerships developed a pilot program to train facilitators to implement the Faith, Activity and Nutrition (FAN) program in partnering congregations.

This evidence-based program was developed by the University of South Carolina with and for faith communities. It addresses and helps prevent common health conditions like heart disease, stroke, diabetes, arthritis, cancer, and obesity. The program focuses on physical activity and healthy eating. During 2024, the program will expand to more faith community partners across CommonSpirit Health.

Prediabetes Awareness

Midwest Faith Community Health Network, Nebraska

The Midwest Faith Community Health Network raised awareness of the importance of regular screening for diabetes, the nation's seventh leading cause of death, which costs the U.S. \$245 billion a year and disproportionately affects adults with lower educational attainment and household income. The network invited faith communities and other nonprofit, community-based organizations to apply to a privately funded program that gave up to \$2,500 each for local diabetes education and screening events. The focus was on diabetes screening for individuals over age 40 from underserved areas.

Ten congregations within the Midwest Faith Community Network participated, delivering education to at least 1,000 adults about the importance of regular diabetes risk screening. Of 650 adults who completed a prediabetes risk test, over 48 percent were at increased risk; they received additional information and were referred to their health care providers for follow-up. In total, more than 5,200 adults completed prediabetes risk tests at 49 events across the state.

Thank you for your interest in our Faith Community Nurse Ministry. For more information, please contact:

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