

HISTORY OF PARISH HEALTH MINISTRY

The modern day Parish Nurse Ministry was founded in Chicago in the early 80's, by the Rev Dr Granger Westburg, Lutheran Pastor and hospital Chaplain. According to Westburg the Christian nurse has the expertise to see beyond the patient's problems and verbal statements. A nurse, he suggested, 'hears' things that are left unsaid by the patient.

Parish Nurse Ministries was first piloted in the Lutheran health care system in Chicago and has now spread rapidly around the world. Today it is flourishing in many religious denominations. Some 500 nurses and health ministry personnel team attend the annual Parish Nurse Symposium each year in St Louis, Missouri.

Parish Nursing was first introduced into Australian Faith Communities in the South Australian the Lutheran Church in 1991.

A pilot program of Parish Nursing in the Catholic Church in Victoria commenced in 1999 at Our Lady Help of Christians in East Brunswick at the invitation of Fr Vic Farrugia.

FUNCTIONS OF THE PARISH NURSE

The work of the Parish Nurse is quite distinct from all other community nursing specialties. Parish nurses do not engage in any actual hands on clinical practice or in any way duplicate any existing nursing services.



The **Pastoral Health Services, Health Ministry Advisory team** have chosen to focus their ministry on Caring for the Carers in the Parish Community helping them access respite care and navigate the health system for resources to assist them in their individual situations.

There is no fee for service but Donations are always welcome to help fund the health ministry.

The Cluster Health Ministry is a registered charity and all donations over \$2.00 are Tax Deductible. Cheques may be made payable to Cluster Parish Health Ministry gift fund or Ph 5278 2966 for details about direct debit, or cash donations.

KEY FUNCTIONS OF THE PARISH NURSE

- *Integrator of Faith and Health*
assists parishioners to achieve higher levels of wellness by improving both spiritual and physical health.
- *Health Educator*
Provides opportunities for the congregation to learn about health issues, individually and in groups.
- *Health Counsellor*
Discusses health concerns, emphasizing early response to small problems and encouraging healthy lifestyle changes.
- *Referral Advisor*
Provides referral to healthcare and social services within the community.
- *Health Advocate*
Speaks out to help members of the Parish or community obtain needed health-related services.
- *Developer of Support Groups*
Facilitates the development of support groups for the Parish or community and others served
- *Volunteer Coordinator*
Recruits, prepares and oversees Parish volunteers who help those in need.

Pastoral Health Services Office
Ph 5278 2966
147 Separation St
Bell Park, Bell Park .3215
Email: parishnurse@netspace.net.au



Memory Loss Information Network

If you would like to know more about Parish Health Ministry & how you can access or support this exciting new ministry in your Church contact : -

Leonie Rastas
Parish Nurse Coordinator on 52782966

‘We are all healers who can reach out and offer health, and we are all patients in constant need of help.’ Henri Nouwen, Internationally renowned Catholic priest, author and respected professor.

PARISH HEALTH MINISTRIES

‘A contemporary expression of Jesus’ healing mission for today’s church.’

*Bishop Mark Coleridge
(Melbourne Catholic Archdiocese)*

Some ways Parish Nursing can help you...

- Disease & medication information
- Health Assessments & referrals
- Referral to Pastoral team for Holy Communion at home
- Prayer support
- Help accessing community services
- Carers day out activities
- Blood pressure monitoring
- Relaxation therapy or Meditation
- Hand or foot Massage
- Parish companion / visits
- Accompanying to appointments
- Topical Healthy lifestyle forums
- Occasional errands/transport
- Companion card applications
- Respite referrals
- Tours of aged care residences / day centres
- Support groups

Pastoral Health Services



Parish Nursing

Integrating Faith & Health in the Bell Park, Manifold & Geelong West Parishes with a primary focus on ‘Caring for the Carers’

Promoting Health and Wellbeing