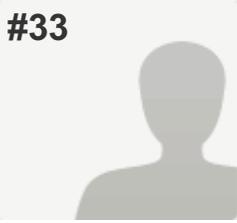


#33



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Collector: Web Link (Web Link)

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PAGE 2

Q1: Has the program been in existence for at least one year (since September 1, 2013)? Yes

PAGE 3

Q2: Staff person submitting this nomination.

Name:	Bonnie Kratzer
Title:	Parish Nurse Coordinator
Hospital/System:	Cape Regional Medical Center
Address:	2 Stone Harbor Blvd.
City:	Cape May Court House
State:	NJ
ZIP Code:	08210
Email Address:	jkratzer@caperegional.com
Telephone Number:	609-463-4043

Q3: Name of Volunteer Program you are nominating. Parish Nursing

Q4: Program Category: Select one of the four program categories. Community Service – programs that assisted a health care organization in the design and delivery of services or programs of measurable impact to the wellbeing of individuals and/or the community.

PAGE 4

Q5: Provide a brief description of the program, including its goals and outcomes. (600 words max)

The Parish Nurse Program at Cape Regional Medical Center, Cape May County, New Jersey, is a health education and community support program. The program provides health education, wellness programs and health screenings at more than forty churches and other community organizations in the county. Parish Nursing is the nurturing of body, mind and spirit with an emphasis on health education, health promotion and wellness. Parish nurses are volunteers who reach out to people in their congregations and in the community by serving as teachers, counselors, advocates and resource liaisons. Free health screenings include blood pressure, blood sugar, cholesterol and fracture risk, as well as peripheral artery disease screenings. These screenings and health fairs are held at community agencies, senior housing complexes, assisted living facilities and civic associations, as well as at area churches. We try to do our health fairs in the lower socio-economic areas of Cape May County so that we can meet the needs of those under-served for healthcare. There are several evidence-based education programs that are available through the Parish Nurse Program. The Stanford-based Chronic Disease Self-Management Program empowers those with a chronic disease to lead a healthy lifestyle and to find solutions for every-day problems. This six-week course is held in various venues throughout the area. A Caregiver Program that provides support and education to caregivers taking care of loved ones is held monthly at the medical center. One of the most popular programs is Project Healthy Bones, an education/exercise program for those with or at risk for osteoporosis. This currently is being held at three churches and has health and support benefits for members. A Matter of Balance has begun at churches and at senior centers for those who are concerned about and who are at risk for falls. Another recent program taught in several churches has been Faithful Families: Eating Smart and Moving More, which educates those of all ages in the importance of good nutrition and routine exercise. A new program that is being developed is an Early Stage Alzheimer's disease dual support group program for those with early stage Alzheimer's disease and their family members. Grant funding for Parish Nursing has come from Susan G. Komen, Central and South Jersey, to provide breast health awareness and mammograms for women in Cape May County. Through assisting with appointments, providing transportation, following up with support and incentives for those having mammograms, many women have gone through the program who would not have received mammography screenings.

The goals and outcomes for the Parish Nurse Program are

- 1) Initiate and promote the concept of Parish Nursing in the county – approximately 40 churches have a Parish Nurse Program
- 2) Provide health screenings/health fairs in various venues and locations in the county – approximately 40 health fairs were held in 2013 with the following statistics:
 - Blood pressures – 3,000+
 - Blood sugars – 1,000+
 - Cholesterol screenings - 1,000+
 - Fracture risk screenings – 500+
 - PAD (peripheral artery disease) screenings – 300+

We do give each client the results, handouts about the tests, and a sheet with the results to take to his or her physician.

- 3) Plan and provide health education, prevention and wellness programs in the county – approximately 35 educational events (several weeks for each course) were held in 2013.
- 4) Educate women about breast health awareness and help navigate them through the system to obtain a mammogram – over 250 women were educated and 154 women obtained a mammogram.

Q6: Describe the role of volunteers in planning, developing, implementing and maintaining the program. (400 words max)

The real heroes of the Parish Nurse Program are the wonderful volunteers who give their time and talents to the program. They are always available to do the extra things that wouldn't usually be done for others. In 2013, the Parish Nurse department served 11, 997 people through educational classes and health screenings; and there were 1,158 volunteer hours put in by parish nurses for these various programs throughout the county.

The parish nurses do help with the planning phase of our screenings and educational programs. They work with their individual churches to look at needs and then schedule appropriate health fairs and other classes. When we go to churches or other community organizations for our services, a group of the parish nurses, regardless of church affiliation or denomination, join us to present the service to the attendees.

The parish nurses are taught the skills for doing the various screenings. There are in-services for the nurses so that they can gain these skills or review them, if necessary. Our evidence-based programs are taught to master trainers through the New Jersey Department of Health or the New Jersey Department of Human Services. Several parish nurses have become master trainers. Then they teach other parish nurses to become peer leaders or coaches to facilitate the educational programs in the churches and/or community.

This scenario has occurred for Chronic Disease Self-Management, Project Healthy Bones, A Matter of Balance, Caring for You, Caring for Me and Faithful Families: Eating Smart and Moving More.

In order to maintain our license with the New Jersey Department of Health for the various evidence-based programs, we must attend the updates and periodically learn the changes in the evidence-based programs. This is done by the master trainer/peer leader concept. The parish nurses are always eager to increase their knowledge and sharpen their skills for the educational programs. Many of our programs run for several weeks: Project Healthy Bones is a 24 week education/exercise program. Others are 6 or 8 or 9 week long. The parish nurses volunteer all of their time to maintain these events. Parish Nursing does keep up to date through licensing, state updates and training. Our sustainability record for all of our programs over the past 10 years has been excellent. We have not dropped any programs; more parish nurses and more programs have been added to the department as time progresses.

Q7: Describe how this program is unique and/or innovative.(400 words max)

Parish Nursing at Cape Regional Medical Center is very unique. Parish Nursing in other parts of the state and country is usually done in individual churches with one parish nurse or a group of nurses from that church facilitating the programs of screenings, support groups, visitation, referrals, education programs and listening to parishioners' concerns. Each nurse works alone without the support of a group situation. By having a Parish Nurse Program coordinated by a parish nurse at Cape Regional Medical Center, Cape May County churches can all be linked together to better meet the needs of the county. The parish nurses in each church have the support and expertise of all of the other nurses in the program. The medical center supplies the parish nurse program with the facility for network meetings, seminars and classes. New parish nurses are certified through a course once offered by the local community college. The parish nurses are kept current with topics relevant to their needs through quarterly seminars. The Cape Regional Medical Center's administration is very supportive and interested in the Parish Nurse Program. We do have a clinical laboratory license from the federal government through the medical center's laboratory. Cape Regional Medical Center has an innovative community education outreach program, and Parish Nursing is at the center of the program. The health fairs and education programs are sought by many organizations, agencies, living facilities and groups, in addition to the churches. Parish nurses from all of the churches volunteer and work together to learn about parish nursing and to go out into the community to help others, to do health screenings and to facilitate health education classes and programs. The Parish Nurse Program at Cape Regional Medical Center could be replicated in other healthcare facilities throughout the United States.

Q8: Describe how the program benefits the service recipients, the health care organization and/or the community. (400 words max)

Cape May County, NJ, is a seashore and tourist area on the East coast. Most of the employment opportunities are seasonal during the summer months. We do have a population that has 22% of the people over 65 years of age. Our free health screenings and free educational programs are, therefore, beneficial for both of these groups of people. There are three areas of Cape May County with a lower socio-economic population: Wildwood, Woodbine and Whitesboro. We do try to target these areas for our outreach programs. One benefit of having parish nurses do screenings, counseling and education in their churches is that the parish nurses see the people in their congregations on a regular basis and can follow up on healthcare suggestions and referrals.

The Parish Nurse Department at Cape Regional Medical Center is currently overseeing the Community Health Needs Assessment for the medical center and the community. Parish nurses are doing our Community Health Needs Assessment with their parishioners; and we are holding focus groups as a tool for assessment in the churches. We also are having the surveys completed at health fairs, educational classes and support group meetings in the county. There are twenty community organizations who have partnered with Cape Regional Medical Center to carry out the Community Health Needs Assessment. Each of these community organizations is linked with Parish Nursing for our services and as agencies for parishioners to access for referrals. In the Community Health Needs Assessment process, priority health needs will be assessed from the surveys and focus groups statistics. Programs will be developed to meet these needs, and many of these programs will be developed and facilitated by our volunteer parish nurses.

In surveying the people of Cape May County through subjective interviews, there has been an overwhelming response to Parish Nursing being an asset in delivering healthcare needs to people in Cape May County. Whenever there is an event of any kind in the county, parish nurses are requested to be present for screenings or talks on healthcare issues.

Thank you for the opportunity to apply for a 2015 HAVE Award.

PAGE 6: Contacts

Q9: Chief Executive Officer of the nominated hospital/system.

Name	Joanne Carrocino
Title	President & CEO
Email Address	jcarrocino@caperegional.com
Telephone Number	609-463-2181

Q10: CEO Support.

Checked box confirms that your CEO supports the submission of the nominated program.

Q11: Administrative Assistant to the CEO.

Name	Joanne Dombrowski
Title	Executive Assistant to the President
Email Address	jdombrowski@caperegional.com
Telephone Number	609-463-2181

PAGE 7

Q12: Name of the volunteer or auxilian who will be representing the program at the AHA Annual Meeting, May 4, 2015.

Name	Bonnie Kratzer
Title	Parish Nurse Coordinator
Home Address	2 Stone Harbor Blvd.
City	Cape May Court House
State	NJ
ZIP Code	08210
Email Address	jkratzer@caperegional.com
Telephone Number	609-463-4043

Q13: Volunteer Service Professional/Manager.

Name	Bonnie Kratzer
Title	Parish Nurse Coordinator
Email	jkratzer@caperegional.com
Telephone	609-463-4043

Q14: In submitting this application, we give the American Hospital Association permission to use and disseminate the information herein.

Agree