

## What is a Parish Nurse?

Parish nursing is rooted in the Judeo-Christian tradition and the historic practice of professional nursing. It is based on the belief that we “care for self and others as an expression of God’s love. The practice of parish nursing combines professional nursing with health ministry. “Healing is the process of taking care of the body, mind, and spirit to create wholeness, health, and a sense of well-being during illness.”

### As your parish nurse I will:

- Be available for the church 10-15 hours a week depending upon the needs of our church.
- Coordinate visits from Father Sal, Eucharistic Ministers or Befrienders upon request.
- Review with Father Sal as needed with whom I have seen, and those who have requested to see him.
- Visit those in the hospital and nursing homes; make home visits to the sick, elderly, and homebound. Visit with new mothers upon request.
- During home visits I will make a brief safety assessment of motor skills, walker or cane usage, check throw rugs and other obstacles that may be a danger and suggest ways to minimize these potential hazards.
- Interact with caregivers, spouses and family and convey any difficulties or things I may observe such as “Mom seems less aware of her surroundings today or did not recognize me or follow the conversation as in previous visits.”
- Suggest referral of patients to the hospital, assisted care facilities, nursing homes, home health agencies, physicians, counselors, support groups or hospice, as needs arise.
- Visit patients who are terminal, if the patient/family desires, and prepare them for what to expect. I can help fill out living wills and answer questions about medical terms.
- Educate on the disease process, medications and other health concerns.
- Upon specific request, I can go with patients to doctor visits or to the hospital to be an advocate for the patient and family.
- Most of all I will pray and provide comfort to all those I will serve.

### As your parish nurse I cannot:

- Give medications or adjust medications
- Change bandages
- Make changes to medical equipment such as oxygen adjustments.

### Other Plans:

- Develop Bulletin board with health information and resources.
- Blood pressure screenings
- Provide education through the parish bulletin and other formats.

### Office Hours and Contact Information:

Thursdays: 9 am – 12 pm (as receptionist, but can be reached there, if needed)  
Fridays: 9:30 am – 12 pm in Deacon Eddie’s office. Hours beginning August 5, 2016

By appointment: Contact the office, or email me at [tptakowski.hnm@gmail.com](mailto:tptakowski.hnm@gmail.com) or call my home at 434-525-2385, leave a message if there is no answer and I will return your call as soon as possible.

I look forward to serving the parish in this ministry. May God bless all of you.

Tina Ptakowski, RN, MSN