



Presbyterian Health Network

A Network of the Presbyterian Health, Education & Welfare Association (PHEWA)

Fear Not . . .

Sorting Truth from Fiction in Healthcare



Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you."

Deuteronomy 6:13

The Presbyterian Health Network (PHN) is a network of the Presbyterian Health, Education & Welfare Association (PHEWA)
A program of the Compassion, Peace and Justice Ministry, Presbyterian Mission Agency
Presbyterian Church (U.S.A.)

100 Witherspoon St., Rm. 3228, Louisville, KY 40202-1396

<http://www.pcusa.org/phewa> and <http://www.phewacommunity.org/>



Fear Not . . . Sorting Truth from Fiction in Healthcare

Literacy is defined as a person's ability to read, write, speak, and solve problems in order to function in their place in society. Illiteracy means being unable to read or write but a person with low literacy skills is not illiterate.

Health literacy is the ability of individuals to obtain, process, and understand basic health information and services needed to make appropriate health decisions. People with limited health literacy often lack knowledge or have misinformation about the body, in addition to the nature and causes of disease. Without this knowledge, they may not understand the relationship between suggested practices and various health outcomes. "Populations most likely to experience low health literacy are older adults, racial and ethnic minorities, people with less than a high school degree or GED certificate, people with low income levels, non-native speakers of English, and people with compromised health status." <http://www.health.gov/communication/literacy/quickguide/factsbasic.htm#seven>

In recent years, one of the ways that people most often find health information is by searching on the internet. With Doctors having less and less time to spend with patients, often patients may come away with misinformation because of the use of terms with which they are not familiar or being unable to grasp a situation quickly due to anxiety, shock, or embarrassment.

Pastors or other spiritual leaders in the church may be called upon to accompany members to appointments or counsel them when they are experiencing anxiety and symptoms. A Health Minister or Faith Community Nurse can be an invaluable resource to congregations in helping folks to obtain basic health literacy. Articles in the monthly newsletter about various health topics will help to educate, as well as seminars, speakers in Adult Education classes, and individual sessions with health professionals who may be available in the congregation or community.

The Ebola patients treated in our country brought out high levels of anxiety in individuals in cities where those patients were being treated, in travelers using airports, and in just about

everyone else! At the same time, people were at far greater risk of being exposed to the flu and far more people in the U.S. have died of influenza than Ebola. Yet, many people refuse or don't take the time to get a flu shot, as recommended by the Centers for Disease Control and Prevention.

<http://www.cdc.gov/flu/protect/keyfacts.htm>

Pastors, health ministers, and other health professionals in the congregation can truly make a difference in helping individuals obtain health literacy skills and decreased anxiety about a variety of health situations. The focus of the prayer in these resources, for the Day of Prayer for Healing and Wholeness this year in the Presbyterian Church (U.S.A.), is to help folks feel God's comforting presence in times of anxiety whether related to a health situation or some other cause.



Presbyterian Health Network

A Network of the Presbyterian Health, Education & Welfare Association (PHEWA)



How to sort Health Facts from Health Fiction on the Internet

One of the top 5 things people do the most online is to look for health and medical information. The most commonly researched topics are specific diseases or conditions, treatments or procedures, and doctors or other health professionals.

Ever wonder who regulates the information on the Internet? The answer is **nobody!** There are three important questions to ask to quickly evaluate the credibility of health information:



1. Who Said It?

- Look at the author's name and title/credentials.
- Sources listed
- Is there a manufacturer as a sponsor?
- Look for sites that are sponsored by the U.S. government (.gov address) or by large medical institutions such as The Mayo Clinic or Johns Hopkins Hospital.
- Look for the Health on the Net Code Certificate; see: <http://www.hon.ch/HONcode/Patients/Visitor/visitor.html>

2. When Did They Say It?

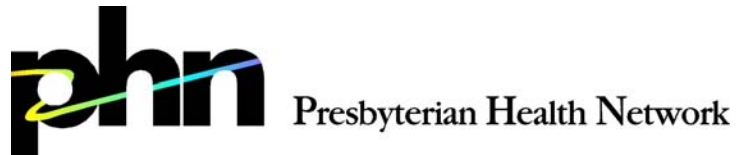
- Look for a copyright date on the website.
- Move on if the date is more than a few years old or missing.

3. How Did They Know?

- Information should be based on the research of many people and not just one study or personal opinion.
- Should sound reasonable based on other information you've found.
- Trust your common sense!

Don't be a victim of "Cyberchondriasis!"

That is a new term for the relationship between health anxiety and searching for health information online. Research has shown that there is a significant relationship associated with higher anxiety and distress that correlates with the frequency and duration of online searching. Does your congregation have a Faith Community Nurse or Health Minister to help you research these topics? Or have you talked with your doctor about your fears?



A Network of the Presbyterian Health, Education & Welfare Association (PHEWA)

2015 Day of Prayer for Healing and Wholeness Presbyterian Church (U.S.A.)

Trusted and comforting God, be with me as I try to calm myself and prepare for what lies ahead.

You are my guide and have given me strength and courage to face life's challenges in the past so I know you will not forsake me now.

As you encircle me with your loving spirit, let me feel your wisdom flow over me.

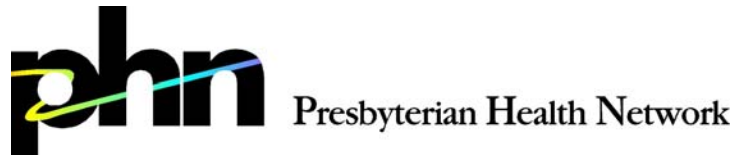
Guide me in using my energy creatively and in a forward-looking manner so that I will think clearly.

Help me to hear your voice in the voices and wisdom of those around me who are attempting to help me achieve healing and wholeness even if healing doesn't mean cure.

Thank you for all you have given me in life and Help me again to find inner peace and unity with you.

Amen

Adapted from a prayer by Joyce Rupp



A Network of the Presbyterian Health, Education & Welfare Association (PHEWA)

Worship Resources for Health Awareness Sunday, 2015 Fear Not . . . Sorting Truth from Fiction in Healthcare

Call to Worship –

One: When the forces in the world threaten us,
When our bodies or spirits turn against us
When we are afraid of what might happen

All: There is One who seeks us,

One: One who meets us,

All: One who heals us,

One: One whose love washes over us.

All: One who sets us free from worry and allows calm and joy to enter our hearts.

One: The One is the Lord, our God!

All: Come, let us worship God.

Prayer of Adoration and Confession –

We come to you, our loving and healing God, remembering the miracles of healing from Jesus' time. We confess that sometimes we think of miracles as something that happened only long ago and far away. We admit our fear and skepticism. We recognize that our hopes for healing and fear of "catching something" are often plagued by crises of faith. And sometime, God, we're simply scared of how our lives would change. If we could but reach out and touch the hem of your cloak, you would unite us in our desire for connection and wholeness. Help us to break down the walls of isolation in our communities and our own hearts. Help us to see your healing grace in every day of our lives. Open our hearts to the healing and comforting warmth of your presence. . .

(silence for personal confession)

One: We pray.

All: Amen

(The above are adapted from a worship service at Bradley Hills Presbyterian Church, Bethesda, Maryland, led by Associate Pastor Kori Phillips.)

Possible Scripture Passages:

Psalm 56:3

2 Timothy 1:7

Matthew 6:25-34

Deuteronomy 31:6

1 Peter 5:7

Joshua 1:9

And many, many others

Hymns:

God of Grace and God of Glory

Fight the Good Fight

A Mighty Fortress is Our God

Lord, Dismiss us with Thy Blessing

Comfort, Comfort Ye My People

Our God to Whom We Turn



PRESBYTERIAN HEALTH NETWORK

A Network of the Presbyterian Health, Education & Welfare Association (PHEWA)

Leadership Team, January 2015

Moderator

Ruth Syre, MSN, RN-BC

Faith Community Nurse
Program Manager Congregation
and Community Health
Centra

Lynchburg, VA

Phone: 434-200-4041

Presbytery of the Peaks

Ruth.syre@centrahealth.com

PHEWA Board Representative

Pat Welsh, MSN, R.N.

Health Ministry Coordinator
Norton Healthcare Office of Church
and Health Ministries

Faith Community Nurse

Louisville, KY

Phone: 502-629-2702

Mid-Kentucky Presbytery

pat.welsh@nortonhealthcare.org

Members-at-Large

Joanie Friend, BSN, R.N.

Faith Community Nurse
Bradley Hills Presbyterian Church
Bethesda, MD

Phone: 301-299-7779

National Capital Presbytery

jfriend@pobox.com

W. Daniel Hale, Ph.D

Special Advisor to the
President, Johns Hopkins
Bayview Medical Center
Adjunct Associate Professor
of Medicine, Johns Hopkins
University School of Medicine
Baltimore, MD

Phone: 410-550-0908

whale5@jhmi.edu

Amy Taylor, BS, R.N.

Faith Community Nurse
Central College Presbyterian
Church

Congregational Partnerships

Coordinator, Ohio Health

Westerville, OH

Phone: 614-882-2347

Scioto Valley Presbytery

amytaylor@ccpc.us

Rev. Jeffrey A. Sumner

Senior Pastor
Westminster By-The-Sea
Presbyterian Church

Daytona Beach, FL

Central Florida Presbytery

sumnerj@aol.com

**Presbyterian Health
Ministry/Faith Community
Nursing Consultants**

Lois Bazhaw, R.N.
Congregational Nurse
Faith Presbyterian and Vandalia
Presbyterian Churches
Greensboro, NC
Phone: 336-674-0249

Presbytery of Salem
loisbazhaw@bellsouth.net

Deborah Carney, R.N.
Faith Community Nurse
First PC, Punta Gorda
Punta Gorda, FL and Clymer, NY
Phone: 941-456-6804

Presbytery of Peace River
carneydeb@hotmail.com

Jane Givens, R.N., BS, MA
Portage, MI
Phone: 269-329-2937

Presbytery of Lake Michigan
jgivens@givens.net

Betty Yurkewitch, R.N.
Faith Community Nurse
Lewinsville Presbyterian Church
McLean, VA

National Capital Presbytery

betty.yurkewitch@verizon.net

Staff persons

Rev. Trina Zelle
PHEWA National Organizer/
Executive Director
Kapolei, HI
Phone: 808-208-9166
trinazelle6@gmail.com

Susan Stack
Presbyterian Mission Agency
Associate for PHEWA & Networking
100 Witherspoon St., #3228
Louisville, KY 40202-1396
Toll-free: 800-728-7228 ext. 5800
Phone: 502-569-5800
susan.stack@pcusa.org