

## **St. Mary's of the Assumption Health and Wellness Survey**

The role of the Parish Nurse is to function in the following categories: integrator of faith and health, health educator, health counsellor, referral advisor, health advocate, developer of support groups and volunteer co-Ordinator.

The following survey will help her in planning programs and priorities for our new Parish Nurse Ministry.

### **Check the topics you would like to see as part of the Parish Nurse Ministry**

- Nutrition
- Exercise
- Mental Illness Concerns

#### **Stress Management:**

- a) relaxation exercises
- b) someone to talk with
- c) help with relationships

#### **Chronic Disease Management:**

- a) diabetes
- b) heart disease
- c) diabetes
- d) arthritis
- e) stroke recovery
- f) cancer
- g) kidney disease

- h) high blood pressure

#### **CPR/First Aid Courses:**

- Men's Health Issues
- Women's Health Issues
- Home Safety
- Spiritual Topics
- Hospice/end of life issues

#### **Do you see a need for Health Events in the Parish?**

- Health Fairs
- Screening Clinics
- Flu shot clinics
- Other (please specify) \_\_\_\_\_

#### **Do you see a need for Support Groups in the Parish?**

- Caregiver support
- Grief support

#### **Exercise group:**

- a) walking group
- b) Yoga
- c) Exercise for strength and balance
- d) other (please specify)
- Pain Management support

- Lung Disease Support Group
- Other (please specify) \_\_\_\_\_

Return to Parish by September 30, 2021

**In your opinion the Parish Nurse Should**

- Serve the congregation only
- Serve the congregation and the surrounding community
- Provide health educational material in the bulletin
- Provide a health education bulletin board
- Provide health counselling to individuals
- Visit parishioners who are in hospital/hospice
- Visit parishioners who are homebound
- Visit new mothers
- Provide spiritual support
- Make the congregation aware of social and/or legislative health care issues
- Refer to appropriate community and/or medical services as needed

**Suggestions/Input for the Parish Nurse to consider**

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Thank you for completing this survey, your input will make this Ministry relevant to our Parish. Marguerite Goodfellow RN, Parish Nurse