



IN TOUCH

Newsletter of the Lutheran Nurses Association of Australia

Vol 34 No 3

May 2023

Lutheran Nurse of the Year announced

The Lutheran Nurses Association of Australia (LNAA) has named Sharon Berridge as the recipient of the 2023 Lutheran Nurse of the Year award. The award was announced on International Nurses Day (12 May).

Sharon is an EN who serves as the Executive Care Manager at the Tanunda Lutheran Home (TLH) in South Australia's Barossa Valley.

Sharon's nominees spoke of her high degree of understanding of and respect for the value of Christian faith, particularly for people approaching the end of their life, as well as her leadership skills, extensive knowledge of aged care, and her compassion, and her high level of professionalism. She is highly respected among her peers for her commitment to all her staff. One of them wrote: 'Sharon has always displayed a high degree of integrity, responsibility, compassion, warmth and respect for all our residents and their families within Tanunda Lutheran Home ... Her love, patience and dedication to the elderly is to be commended, along with her commitment to all her staff.'

The TLH CEO, Lee Martin, said: 'Sharon has a way with her presentation to keep residents, their families and staff informed, educated, and safe in both the accommodation and spiritual environments.'

Sharon is a member of the Tabor Lutheran congregation in Tanunda.

LNAA also recognised the more than 30 years of service given by Meg Lewis of Norwood. During this time, she has served as Nursing Director of the Orthopaedic and Trauma Service at the Royal Adelaide

Hospital, and General Manager at the Hampstead Centre.

She also filled a crucial role in the South Australian response to the COVID-19 pandemic as a Vaccination Nurse at the busy Wayville Vaccination Centre.

Her nursing service over many years was recognised with a Meritorious Service Award.

Meg is an active member of the St John's Lutheran church at Dernancourt in suburban Adelaide.

The Lutheran Nurse of the Year award was launched in 2020 to commemorate the 200th anniversary of the birth of Florence Nightingale, the pioneer of modern nursing.

It recognises faithful and outstanding service, particularly during the preceding 12 months, given by a Registered or Enrolled Nurse who is an active member of a congregation of the Lutheran Church of Australia/New Zealand.

Nominations close on 31 March each year. Nomination forms are available from the LNAA Secretary:

Mrs Rose Howard, 2 Glen Eyre Crt, Aberfoyle Park SA 5159 ☎ 04 1046 3649

Nursing in Aged Care

There have never been more ways to get into a rewarding nursing or carer pathway in aged-care, according to Queensland-based Lutheran Services, which is a department of the LCANZ's Queensland District. From complex care through to powerful life experiences, relationship-based caring and being part of an extended family, aged care is an area of nursing where the possibilities are as big as the rewards.

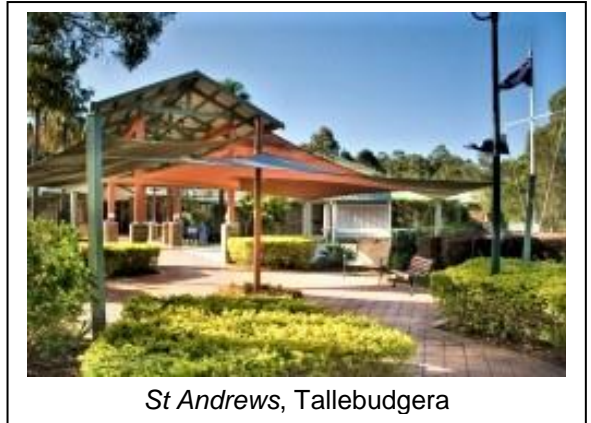
In Queensland, Lutheran Services (LSQ) operates aged-care and community services across more than 25 sites throughout the state – from Tallebudgera (pictured) to Rockhampton. It draws on a rich Lutheran tradition of care for the individual, family and community. Together with the congregations that founded us, we have served people and communities in Queensland since 1935.

Working at a Lutheran Services aged-care community is guided by a strong Lutheran ethos of service, that underpins the approach to care through to recruiting new staff. With this clarity of purpose, opportunities and different nursing pathways are flowing.

A pioneering partnership between LSQ and the University of the Sunshine Coast is creating opportunities for newly graduated RNs to be employed by LSQ job-ready and skilled up. This Transition-to-Practice program addresses aged-care nursing shortages by promoting nursing in aged care as an exciting career opportunity, and helping to change the perception of the sector.

The pilot program, run last year at Coinda Aged Care in Gympie, saw Bachelor of Nursing students in their final year paired with Registered Nurses at the aged care site. Of the five student placements, two have gone on to full-time employment at *Coinda*.

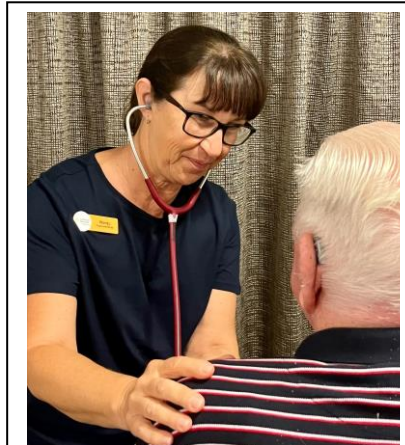
The program, which will be expanded this year to two other sites in south-east Queensland helps



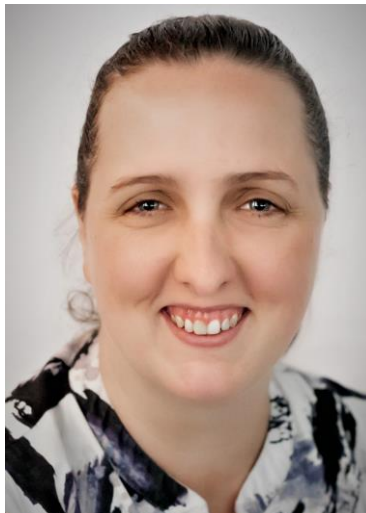
St Andrews, Tallebudgera

nursing students fast-track their transition into work-ready graduates – with expanded insights, skills and passion for caring for the elderly.

A program participant and now a Registered Nurse, Wendy Williams, has always been interested in end-of-life care and caring for the whole person.



Wendy Williams with resident



Stephanie Wilson

‘Aged care, in particular palliative care, was a career goal when I began my studies’, she said. ‘It requires a lot of critical thinking to put your practices and education together to work out the optimal care for residents with complex needs, and that is ultimately hugely rewarding.’

She feels she has found her calling. ‘I’ve had some really excellent contacts with nurses and carers in the profession who have a wealth of experience and are always willing to share those experiences’, she said.

‘But also the diversity of the residents that we look after – they’ve had quite incredible, different life experiences, and I think it’s that relationship-based nursing that drew me to aged care.’

Stephanie Wilson, the Aged-Care and Retirement Living Service Manager at St Paul’s village in Caboolture, agrees

that relationship-based nursing is a great way to describe nursing practice in aged care. More than 100 aged-care and retirement residents live at *St Paul’s*, which is about 50 kilometres north of Brisbane. She believes that caring for older

people is about care for the whole person and resonates with our Lutheran identity. ‘You become part of an extended family’, she said. ‘It’s a natural connection.’

As an RN and now Service Manager, Ms Wilson recognises that every aged-care role has some part to play in person-centred care. ‘A personal carer will get to know a resident really well, on an intimate and trusted level. There might be amazing social connections with the cleaner and personal friendships with the creative and lifestyle staff’, she said. ‘Our people love what they do and making a difference in someone’s life.’



Melanie Wagner with resident

Improving the quality of life for older people is a driver for Nurse Practitioner, Mel Wagner. A Nurse Practitioner is a Registered Nurse educated (at a Masters level) and authorised (through

AHPRA) to function autonomously and collaboratively in an advanced and extended clinical role.

Ms Wagner runs the LSQ Nurse Practitioner program, that is a model of care that improves the quality of life for those in residential care or receiving in-home care.

Nurse Practitioners can significantly enhance an aged-care provider’s model of care and are critical to meet the health needs of an ageing population, Ms Wagner said.

Since 2010, the Australian Government has allowed eligible Nurse Practitioners access to the Medicare Benefits Schedule – facilitating an income stream to support a financially viable service model.

‘My passion has always been to support our elders with the highest level of care to ensure they can thrive with the vibrancy of life and make informed decisions around their health and wellbeing’, she said. ‘Leading the program has been an insightful journey which will no doubt positively impact the next generation of aged-care nurses.’

For more information follow us on *Facebook*, or visit: www.luthेरanservices.org.au

Carly Hennessey
Communication Manager,
Content/PR/Production
Lutheran Services (Queensland)

Moments like these ... 😊 😐 😞

IN TOUCH readers share humorous, momentous, or moving experiences

This scenario involved three elderly people. Miss A was a devoted, but non-practising Roman Catholic church member with significant vision impairment. And Mr C was an epileptic man with memory loss, as had the two women.

One night I was doing the night medication and staff were doing the night supper round and were in front of Miss A’s room. Mrs B’s room was just across from Miss A’s. Suddenly Mr C came back from an outing with his family and had clothes from the drycleaners in his hands.

Mrs B invited Mr C to have supper in her room, but Mr C said he wanted to first put his clothing in his room further up in the hallway.

Mrs B was not impressed as she was thinking Mr C would forget to come back. So there was a discussion in the hallway, and as Miss A was still awake, she came out of her room and asked, ‘What sort of place has it become that people want to walk naked into each other’s room?’

We then had to explain to Miss A the situation that had unfolded, and that it was clothes from the dry cleaners that Mr C wanted to put in his room before having his supper!

Of course everyone ended up laughing. Miss A was comforted, and also laugh at it!

Martie Frohling
Wellington, NZ

Helping babies breathe

Gillian Mibus came from Victoria and always wanted to be a nurse. After her general training, she completed her midwifery training in Victoria, before coming to Queen Victoria Maternity Hospital in Adelaide to work in Neonatal ICU. In 2020 she attained a Nurse Practitioner diploma. She is part of a specialist group, Australian College of Neonatal Nurses (ACNN), that volunteers to serve in various parts of the world to support newborns and children under five years of age. In this role she has visited Papua New Guinea 10 times. Gill continues to work at the Women's and Children's Hospital in Adelaide. She was guest speaker at LNAA's March meeting.

The team's first visit to Goroka, in 2014 found conditions very different from those in Australia. The 265-bed hospital serves 450,000 people. Supplies were unreliable. Day shift saw one nurse to 30 patients; at night the ratio is 1:60. In the birthing unit there was no suction or oxygen. The women are often anaemic due to a poor diet and with a poor immunisation program, many children succumb to



measles, polio and other diseases. Language is also a barrier.

In the passing years, the team of nurses have raised funds and taken 30 kgs of equipment on each trip. This has included, birthing kits and other consumables. With fund raised, they have purchased a jaundice monitor, power board, water tank, washing machine and solar head light.

Rose Howard

My PNG experience

I have visited Goroka in the Eastern Highlands Province, Papua New Guinea (PNG) with nurses from the ACNN Low Resource Country Special Interest Group (LRC SIG). Before COVID we were visiting twice a year with a small group of eight nurses, primarily to teach a program called 'Helping Babies Breathe (HBB)' to the Village Birth Attendants.

This program came from the American Academy of Pediatrics and is taught in third-world countries around the world. It focuses on the first minute of life, and how simple things can be done to help a baby breathe at birth that can improve neonatal mortality and morbidity. ACNN LRC SIG was compelled to help in response to the United Nations Millennium Developmental Goals (MDG) – specifically MDG4 which focuses on newborn mortality in the under-five population. We wanted to be proactive in trying to reduce the high neonatal and maternal mortality and morbidity that is experienced in PNG, so close to home.

We also mentor midwives and nurses at the Goroka Hospital, and spend time with them during our visits. We teach HBB to the nursing students and staff and have also fund-raised and taken a lot of equipment and supplies to them.

We have visited 10 times over a five-year period and during this time we have taught over 1200 individual episodes of HBB. Some health workers attended multiple sessions during this time and have become HBB champions. They are able to teach and practise with other health practitioners. We have had good feedback from the Village Birth Attendants that they are now able to do something when the baby is not breathing at birth and have shared stories of their success.

We plan to visit again in May to assess their progress and to plan how we continue to support these amazing health workers who work in such challenging conditions with such few resources.

Gillian Mibus

Westberg window, memorial quilt, shown at St Louis symposium

A stained glass window (right) recognising the work of the Rev Dr Granger Westberg in fostering the role of Parish Nurse was on display at this year’s International Westberg Symposium at the *Caring for the Human Spirit* conference held in St Louis, USA, on 17-19 April.

The window was originally in the hospital chapel in Chicago, Illinois, where Dr Westberg had worked. When the chapel was demolished, the window was removed and presented to Dr Westberg. It was placed in a wooden frame and remained in his room until his death. His son, John, donated the window to the Westberg Institute.

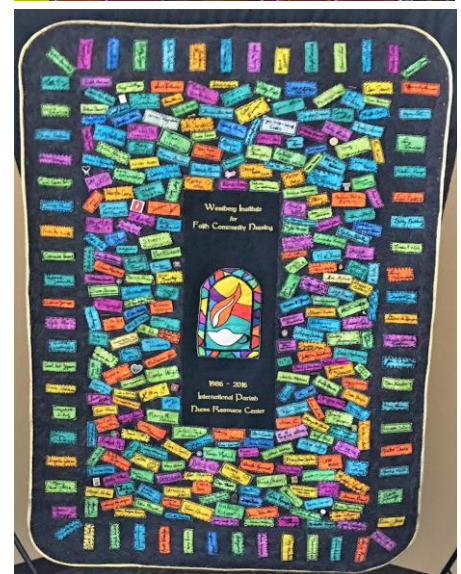
This year, artist, Katie Silverwings, installed it in a frame with backlights so it can be displayed safely.

Dr Westberg died on 16 February 1999 in Downers Grove, Illinois, at the age of 87. He is recognised as a pioneer of ‘wholistic health’. He fostered the idea that health-care needs to be concerned not only with the body and mind, but also with the spirit – and as the pioneer of the present-day Parish Nurse ministry, in which a qualified nurse undertakes some theological education, and serves in a wholistic role in a parish, church school, aged-care facility or other institution.

A quilt memorialising Parish Nurses who have died in recent years was also on display. In a moving ceremony, the St Louis Nursing Honour Guard, wearing white uniforms, with caps and capes, read the names of nurses who had died, followed by a moment of silence to honour their passing.

The World Forum for Parish Nursing Ministries was attended by 225 live participants, with another 200 taking part on-line. It meets each year during the Westberg Symposium, enabling any international Parish/Faith Community Nurses to meet or share reports emailed to the convener, with other Parish/Faith Community Nurses, and to discuss global activities and interest in Faith Community/Parish Nursing practice.

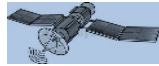
Information from
Dr Sharon Hinton, Director, Westberg Institute
published in the Westberg Institute Bulletin



On church members

Many church members are like wheel barrows — not much good unless they are pushed.
 Some are like canoes — they need to be paddled.
 Some are like footballs — you can’t tell which way they’ll bounce next.
 Some are like balloons — full of hot air and ready to blow up.
 Some are like trailers — they have to be dragged along.
 Some are like neon lights — they keep going on and off.
 But many are like a good watch — open, pure gold, quietly busy and full of good works!





Newsbrief

Mission Aviation Fellowship (MAF) has been providing air services to remote communities in Arnhem Land for 50 years. It has developed a strong partnership with domestic violence shelters in the region that offer a haven to victims. As a result, MAF is able to provide fast and timely evacuation to adults and children who are suffering abuse.

Dementia has overtaken coronary heart disease as the leading cause of disease burden among Australians aged 65 and over, according to a recent report from the Australian Institute of Health and Welfare. Last year dementia was responsible for almost 230 000 years of healthy life lost among people aged 65 and over – a 62 per cent increase since 2011. The number living with dementia is expected to more than double over the next 35 years.

A 2012 study in the journal *PLOS One* found that there are at least 67 groups of bacteria organisms found in each person's umbilicus, with six different types making up the majority in more than 80 per cent of people.

Lutheran Services in Queensland has the following positions available: Registered Nurses (Toowoomba and Kingaroy), Personal Carers (Biloela, Gympie, Toowoomba, Laidley, Nundah, Woodridge), Physiotherapist (Gympie). More information is available at:

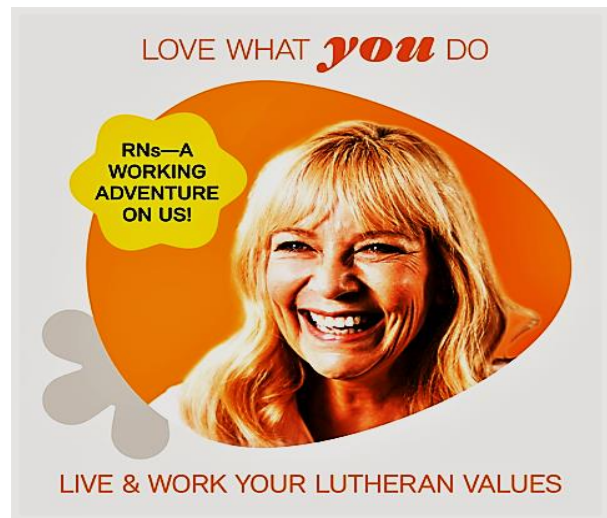
contact@lutheranservices.org.au

Stroke Foundation is this year celebrating 25 years as the only national organisation in Australia focused on stroke prevention, treatment and recovery. It is widely recognised as the voice of stroke in Australia. In 1983, neurosurgeon Mr David Brownbill AM and engineer, the late Sir John Holland AC, set up a research foundation to improve the treatment of stroke and other diseases of the brain and nervous system. When stroke was identified in 1996 as one of Australia's health priority areas of need, the organisation set its focus exclusively on stroke, establishing the National Stroke Foundation.

Research led by Professor Jun Yang at the Hudson Institute of Medical Research at Victoria-based Monash University and Monash Health and published in the *Medical Journal of Australia* has shown that in about 10 per cent of cases of people presenting with high blood

pressure, the cause is the adrenal glands producing too much of the hormone aldosterone. Aldosterone controls the body's sodium and potassium levels, but it also regulates heart health. The condition can be treated with cheap, readily available aldosterone-blocking medication, or potentially cured with keyhole surgery. Professor Jun Yang's report calls for nationwide screening for this condition.

FIFO nurse positions in Queensland



All the awesome FIFO perks and a fun working adventure await! Short-term, fixed-contract positions are available at Wahroonga Aged Care in Biloela in Central Queensland.

Biloela is a busy commercial and tourist hub that hasn't lost its relaxed country feel and where G'days are as common as lattes. If you're more of an outdoors type, there's bushwalking, four-wheel driving, boating and fishing on tap. The town airport serves Brisbane and beyond.

The offer includes:

- Excellent pay, loading and penalties, superannuation, holiday pay and salary sacrifice
- Travel and accommodation costs covered
- Monthly return trip to Queensland location

For more information, or to learn more about our other Lutheran Services locations in Queensland, phone Bernadette on 0438 456 034.

Thinkpoint

Scripture says: Love your neighbour as you love yourself. It is just as vital to have self-compassion as compassion for others.

Notes and News

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The Moses mindset

Lucinda Glover says she never really wanted to be a missionary, but somehow she thought kept niggling away in her mind. Whenever these 'niggles' became too insistent, she always had all the reasons 'why not' ready! 'Being a missionary is for others, not me! I can send money for others. I can't share the gospel. It's not part of my plan for my life.'

What changed her way of thinking was reflecting on how the Old Testament leader, Moses, responded to God's call.

When God called Moses to lead the Israelites out of their slavery in Egypt, his first response was 'Why me? Who am I that I should go to Pharaoh, and bring the Israelites out of Egypt?' (Exodus 3:11) It sounds like humility, but in reality it's a rejection of God's ability to work in and through those he chooses. When Moses said 'Who am I?' God said, in effect: 'It doesn't matter who you are! What matters is who **I** am! I'll be with you.'

Another excuse that Moses put up was that he wasn't a good speaker. So God said to him: 'I'll send Aaron to be with you. He's an eloquent speaker!' And he did!

Moses objected 'What if the Hebrews don't believe I've been sent by God?' God dealt with that through the miraculous signs he empowered Moses to use, both to reassure the Hebrews and convince Pharaoh to release them.

Moses real mindset eventually came out, when he simply said 'Please send somebody else'!

I sometimes wonder how much of this 'Moses



mindset' might be preventing many who have the education, skills and experience, from hearing and responding to God's call to serve in the Pastoral Care Nurse (PCN) ministry!

God's challenging call came to Moses when he was shepherding his father-in-law's sheep and goats out near Mt Sinai. God appeared to him as a flame coming from the middle of a bush.

Don't **expect** God to call you out of a fiery bush! But don't be surprised if God uses other means to start you thinking about this possibility! With the increasing demands on parish pastors, there is tremendous scope for nurses to make themselves available to enhance the pastoral care of parishioners and others associated with their congregation in the role of PCN.

For more information contact the undersigned.

Rev Bob Wiebusch

revbob@ozemail.com.au



Lutheran Parish Nurses International

Registration forms have now been released for this year's study tour to Bucharest and Brasov in Romania, on 7-15 September. Copies are available from: revbob@ozemail.com.au Cost: twin share - US\$2500 by 30 June; single - US\$3000 by 30 June.

The tour in September 2024 will be to Alaska, and will include a visit to the famous Denali National Park.

Options for 2025 still under consideration.

For devotions, health topics and other information, check the LPNI website: lpni.org

† **LCA NZ PASTORAL CARE NURSE FOUNDATION MEMORIALS**
Jean Ellen Freund 11.01.1940-21.02.2023 Maria Rohtmets 25.08.1931-01.04.2023

LNAA Program

Venue for regular meetings: LCA/SA District Office, 137 Archer Street, North Adelaide

29 May 7.30pm **Multiple Sclerosis Society** – Amy Picton

31 July 7.30pm **Lutheran Disability Services** – TBA

25 Sep 7.30pm **Open Forum:**

27 Nov 7.30pm **Dietician for Veterans** – Lorinda Wegener

5 Feb 7.30pm **Nursing in the Centre** – Naomi Heinrich RN

Visit our Facebook page: @lutherannursesassociationaustralia

LNAA office bearers

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Extra Members: Mrs Sylvia Hutt, 6 Brook Dr, Aberfoyle Park, SA 5159 📞 04 1785 4873
Mrs Lynette Pech, 51 Alabama Ave, Prospect, SA 5082 📞 04 1889 2131

Spiritual Counsellor: Rev Chris Gallasch, 1215 Grand Junction Rd, Hope Valley, SA 5090;
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IN TOUCH

IN TOUCH is published six times a year. **Editor:** The Rev Robert Wiebusch, 200/1215 Grand Junction Rd, Hope Valley SA 5090 📞 08 8336 3936. Email: robert.wiebusch@lca.org.au

Deadline for next issue: **15 June 2023.**

Membership renewal for the 2022-23 financial year is now due

Kindly return the form below, together with your cheque, to the LNAA Treasurer, Mrs Vicki Minge. Funds can be transferred electronically to: BSB: **704942** Account name: **Lutheran Nurses Association of Australia**. Account number: **155449** If you transfer funds electronically, please advise the Treasurer. Your name or postcode should be included.

LNAA MEMBERSHIP RENEWAL FORM 2022–2023

NAME: _____ **DATE:** _____

ADDRESS: _____

EMAIL ADDRESS: _____

TELEPHONE: () _____ **NURSING STATUS:** _____

My membership fee of \$25 enclosed.

I arranged electronic transfer of my membership fee of \$25 on: _____

Reference: _____

SIGNATURE: _____

LNAA TREASURER: Vicki Minge, 16 Douglas St, Lockleys, SA 5032 pvminge@hotmail.com