

Coronavirus :
Strategies for Spiritual
Caregivers Dealing with the
Chaos of Coronavirus and Other
Infectious Disease Threats





Westberg Institute
for Faith Community Nursing
A Ministry of Church Health

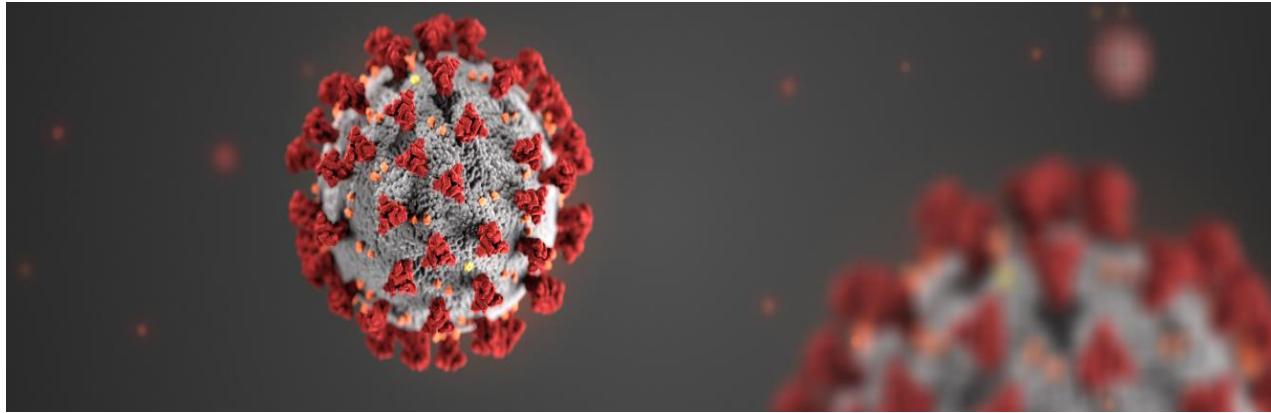


Thank you to our hosts!



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World Health
Organization



Centers for Disease Control and Prevention

CDC 24/7: Saving Lives, Protecting People™

We want to respond to your questions!

- All participants will be muted throughout the webinar
- To ask a question click on the question icon and type in your question. This will be monitored throughout the webinar and similar questions grouped together so that the authors may respond to as many questions as possible during the timeframe allotted
- If your question is not answered due to time constraints, a summary of frequently asked questions will be posted along with the resource list and the Webinar Power Point Slides
- *If you are a patient, refer your questions to your healthcare provider*



Outcomes

At the conclusion of this webinar participants will self-report an increased ability to cope personally and professionally with the chaos the current Coronavirus situation is causing for spiritual care providers.

The [Westberg Institute Continuing Nursing Education Provider Unit](#) will award [1.0 contact hours](#) of continuing nursing education credit for participation in this webinar and the evaluation activity.

The Westberg Institute is an approved provider of continuing nursing education by the Tennessee Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Criteria for completion: Attend the entire webinar and complete the electronic evaluation.

The authors have no conflict of interest to disclose.

Let's get started

For people of faith,
the place to start
is with prayer.



Infectious Diseases in General

Historical overview

General process of
infectious diseases

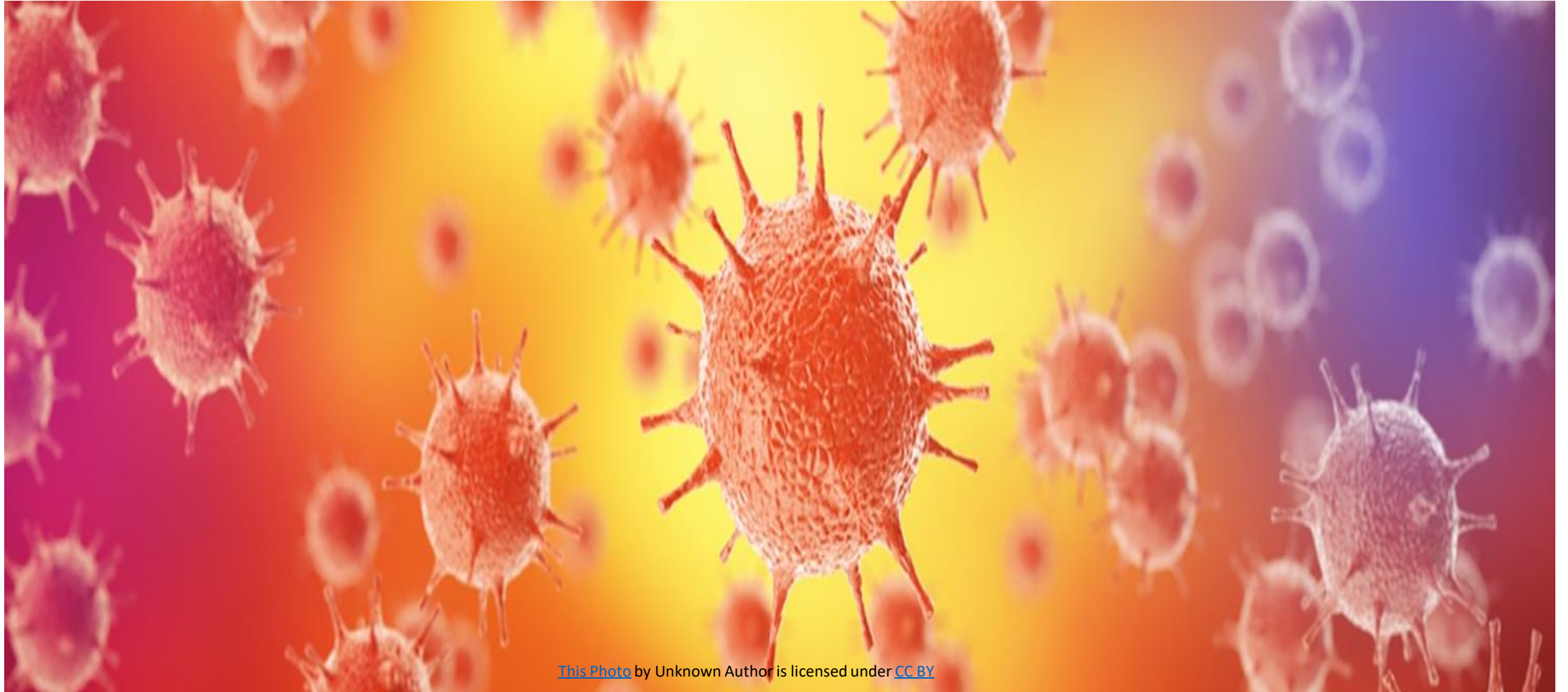
Flu and COVID-19

Historical overview



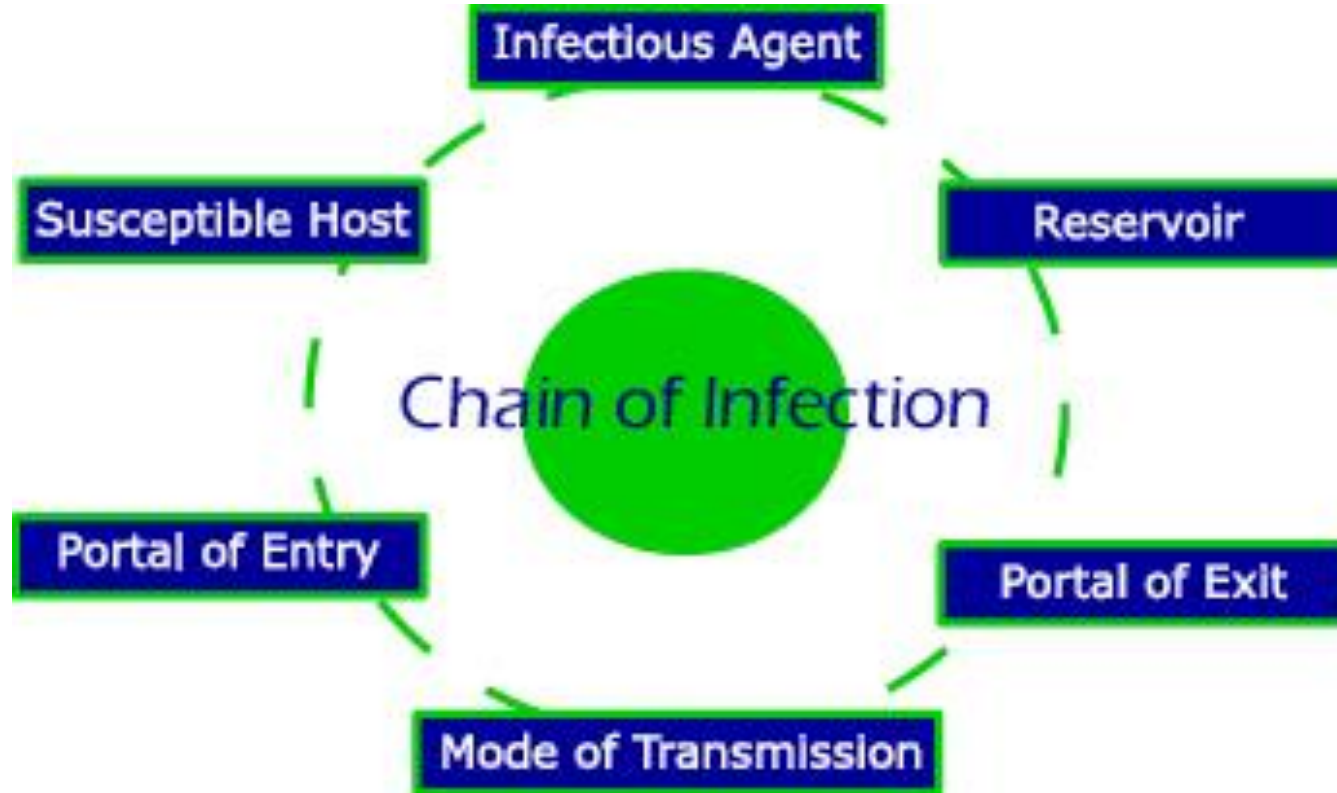
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General Process of Infectious Diseases



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Infectious Disease



Modes of Transmission



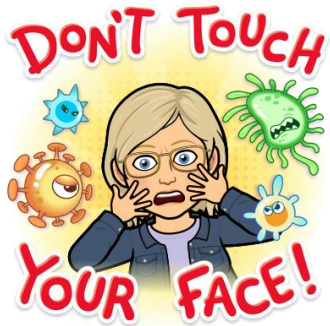
Hand Hygiene

- ◎ Number one cause for the spread of infection – Lack of effective hand washing
- ◎ Sing a song - ABC's, happy birthday, your favorite song – twice

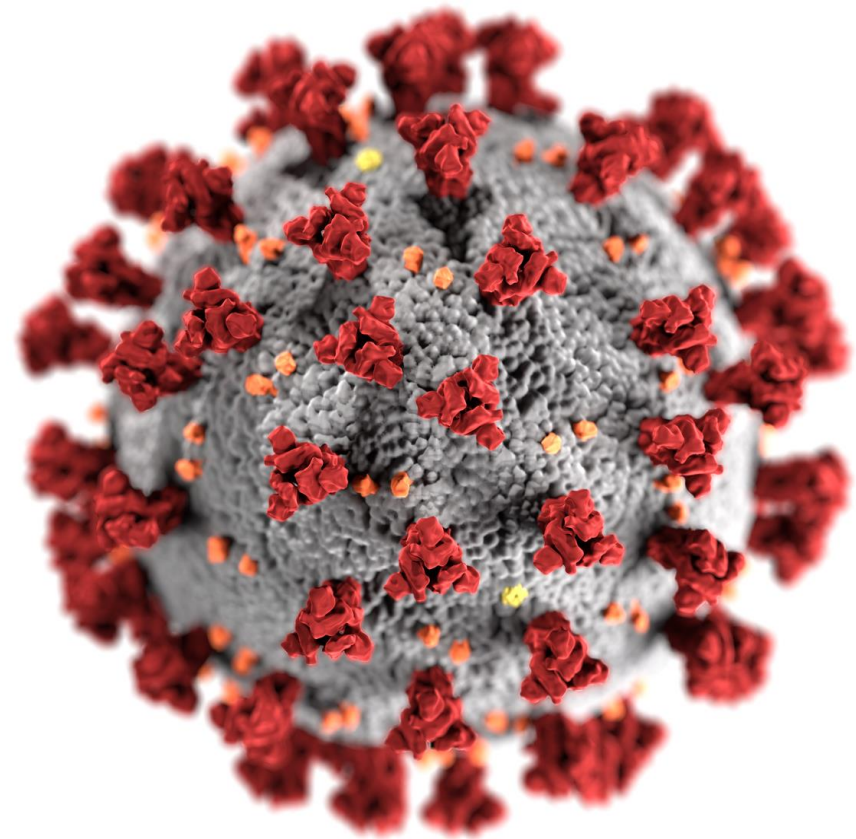
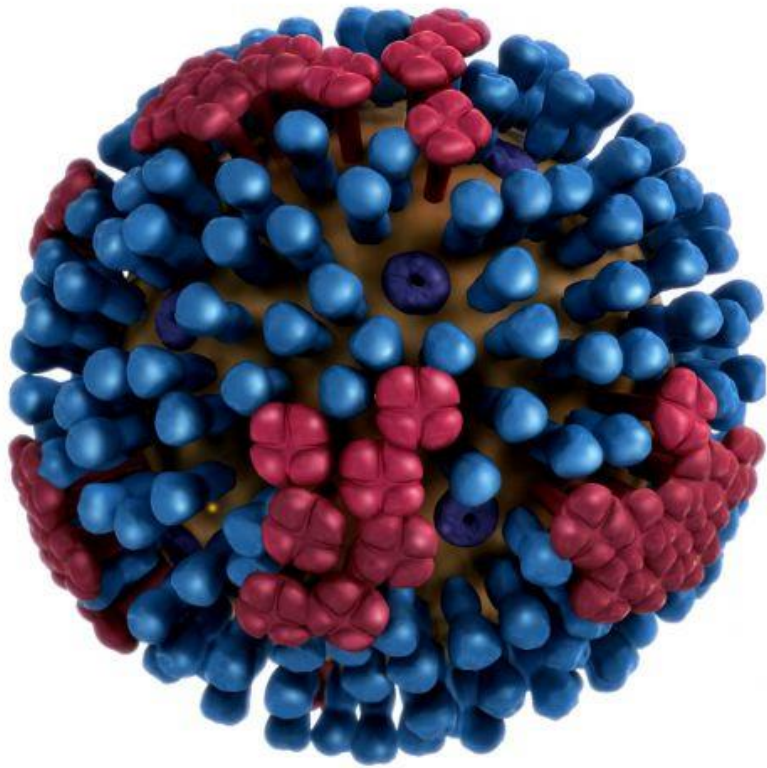


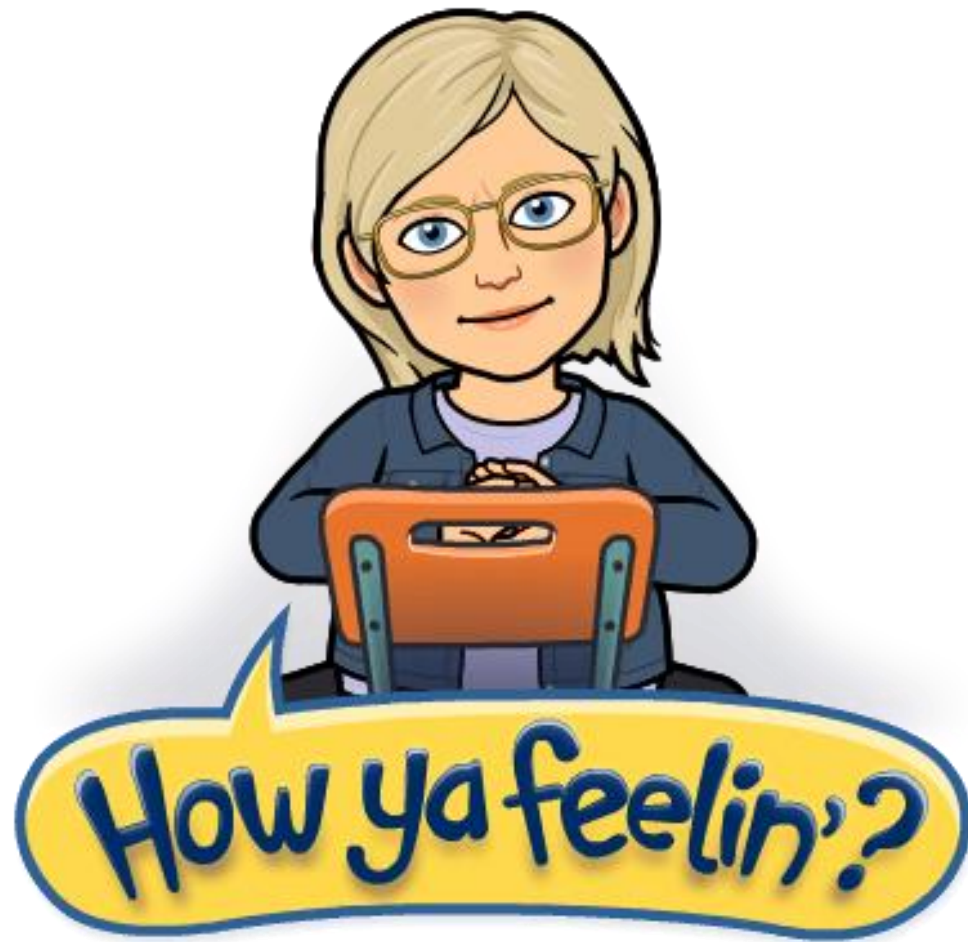
Burning question #1: I work with people and families who are upset and crying and need that human touch to know that I care. What am I supposed to do?

- Wear masks, eye protection, gloves and protective clothing
- Minimize your touch
- Minimize tight spaces
- Offer tissues



FLU and COVID-19





Prevention – Do's

- Clean hands often; if using hand sanitizers – at least 60% alcohol
- Avoid touching eyes, nose, and mouth
- Cover coughs and sneezes
- Avoid close contact – 6 feet distance
- Stay home if sick
- Avoid public areas
- Avoid public transportation
- Avoid gatherings of more than 10 people
- Wear a facemask if sick
- Stay home if sick
- Clean and disinfect; Use EPA registered products



Prevention DON'Ts

- Don't fall for schemes and fads
- Don't believe everything you hear
- Don't take excessive amounts of vitamins and supplements
- Don't avoid all social interactions
- Don't try to be a martyr



Preparation – Do's

- Plan ways to care for those who might be at greater risk for serious complications.
- Get to know your neighbors
- Identify aid organizations in your community
- Create an emergency contact list
- Remain optimistic



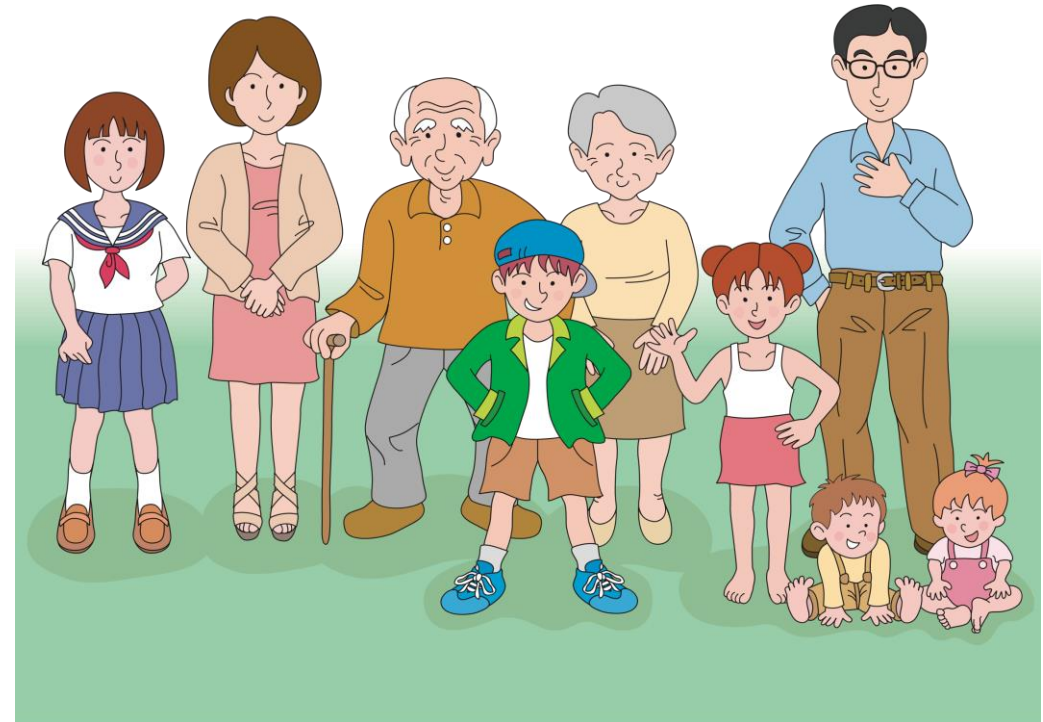
Preparation Don'ts



- Don't panic
- Don't stockpile
- Don't stigmatize
- Don't become an isolationist

Public Education - Families

- Plan Ahead
- Create a household plan
- Consider high risk family members
- Consult neighbors
- Create a list of local organizations
- Create an emergency contact list
- Choose a room in your house



Keeping the home safe



- Encourage family members to:
 - WASH hands often
 - Create reminders to avoid touching their face and cover coughs and sneezes
- Disinfect surfaces like doorknobs, tables, and handrails regularly
- Increase ventilation by opening windows or adjusting air conditioning

Households with Vulnerable Members

- Healthy members should wash hands frequently
- Provide protected space for vulnerable members
- Ensure utensils and surfaces are cleaned regularly
- Have one family member provide care

Public Education - Congregations

- Establish a Task Force
- Develop a contingency plan
- Provide education and resources
- Consider flexible staffing and sick leave
- Assess all activities and events for safety
- Advise older adults and those at higher-risk to stay home
- Use technology for services!



If Exposed – then what?

- Medical Care
 - Tele-med
 - ER
- Isolation at home
- Quarantine – self
 - imposed



Public Education – Healthcare Professionals



- Stay up to date
- Review infection prevention and control policies
- Assess and triage patients with acute respiratory distress
- Consider patient placement
- Implement Standard, Contact, and Airborne Precautions
- Visitor management and exclusion
- Source control measures
- Know how to report
- Know how to contact and receive information
- Stay home when sick

Resources

Reputable:

- International – World Health Organization (WHO)
- National – Centers for Disease Control and Prevention (CDC), government organizations, religious and denomination specific organizations, academic organizations, professional organizations
- State – Department of Health, government organizations
- Local – Department of Health, hospital system, your own organizations



Not all resources are reputable!



Not-so- Reputable Resources

- Facebook and other social media
- General news and other media outlets including “Dr. Google”
- People at work and other social settings
- Your next door neighbor
- The gossip chain at the watercooler

Spiritual impact of fear of the unknown



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FEAR & FAITH
HAVE SOMETHING
IN COMMON. THEY
BOTH ASK US TO
BELIEVE
IN SOMETHING
WE CANNOT SEE.
-joel.osteen

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Tips and Strategies for Spreading Calmness

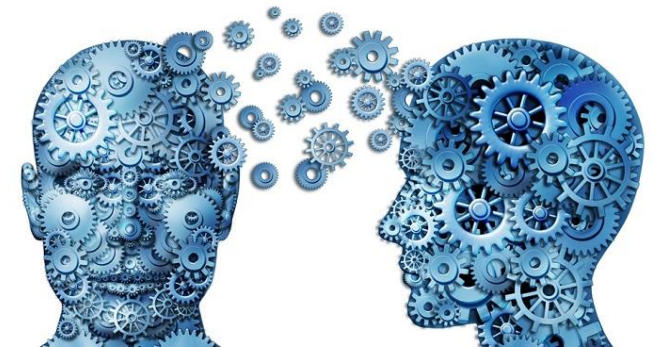
Education

Example

“God is our refuge and strength, a very present help in trouble. Therefore, we will not fear though the earth gives way, though the mountains be moved into the heart of the sea, though its waters roar and foam, though the mountains tremble at its swelling.” - Psalm 46:1-3, ESV

Educate

- Self
 - Ongoing
 - You don't have to be the expert, just informed
 - Know your sources
 - Learn from others
- Congregations and Communities
 - Consistent messaging
 - Knowledge can reduce anxiety



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Plan

- Flexibility
- Proactive vs. Reactive
- Focus on spiritual care – we can't provide for everything
- Plan for your own self care
- God is in control



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Live

- Living with disruption
 - Anxiety
 - Fears
 - Faith
- The new normal
 - Routine
 - Optimism



Practical Ideas

- Self-care
- Reassuring sacred texts, rituals, prayer
- Music, yoga, meditation, dance
- Process for checking on the elderly and vulnerable populations (prayer chain)
- Social interaction via technology
- Create a contact card for neighbors
- Tips for homeschooling and Activity ideas for kids
- Family Time
- Exercise and outside activity



**We are all people of faith in servant leadership positions.
Take the time to seek guidance.
You can't hear God when you are running scared, full of panicked
emotion.**

**Stop. Be still. Listen.
Refill yourself.**

The key to survival is straightforward

Walk with continued awareness that God is with you and will not disregard your efforts to serve others. You were chosen to do the job assigned to you!

You are not alone. God is with you always and has provided a network of support; each of us for the other.

Be encouraged. Be confident.

Be kind. Be supportive.

Be safe.



To evaluate this webinar and to receive completion
certificate with 1.0 contact hours Nursing Professional
Development (CNE) go to:

<https://form.jotform.com/200754945289163>

Questions?

The only “DUMB” question is
the one you don’t ask!

All questions are welcome: If we don’t have
an answer, we will find out and let you know.

Type your question into the chat box.