

Fall 2022 – Spring 2023 Wellness Screens

Faith Community Nurse Network
of the Greater Twin Cities



Whole Person Wellness Screening

Beginning fall 2022 through spring 2023, the Faith Community Nurse Network of the Greater Twin Cities partnered with the University of Minnesota School of Nursing to host whole person screening events for people 65 and older. Pioneering organizations served include reputable non-profit faith-based independent living settings within senior living communities, congregations, and other settings within the Twin Cities of MN.

Presbyterian Homes, Lyngblomsten, Ecumen, Benedictine, Union Gospel Mission, District Education Center of Mahtomedi, Eastside Services, Woodbury Baptist, Augustana Lutheran Church, Gloria Dei Lutheran and St. John’s in the Wilderness Episcopal Church were among the participating community settings.

Time Period: September 2022 – May 2023

Number of Events: 30

Average Screening Time: 45-60 min

Staffing: 4-8 nursing students per event, 1-3 administrative staff and 1-3 Faith Community Nurses per event

Total Number of Screens: 265

Number of No-Shows: 30

Average Age: 77.5 (Events range 66-85)

Gender: 175 Female, 77 Male, 13 Other/Non-specified

Diversity: 23 Black/African American, 8 Hearing Impaired/Deaf, 3 Asian American/Hmong, 3 Hispanic, 3 confirmed LGBTQ+, 25 veterans, 19 caregivers and several nuns and clergy served. 61 confirmed below the poverty line (\$35K).

This work was funded in part by the Department of Human Services Live Well at Home Grant for depression identification and support as well as the Board on Aging for early detection and support for people with dementia and their care partners.

EARLY RISK DETECTION

Community Memory Screening: 231 (87%)

Mini-Cog Screening Abnormal: 46 (20%)

MoCA Screening Accepted: 23 (Abnormal 15)

Care Partners Consent & Contacted: 12

Depression Screening: 207 (78%)

Depression Screening Abnormal: 35 (17%)

Number of PCP Record Transfers for Abnormal Results: 41

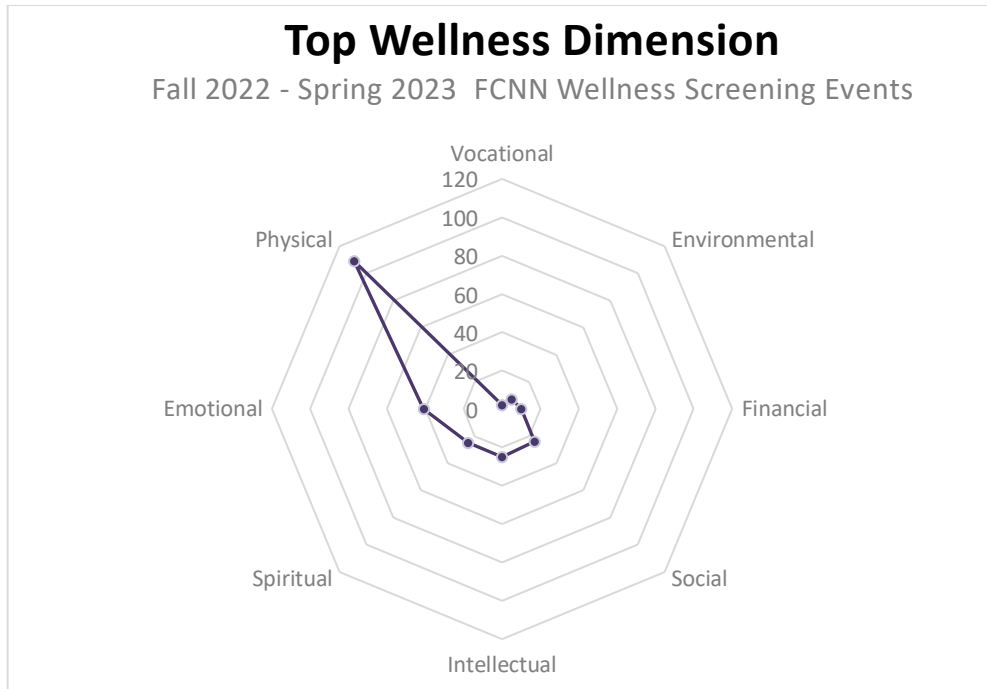
RN to RN Emergent MD verbal record reporting: 9 (Suicide Protocol, Hypertensive Crisis, potential effusion of the knee)

Number of PEARLS (depression coaching) Clients: 43 – 14 in Referral status. 221 Sessions to date. Completers gained 49% reduction in PHQ-9 scores comparable to evaluation studies.

Other Clinically Notable Results

Blood Pressure Abnormal: 63%

23% Stage 1
38% Stage 2
2% Hypertensive Crisis



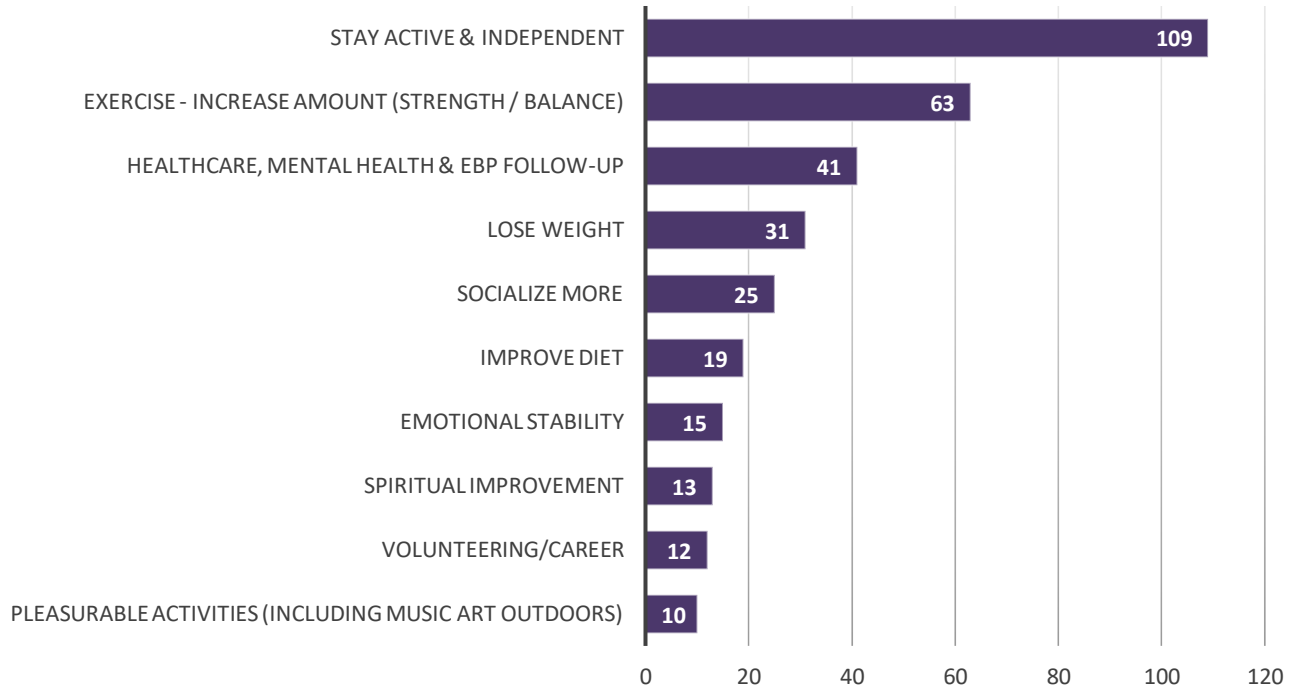
- If I had to pick just one...**
1. Physical
 2. Emotional
 3. Spiritual
 4. Intellectual
 5. Social
 6. Financial
 7. Environmental
 8. Vocational

Each participant received a detailed report with specific individual results. In summary, the top reported wellness priority, far and away, is the **Physical Dimension** followed by the **Emotional Dimension** then **Spiritual Dimension**. Specific summary results for key body composition numbers show opportunity for improvement for most participants. *Knowing your numbers* appears to motivate participants to generate wellness plans that reflect intended improvements in physical health. Participants are interested in meeting with Personal trainers, Nutritionists or Physical Therapists to learn more.

<u>Female</u>	<u>Male</u>	<u>Both</u>
Normal Skeletal Muscle: 62%	Normal Skeletal Muscle: 54%	Self-Reported Normal Sleep:
Normal BMI: 30%	Normal BMI: 37%	67%
Normal Body Fat: 25%	Normal Body Fat: 50%	Self-Reported Good/Excellent Nutrition:
Normal Visceral (Gut) Fat: 31%	Normal Visceral (Gut) Fat: 28%	78%

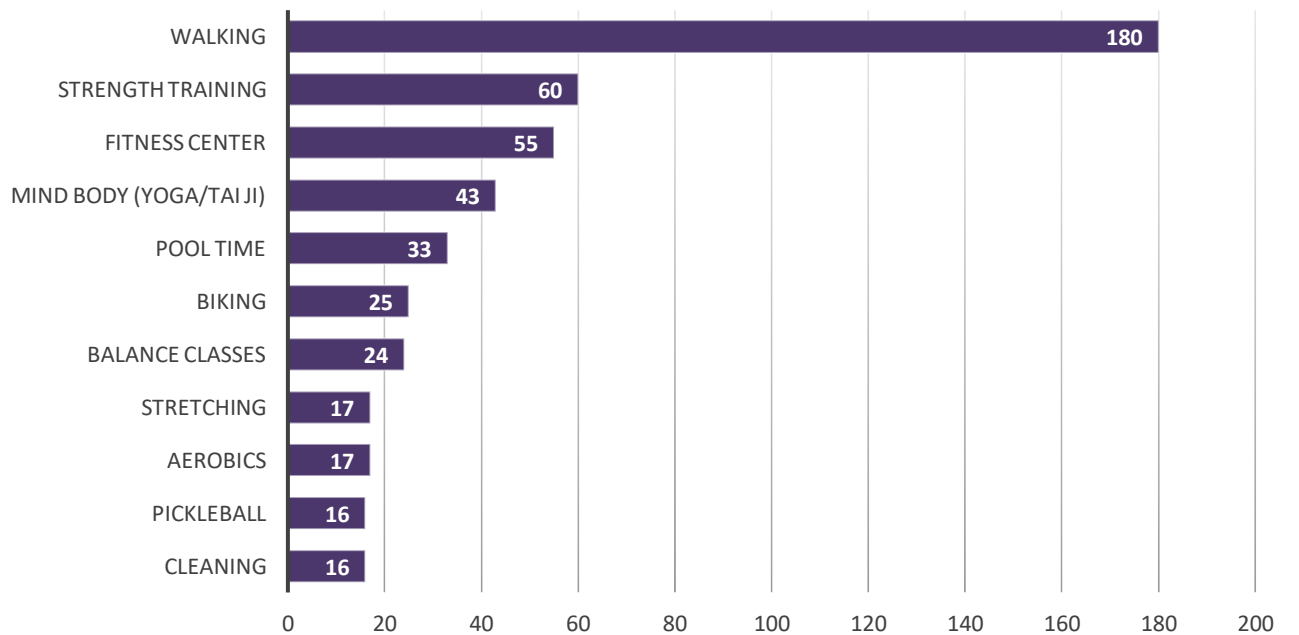
Wellness Goal Themes (Top 10)

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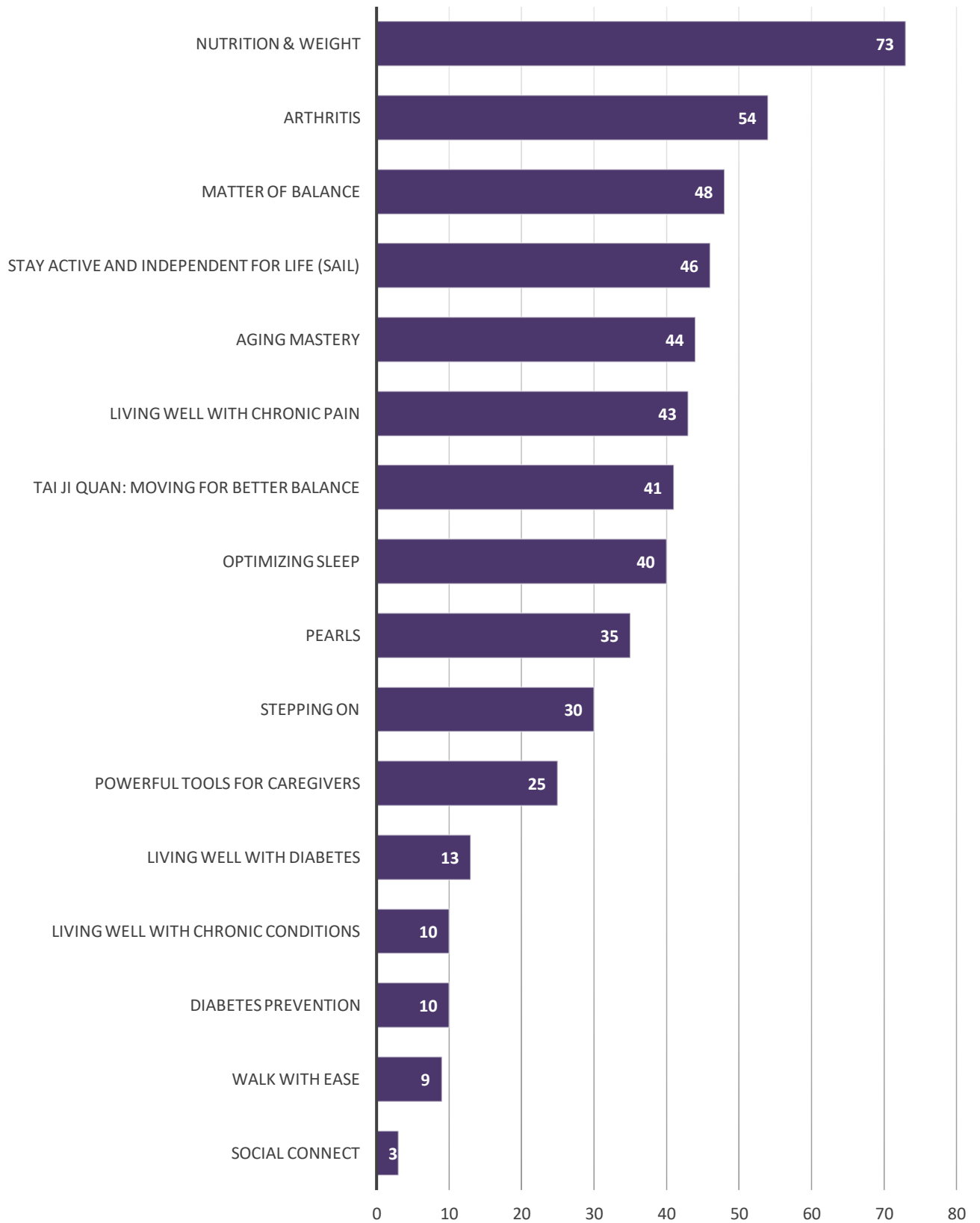
Favorite Fitness Programming (Top 10)

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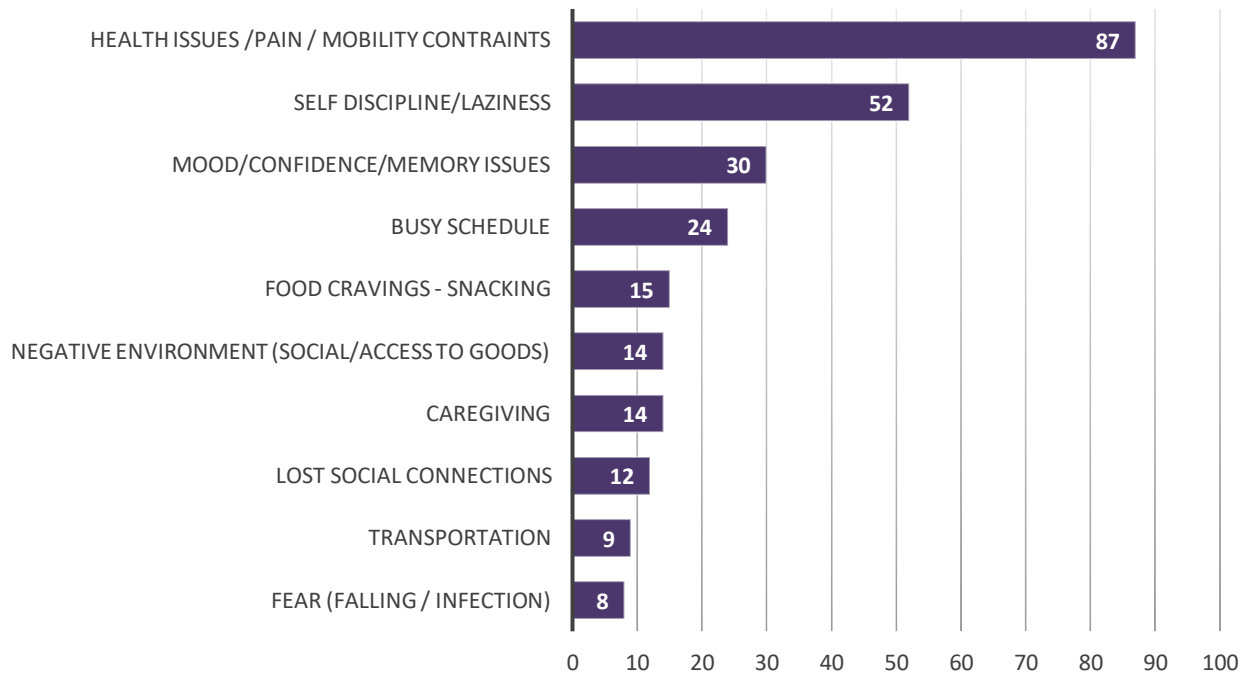
Demand for Evidence Based Programming

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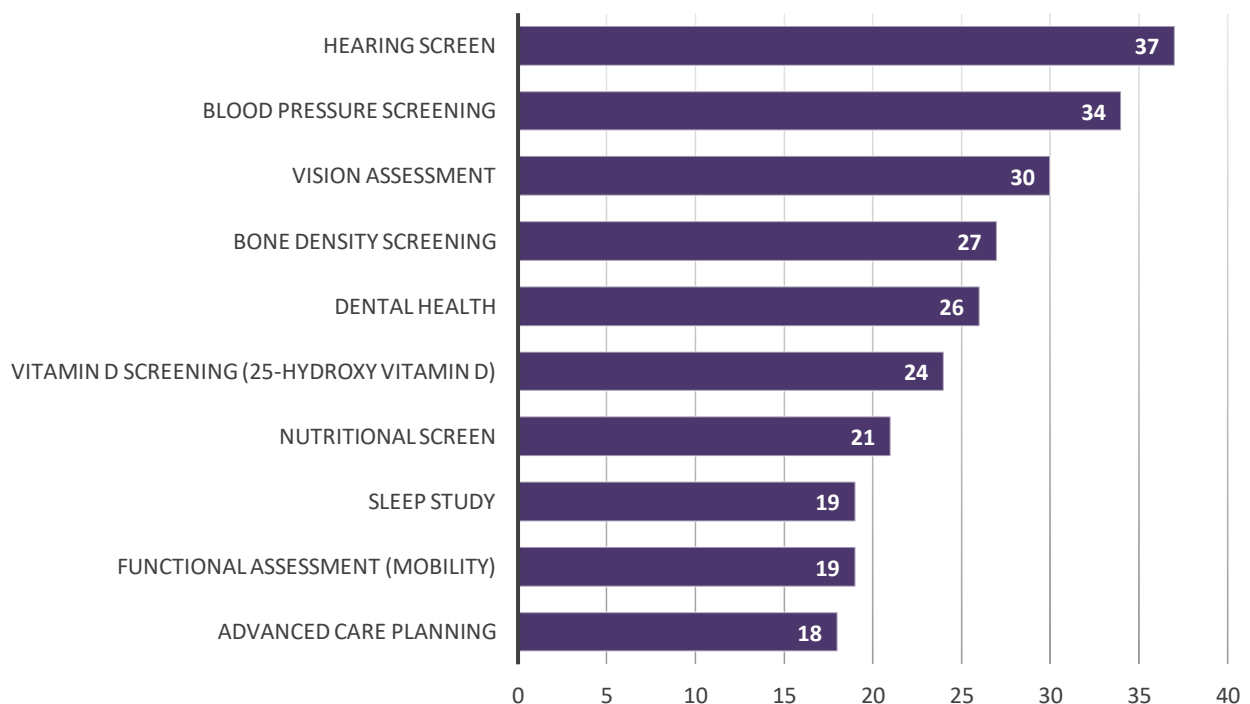
Wellness Barrier Themes (Top 10)

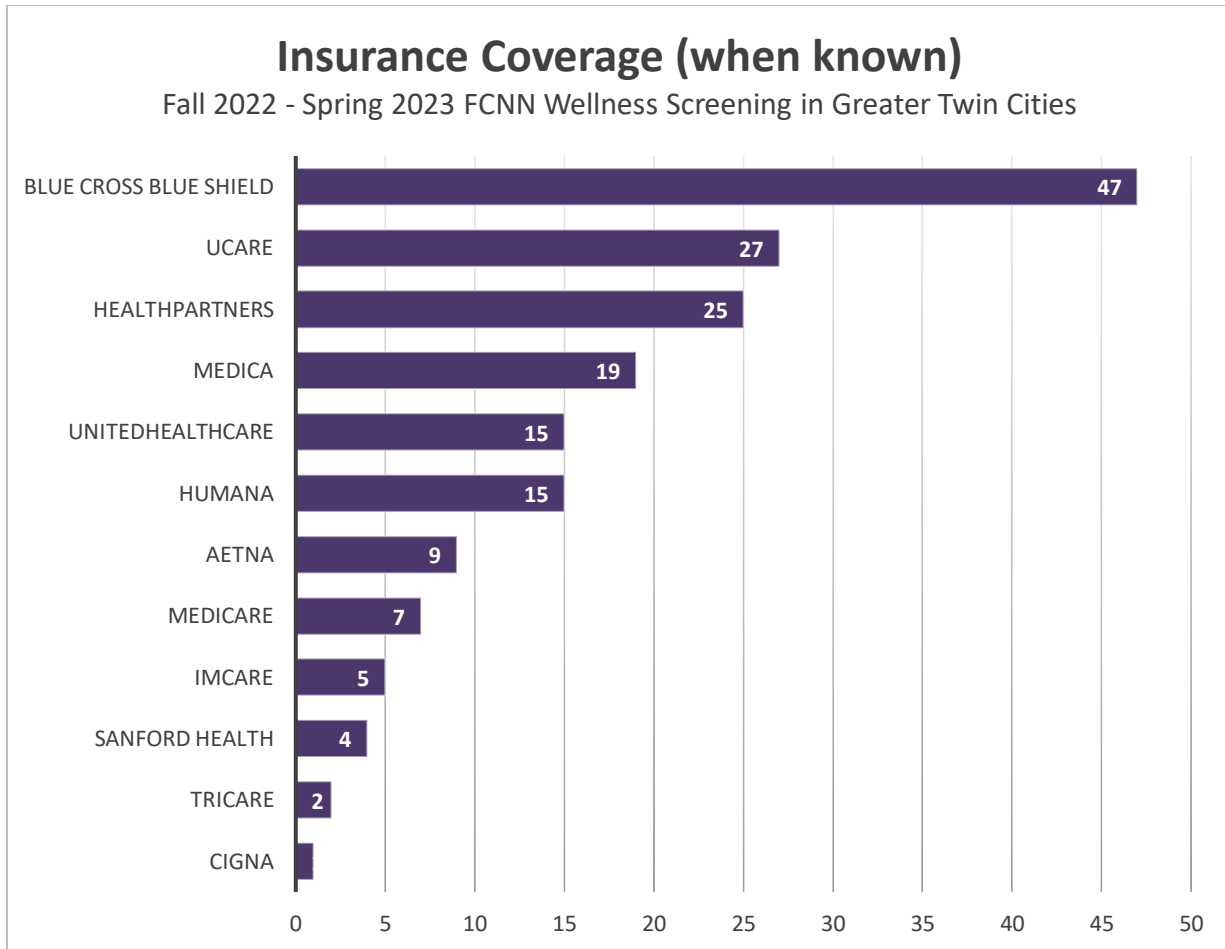
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Primary Care "To Do's" (Top 10)

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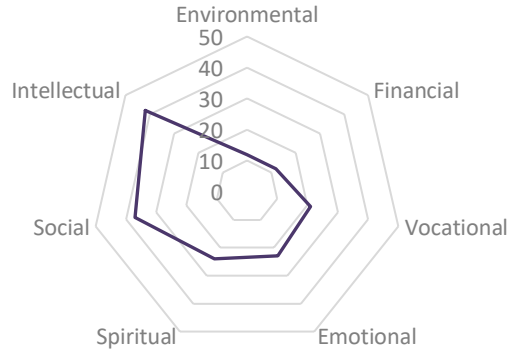


Participants' insurance providers are responsible for determining member benefits to support the health and wellbeing. Given that Minnesota is the most highly penetrated Medicare Advantage Plan market in the country, MN should lead investing in Evidence Based Programs (EBP) to prevent injury and promote health. Presently MSHO programs in MN (dual eligible) include coverage for EBP. UHG Renew Active also support FCNN with a marketing only relationship. Otherwise, FCNN is funded by grants and donations. We look forward to the day when insurance routinely covers Evidence Based Programs in MN.

In 2022, FCNN supported 50 multi-disciplinary leaders to deliver programming to 601 participants (453 Completers – 75%) in therapeutic multisession classes like Matter of Balance, Stepping On and Living Well with Chronic Conditions. In collaboration with Juniper, FCNN is a major developer of 100s of licensed leaders in MN. Nursing surveillance paired with proactive health promotion education deserves ongoing sustainable provision within the healthcare payment arena.

Top 2 Wellness Dimensions *Not Including Physical*

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Tier 1

Intellectual
Social

Tier 2

Spiritual
Emotional
Vocational

Tier 3

Financial
Environmental

When planning whole person wellness outside of the Physical health domain, participants most often prioritize **Intellectual** learning and **Social** connection. **Spiritual**, **Emotional**, and **Vocational** dimensions are the next popular. **Financial** and **Environmental** are periodically selected. As participants build their wellness plans, it is important to note that passive activities and lectures are a thing of the past. Participants want to engage in deep meaningful relationships. They want individualized interactive learning related to their crafts, talents, interests and advancing technology. FCNN's EBP programs are designed to proactively engage small groups, 8-16 participants, interacting in adult learning over 6 – 24 weekly sessions, typically with two licensed facilitators strengthening relationships, social connections, and powerful learning about proven ways to prevent injury and promote health.

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