

2nd Annual Valborg Tollefsrud Educational Event

What Every Nurse Needs to Know About Spiritual Care

Presented by Sondra Weinzierl, MA, BAN, PHN, Faith Community Nurse

The intentional care of the spirit is foundational to faith community nursing. Yet, many FCNs feel unprepared to identify spiritual needs and provide care in complex situations with diverse clients in a rapidly changing world. This workshop provides information on assessing spiritual needs, spiritual care barriers and interventions.

OBJECTIVES:

As a result of attending this workshop, participants will be able to:

1. Define spiritual care and reasons why it is important.
2. Differentiate between spirituality and religion.
3. Identify three barriers to providing spiritual care.
4. Use a spiritual assessment tool.
5. Describe practical spiritual care interventions for nurses.



Sondra received her Bachelor in Nursing degree from Gustavus Adolphus College and her Masters of Arts degree from the University of St. Thomas in Adult Education and Human Resource Development with a Certificate in Training. Her nursing experience includes Medical-Surgical, Neurology, Diabetes Education and Health Promotion and Education. Sondra was the owner of Weinzierl Education Associates for over 25 years and provided workshops, team facilitation, strategic planning and health promotion consultation to a wide variety of organizations in government, health care, education and industry. She served as an FCN in faith communities in Boston, MA and in Minnesota over the past 11 years. She currently serves as Chair, Foundations of Faith Community Nursing Course for FCNN and consults with FCNN on other projects.

- **Date: May 11, 2023**
- **Time: 4-6 pm PT, 5-7 pm MT, 6-8 pm CT, 7-9 pm ET; via ZOOM**
- **Registration fee: \$20 for LFCNA members/ \$ 30 for non-members**
- **Contact hours provided upon successful completion of the event: 2.0**

TO REGISTER FOR THIS EVENT FOLLOW THIS LINK: <https://lutheranfca.org/event-5243488>

This nursing activity has been submitted to the Montana Nurses Association for approval to award contact hours. Montana Nurses Association is accredited with distinction as an approver of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. **To receive contact hours for this event, attendees must attend the entire event and submit a completed evaluation form.**

Ms. Valborg Tollefsrud was a founding member of ELPNA (now LFCNA). She served as Professor in Nursing at St. Olaf College in Northfield, MN for 44 years and served in the Army Nurse Corps Reserves for 29 years, retiring as a Colonel. Following retirement, she served as a Parish Nurse in the Twin Cities. She was a faithful mentor and role model for many nurses and parish nurses. ELPNA/LFCNA and many nursing professionals are blessed to have had her touch our profession, our organization, and our hearts.