

# The METS Messenger:

## Stories From the Wards Whole Person Care Preceptorship

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The Medical Strategic Network is dedicated to equipping, networking and mobilizing professionals and health students. Our Medical Evangelism Training & Strategies (METS) conferences provide practical, hands on training to more effectively treat patients - both physically and spiritually thus treating the whole person.

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### Whole Person Care

Altruism. Empathy. Beneficence. Non-Maleficence. Autonomy. Justice.

In the healthcare field these are common terms used to outline the nature of a patient–healthcare provider relationship. These guidelines ensure that the healthcare professional views the patient from a perspective that is ethical, respectful, and just. The patient should be the provider’s primary concern, furthermore, providers should desire to reflect this priority as best as they can in their care and actions. It can, however, be wearisome for healthcare professionals to cater to all of the patient’s expectations, meet ethical standards, and all the while conduct themselves professionally.

Whole Person Care offers a different approach to this ethical balancing act. Assessing the person as a whole – body, mind, and soul – allows providers to understand pa-

tients’ emotional and spiritual concerns and ultimately to see the patient as God sees them. No person can desire a better outcome for their patient than God. Therefore,

when providers look into what the word of God says about those whom He has created and loves dearly then they can have a true sense of what it means to have empathy, beneficence, altruism, and the like. Spiritual care can be paramount in getting to the core of the person and the root of the problem in many addictions and illnesses. Integrating a spiritual history into the physical, social, and family histories of the patient creates an opportunity to better

understand areas of brokenness and our deep search for relief, significance, and strength.

~Duston Boyd



Duston, Pamela, Jess outside Loma Linda University Medical Center

### Straight from the mouths of our students!

“Even though we were weary and didn’t think we had anything to offer, we were encouraged to see God use us when we followed his lead. His power is made perfect in our weakness.”

~Emily Almquist

“The reality is health care professionals are not trained to discuss spirituality with patients because it may seem “unprofessional,” or whatever other reason. But, patients are hungry for the Gospel. More often than not they are searching for something and often express

a desire to know God on a more personal level.”

~Sunny Singh

“I am incredibly blessed to have the opportunity to work with such a valuable thing as human life.”

~Pamela Londres

## Meeting Spiritual Needs



Carly and Rachel F. at simulation

As a nursing student, one of the questions I get asked most frequently is: "What kind of nurse do you want to be?" My answer: "I have no idea. I just want to be a nurse." But the reality has been setting in lately that I really do need to start considering what area to work in. The problem is that there are so many options! Something that I really found comfort in hearing through METS was that wher-

ever you have spiritual affinity and can recognize spiritual need, that's the unit you need to be working on. Until now, I had the attitude that wherever I am able to get a job that is where God wants me to be. After the METS conference I know I need to be more intentional about this! Clearly I need to continue trusting that God will provide a job for me but at the same time I need to be asking God where He wants me. I need to be praying that where I work, I will be able to recognize spiritual hunger and

need and be able to feed into that. I need to find an area where my personality and heart will be able to connect with patients on a spiritual level. I still don't know where that is, but now I know what I am looking for.  
~Carly Brinker

**"I hope to always remember that how I love others comes from the overflow of how much God loves me."**

**Hannah Adkins**

## Multiplication Through the Holy Spirit

During the first week of the Preceptorship I had the opportunity to share the Gospel with a patient who made the decision to place his trust in Christ. Not only was this an awesome experience, but I was able to follow-up with him the next day and found out that he had already had an opportunity to share the gospel with his friends, fami-

ly, and girlfriend that came to visit! It truly was an amazing testimony of a seed that can fall into fertile soil and multiply 10, 50, or even 100-fold. The best part was knowing that I didn't really do anything. God can take a little obedience and multiply our efforts through the power of the Holy Spirit.

~Eric Matsumoto



Adam, Kari, Rachel F., Cori, Crystal and David enjoy some fellowship at the beach!



Tori, Sasha, Rachel F., Chelsea, Hannah, Emily, Evelyn and Rachel B. meet for small group

## Our Typical Day

- 8:00-8:30 Breakfast
- 8:30-9:00 Worship and perspective
- 9:00-10:30 Personal quiet time
- 10:30-12:00 Morning teaching
- 12:00-1:00 Lunch
- 1:00-5:00 Clinical/Mentoring
- 5:00-6:30 Dinner
- 7:00-9:00 Small groups or practicum

## Ripe for the Harvest

“So that’s why they call it Loma Linda,” I thought to myself as I looked out the hospital window. The hills in the distance sat formidably, yet rolled with a graceful beauty along the skyline. Never having truly appreciated their presence, somehow, these hills gave me comfort laying here in 8213 bed A of the medical center. It all seemed so surreal, jarring even, that I was alive after such a lethal crash. Later they would tell me about how my mother was thrown from the car upon impact with the vehicle led by a drunk driver. The last two nights had been impossible to sleep through entirely...the traumatic incident seemed to haunt me most when my eyes closed. That my mother was still alive and I lay here minimally scathed was to me...a miracle. “A miracle”, I thought to myself, reflecting on its occurrence.

Surely, I should have died. As I sat there reminiscing on this twisted fact, I felt arise in me an immense gratefulness to something greater than myself. I had gone to church years ago, and...yeah I guess I believe in God. But I had been so distant since those days, pursuing

my own desires and never realizing the mortality of life, until now. “Why had this been placed on my heart? Why am I so sure I should not have survived? Why do I feel like God Himself intervened to save me? How can I be worthy of such attention?!” As I felt the warm emotions rising in my thoughts, the tears began to fall down my cheeks. God had saved me, and I was not worthy. “I will never be worthy,” I said quietly through my soft sobbing. As I shifted my position to recompose myself and reach for a tissue from the nearby bed table, a subtle knock on the door of my room drew my attention.

In walked two gentlemen, both young and kind in demeanor – the tallest one looked at me gently and said “Hello Miss Miller, how are you?” “I’m fine...” I replied. “I was just grabbing a tissue from this table - if I can reach it,” I said, nervously chuckling. The young man grabbed a tissue immediately and delivered it to my hand, “we can return at a later time if you’d like” he replied, noticing my wet cheeks. “No that’s alright, I was just having a moment...did you

come to see me?” I asked, interested in their presence here. “Well yes actually, we came to speak with you. My name is Keith and this is James...,” he said gesturing to the other young man, “we are students seeking to learn about how physical events like injuries and diseases impact spiritual wellness. Would you be willing to talk with us for a few minutes?” I stared at the man for but a second, momentarily unsure about whether I actually wanted to talk with him or not. What was I thinking? Of course I want to talk with him; God has been on my mind for the past two days...I need to talk with him! “Sure...that would be okay” I replied anxiously. As he pulled up a chair, he glanced out the window, “you sure have a beautiful view” the young man said. I began to think to myself about his comment. It was a beautiful view – and I was ready to appreciate it now.

~Keith Kincaid,  
Based on an actual patient encounter



Keith and Cori after a day on the wards.

**“He told them ‘The harvest is plentiful, but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field.’”**

**Luke 10:2**

## Who We Are

- 13 Nursing Students
- 2 Pharmacy Students
- 1 Physician Assistant Student
- 1 Podiatry Student
- 12 Medical Students
- 19 Women
- 10 Men
- 29 Hearts on Fire for Christ

## Where We Are From

- 18 states represented
- 42,346 total miles traveled by students to get to the preceptorship



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*A summer that lasts a lifetime!*

## See One, Do One, Teach One

The medical field loves to teach by example and encourage students to learn by doing. This is reflected in a saying, "See one, do one, teach one." This summer the preceptorship has been shaped around this principle. We have been shadowing medical professionals as they care for patients physically, emotionally, and spiritually. These individuals welcomed us to accompany them as they live out their faith

in medicine. We have received formal training in how to assess and address the spiritual needs of our patients. Equipped with this knowledge, we have entered patient rooms and practiced our new skills with incredible results. Finally, to complete the triad, we have been training fifteen pre-professional students who joined us here in Redlands for the last ten days of the preceptorship. We are serving as

mentors to them and passing along as much wisdom as we can. In return, we are solidifying and reinforcing all the lessons we have learned this past month. I have been blessed by this amazing opportunity. I know that this summer will forever change how I practice medicine and how I live out my life as a Christian.

~Laura Wade



***"This summer the Lord has shown me that He is continuously sanctifying me, not for my self-righteousness, but so that I may become more like Christ and so that He may use me to impact healthcare."***

~Chelsea Speerly

## A New Perspective

***"I do not have a soul... I am a soul. I have a body."***

~C.S. Lewis

Participating in the METS preceptorship transformed my vision for my future nursing career. My mindset began to change when I heard the above quotation shared during the METS conference. As I take this concept and apply it to my field, it radically changes how I view my patients. No

longer will I walk into a hospital room and see a body with a list of medical problems that need to be fixed, but I will find a human being with a unique story. Shifting to this mindset enables me to care more compassionately for my patients as whole persons and listen with my heart; no longer will I simply give medications to treat their ailments, but I will offer them the love of God which is an eternal cure for the laments of their souls.

As Paul said in 2 Corinthians chapter five, "so from now on we regard no one from a worldly point of view...we are therefore Christ's ambassadors, as though God were making his appeal through us."

God has used the METS Preceptorship to change my perspective from being a nurse that happens to be a Christian, to a Christian that happens to be a nurse.

~Anne-Marie Cooper