

FNP for NFP

David V. Picella, NP

Curious? Good. "FNP" stands for Family Nurse Practitioner. In California, a Nurse Practitioner (NP) is a Registered Nurse who has additional graduate or post-graduate medical training and can provide medical care similar to a physician but has a limited scope of practice. Patients often see NPs for minor illnesses, and NPs in California write thousands of prescriptions every year. In family practice clinics, NPs are on the front lines writing prescriptions for birth control pills and giving "contraceptive counseling."

Inside This Issue:

- President's Perspective 2
- Director's Desk 2
- Ask The Expert 3
- Baby Update 3
- Nun-Sense 5
- Fertility Care Services 6
- Spanish Article 6
- A Hospital Based NFP Program... 7

As an FNP, I discovered NFP because it is an essential part of a family practice that is honestly concerned about families. More importantly, I think I also just got tired of the anti-life principles that govern modern health care and did not care to see another contraceptive drug rep ("pill pusher") again. In our younger years, we can probably all remember the local drug rep who had long hair and wore ragged jeans whose magic pills solved every conceivable problem. Now we see the same characters making their rounds to every doctor's office only they have grown up and put on suits but the party line has not changed. How can "the pill" solve most modern women's health problems and be the best answer for their concerns about



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family planning? It cannot. Something is seriously wrong.

Today, a large part of family medicine is women's health, and a contraceptive practice is usually a lucrative practice. And in addition, institutional, professional, and social pressures to provide contraceptives and even abortion services can be intense. Thus if a physician or NP decides not to participate in contraception or abortion services for good medical and moral reasons, he or she runs the risk of losing a large number

of patients or even being forced to work in another specialty area that does not include this patient population. This is exactly what happened to me.

Can NFP help solve this problem? Yes, but it requires a medical practitioner to incorporate a whole new non-contraceptive way of thinking about women's health issues, an unapologetic adoption of pro-life principles, and most importantly, a leap of faith. Physician testimonials in this regard have been published (Hartman, 1998), and the number of NFP only physicians worldwide is growing.

At Santa Teresita Hospital in Duarte, California, we are currently in the beginning stages of developing an NFP-only physician's medical group and a Women's Center with a construction plan under way and ground-breaking soon to begin. Initially, it was recognized that NFP supportive services would be required. However, it was also recognized that the overall goal was much broader than simply providing a parallel operation of NFP and medical services. Instead, the overall mission has been to provide a seamless integration of true family planning and medical services with the capacity for addressing the full spectrum of procreative and gynecologic

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President's Perspective



Gregory Polito, MD, KM

...sometimes

pain

clarifies

reality

better

than

pleasure

The principles and practice of natural family planning offer couples the opportunity to achieve a level of human intimacy ordinarily not possible by other means. But what if one of the partners in a marriage has not accepted the NFP ideal? This spectrum includes those who haven't made up their minds yet to those overtly hostile to the whole concept. In fact, the latter may either continue to insist upon various forms of contraception or they may have sterilized themselves without their spouse's consent and do not regret that decision whatsoever. What observations can we make about those in this situation, and what help can we offer them?

Marital intercourse is another of the Lord's educational experiences, albeit one of the most important ones. It is God teaching us about himself and his relationship to us (and his Church) through the experience of the human condition, through physical human intimacy. As many of you already know this is fully explored in John Paul II's *Theology of the Body*, nicely explained by Christopher West

and others. God wants us "earthlings" to be aware that we can experience him (and thus come to know and love him more deeply) through every sensate bodily experience. Marital intercourse is particularly special in that it hints as to what it will be like to be in union with God—yes, to be *intimate* with God—for all eternity.

What about those living in a conflicted situation? They embrace NFP as the ideal, but their spouse prevents them from practicing it. Just as in situations where a spouse is misusing some other gift of God this disparity may actually prompt a deeper spiritual intimacy with God. Our hunger for human intimacy is based upon the Lord's love for us and calling us to union with himself. Those experiencing the joy of an NFP relationship should be able to appreciate that call to intimacy with the Lord through this joy. However, others may be travelling the road to Divine intimacy through the pain of spousal disjunction. As we all know sometimes pain clarifies reality better than pleasure.

My purpose in addressing this is not to embark upon a discussion of how one counsels our sisters and brothers in this predicament, something that I am preeminently *not* qualified to do. No, I just wanted to raise this issue to the level of consciousness for you and ask that you include two items in your daily prayer. First, give thanks and praise to God if you and your spouse are practicing NFP in spite of the struggles you may have encountered. You are truly blessed. And, second, pray for those who are in a conflicted situation that the Good Lord give them the grace of patient perseverance to continue loving and praying for their spouse. It must be exceedingly difficult for one to have wholeheartedly embraced the truth of God's plan for human sexuality only to be unable to practice it with their best friend and companion for life. God bless them, their spouses, and all of you.

Director's Desk

Sheila St. John

“If only priests could marry, none of this would have happened!” or “Now maybe the church can see why we need married priests!” is the mantra in the press and among many church members, lay and clergy alike, citing celibacy as the cause of all the church's current problems, and proposing married clergy as the solution.

Think about what this is saying. Many seem to be of the opinion that sex is an uncontrollable urge in need of an outlet. It is either expressed in marriage, or erupts inevitably in some other less acceptable way.

As a woman, I am deeply offended. Is a wife nothing more than a convenient outlet for the man's sexual needs? Is it

the role of the wife to be accessible at all times, or assume responsibility for the need being met elsewhere?

And how offensive to men to be reduced to machines in need of regular servicing.

This view of sexuality is pervasive: veiled in such politically correct phrases as

Desk continued on P3

Ask The Expert

Question

&

Answer:

I would like to know if you have any info on the side effects of having a vasectomy? Specifically, any relation to prostate cancer? There is a particular registered nurse that thinks this is hogwash... is it?

In regard to your question about the association of prostatic cancer and those who have had prior vasectomies: Yes,

there is an approximately 60% increase in risk after vasectomy. For example, if your risk of developing prostate cancer is approximately 20% because your father had it, if you also have a vasectomy your risk will be $20\% + (20\% \times 60\% = 12\%) = 33\%$. Obviously for males in a low risk category (e.g., Chinese who have only a few percent chance of developing prostate cancer in their lifetime) the 60%

increase is not going to amount to much. But for those in high risk categories such as black males or those whose father's have had prostate cancer it is significant.

Best single summary article:

Edward Giovannucci, MD, et al, JAMA, 2-17-93, vol 269, #7, pages 873-876.



Ask The Expert questions can be submitted through our web site, sent to the CANFP office, or emailed to experts@canfp.org

Response by Gregory Polito, MD, KM. Dr. Polito, President of the CANFP, is a urologist in private practice in Southern California with a special interest in vasectomy reversal.

Desk continued

“reproductive rights”; ingrained in “comprehensive” sex education programs foisted on our youth; the banner of those who (mis)guide the feminist agenda with the cry for “sexual liberation”; the foundation of the “freedom” promised by the pill; the barrier to comprehending celibacy; the rationale for promoting marriage as the solution to sexual misconduct.

No wonder NFP is not always embraced with open arms! For those who view sex as a compulsion, NFP is not even on their radar screen. To abstain, even periodically, is a radical concept!

NFP is the antidote to this prevalent view of sexuality. The practice of NFP peels away, layer by layer, distorted and twisted notions we may have acquired, and expands our understanding of sexuality into

the multidimensional, expansive view that allows us to see the fullness of its expression in both celibacy and married love. Those who practice periodic abstinence come to understand that refraining from sex is not a repression of sexuality, but an embracing of it.

That doesn't mean NFP couples are perfect, or better than anyone else, it just means they are blessed.

Next time you hear someone say married clergy would have prevented this, or boys will be boys, or teens can't abstain, or men can't handle NFP, hear the restricted view of sexuality which drives such comments and know we just have to work that much harder at providing the antidote—NFP. The very attitude that prevents some from seeing the benefits of NFP is the very reason we must persist in promoting it.



This is Isabel Jimenez at 6 weeks old. She was born May 21, 2002 at 11:17pm. She weighed 7 lbs. 9oz. and was 19 3/4 inches long. She is a very healthy and happy baby. We thank God for the huge gift she represents in our lives, and we also thank him for allowing Creighton Model NFP to be available and help us make this dream come true.



Isabel's parents spoke of the role of NFP in realizing the dream of Isabel at the Spanish workshop at 2002 conference. Audio (\$6) and video (\$21) tapes available from CANFP (incl. shipping)

Me da mucho gusto compartir con ustedes y presentarles a Isabel a las 6 semanas de nacida. Isabel nació el 21 de Mayo a las 11:17pm. Su peso al nacer: 7 libras-9 onzas Su medida: 19 3/4 pulgadas La niña esta muy saludable gracias a Dios y hoy a las 6 semana de nacida pesa 10 lbs 13 oz, y mide 22 pulgadas. Damos gracias a Dios por el milagro de vida y el regalo tan grande que Isabel representa para nosotros.

FNP for NFP - continued

...the
importance
of a
fertility
care
program
in a
Catholic
hospital

women's health issues in accord with current [Ethical and Religious Directives for Catholic Healthcare](#). Essentially, the purpose of this medical group will be to provide medically sound, morally acceptable, and comprehensive pro-life solutions to all modern women's health problems.

With this in mind, last year we started the [Saint Gerard Fertility Care Program](#). The mission of the Saint Gerard Fertility Care

Program is to raise the awareness of women, couples, and the general community as to the importance of health care delivery from the perspective of "fertility appreciation." The program is built upon the assumption that modern women's health problems, both reproductive and gynecologic, can be solved from this perspective, without the use of drugs, devices, or surgical procedures aimed at the artificial control or destruction of fertility as a natural process. We believe that our program of fertility awareness training gives married couples scientifically effective tools that can be used for true family planning, and has the effect of building happier lasting marriages, as well as deepening each couple's sense of the true meaning of their sexuality. In stark contrast to today's call for more artificial reproductive and abortive technologies, we are also



St. Gerard

dedicated to the application of medically sound natural procreative approaches to assisting married couples who suffer from infertility and want to have children that are the result of a normal act of intercourse.

To date, this program is experiencing overwhelming success. In six months of operation, we have almost 35 couples participating and the rate of growth is increasing. While some

women seek only to learn about their fertility (i.e., NFP services) many others are there because of specific gynecologic or procreative issues. We have a double certified pro-life obstetrician-gynecologist and medical geneticist on staff ([Dr. Paddy Jim Baggot](#)) who has been trained as a Creighton Model Medical Consultant. We have also launched a web site that enables us to provide community education, further our marketing efforts, and serves as a useful tool for communicating with our clients.

To summarize, in addition to physicians, NPs also serve on the front line in today's contraceptively-oriented medical practices. This article has provided the testimony of one NP who has discovered the value of an NFP only practice in addressing modern women's health issues as well as the importance of a fertility care

program (and ultimately an NFP only physicians medical group) in a Catholic hospital. Undoubtedly, there are many other physicians and NPs who face the dilemmas described here. It is not uncommon for them to feel that they are "all alone" and they may not realize there are resources that may provide answers to these problems. Below is a list of resources for those who are interested in doing something about their current situation, and the author would be happy to take questions on-line through the Internet site:

Saint Gerard
Fertility Care Program
Santa Teresita Hospital
www.santa-teresita.org/fcc

CANFP
www.canfp.org

One More Soul
www.omsoul.com



Physicians Healed
is available through
CANFP for only \$12.50
(includes shipping & handling)

Nun-Sense

Border crossing in the middle of the city? At the base of the foothills in the San Gabriel Valley, Santa Teresita Hospital's driveway and parking lot marks the dividing line between two California cities—Duarte and Monrovia. This is more than just a convenience when the necessity for government, law enforcement, or other agency help is needed to deal with some of the legal issues in healthcare. We are able to call upon both cities to come to our aid.



Sister Michelle Clines, OCD is a Registered Nurse and Chairman of the Board of Directors for the Carmelite Sisters Health System. Sister joined the CANFP Executive Board in 2001.

At the two convents on the campus of the hospital, sixty Carmelite Sisters reside. Ranging in age from 22 to 90 years and serving in the apostolate in a variety of ways, our primary mission is to pray for the needs of the whole world and especially for those who seek our care. Daily we come together in formal times of prayer and from there we go forth to bring the compassion and love of Christ to an ailing world.

For more than one year, a sizable group of Sisters traveled in the evenings to attend the bi-weekly Monrovia City Council meetings to speak out in defense of life and to plead with the Councilors to restrict a newly-built Planned Parenthood facility from beginning the operation of performing the heinous crime of abortion and other atrocities that injure and victimize not only girls and women but whole families. Our fellow citizens who led the battle to uphold God's law and prevent this business from opening in Monrovia were zealous and

undaunted. A temporary happy ending to this current chapter in Planned Parenthood's "prowling about" is the action by the City of Monrovia to purchase the property from Planned Parenthood. The City Councilors have not expressed their reasons for this action as having to do with the protection of life but, stoically, resort to reasons of development and appearance of the corner of a main city block.

Simultaneous to this spiritual and governmental "warfare" and in a quiet and unassuming way, across that city border line on the Duarte side, the [St. Gerard Fertility Care Center at Santa Teresita Hospital](#) was coming to life. Supported by the Carmelite Sisters of the Most Sacred Heart of Los Angeles and directed by [David Picella](#), NP, a current student of the Pope Paul VI Institute for the Study of Human Reproduction in Omaha, Nebraska, couples were learning the Creighton Model Fertility Care System™ in Natural Family Planning. This included instruction of the natural regulation of human fertility and the development of morally and professionally acceptable health services. What greater mission could a Catholic hospital have than to teach and encourage married couples to live according to the teaching of God's law regarding true conjugal love!

A half-day educational session was presented in March by [David Picella](#) and [Dr. Paddy Jim Baggot](#) to which local pastors, healthcare professionals, Sisters,

and married couples came and began to learn about the "Creighton Model". Several presentations have been given in local parishes and couples are now being referred for instruction by their parish priests. This is not just a collaborative educational effort between the hospital staff and the local community (parishes) but an aspect of the new evangelization as is being called for by our Holy Father, [Pope John Paul II](#).

[Bishop John Steinbock](#) wrote in his Pastoral Letter of January 1, 2002,¹ that "an ideal would be to have trained teachers (of NFP) in every parish to hand on the richness of the teaching of the Church to engaged couples, to support them to enter into relationships of true, total self-giving love, which alone can overcome the influence of a culture that leads people to manipulate others, even spouses, in the name of love." In the San Gabriel Valley, Santa Teresita Hospital is striving to carry out this ideal by opening the doors of the St. Gerard Fertility Care Center to all who wish to embrace the truth about the natural regulation of human fertility and the development of morally and professionally acceptable reproductive health services.

¹ [Life-Giving Love of Husband and Wife in Light of the Teaching of the Church on Marriage and the Family](#),

Bishop John T. Steinbock, Bishop, Diocese of Fresno.

available through

CANFP for only \$2.50

(includes shipping & handling)

Fertility Care Services, O'Connor Hospital

Dolores Moreno

What
better
place to
teach
Fertility
Care!

My name is Dolores Moreno and I'm a certified Fertility Care Practitioner. I specialize in teaching the Ovulation Method Creighton Model Fertility Care System. For the past 18 years O'Connor Hospital (run by the Daughters of Charity) has given me the privilege of teaching all interested couples to mutually value, respect, and understand their fertility. I witness couples from all walks of life accept fertility as a normal and healthy process and a precious gift from God as together they share in responsible parenthood.

O'Connor is a Catholic Hospital within the Diocese of San Jose. My experience in working within this environment has been a true blessing. In my eyes a hospital offers compassionate care, healing and total wellness. What better place to teach Fertility Care! I currently am provided with a salary, private office, and necessary supplies.

The program is listed in the hospital directory, facilitating physician referrals.

Five Introductory Sessions are held each month at O'Connor Hospital, each one usually attended by 20-35 couples. Engaged couples to be married in the Catholic Church in the Diocese of San Jose fulfill a marriage preparation prerequisite by attending one of these classes, and learn of a method of family planning that is morally acceptable and abides with the teachings of the church. Following the Introductory Session, couples may obtain professional and personalized follow-up sessions in the use of this system, which is effective in avoiding pregnancy and is equal to or better than any drug or device on the market. Scientific studies prove that it is 99.5% effective in avoiding pregnancy when used according to instruction, and of course

couples may choose to use this method to avoid a pregnancy or to achieve a pregnancy, according to their intentions. All monies collected for the intro classes and individual private follow-up sessions become revenue for the Hospital.

As a certified Fertility Care Practitioner, I have taught well over 2083 couples. Once couples attend the follow-up sessions they truly are empowered by the knowledge they obtain in recognizing the authentic language of a man and woman's combined fertility.

I would like to personally thank O'Connor Hospital for their support in providing the community with education regarding fertility appreciation. May their example be reflected amongst other communities. For additional information please call 408-947-2847 or e-mail: doloresmoreno@dochs.org

Spanish Article

Mi nombre es Dolores Moreno y estoy certificada en la enseñanza del cuidado de la fertilidad. Me especializo en el Método de la Ovulación Modelo Creighton. Por los pasados 18 años, El Hospital O'Connor (dirigido por las Hermanas de la Caridad) me han dado el privilegio de enseñarle a todas las parejas interesadas, como valorar, respetar y entender su propia fertilidad. Las parejas aceptan su fertilidad como un proceso normal lo cual es un regalo precioso de Dios y en que juntos comparten en la paternidad responsable.



Dolores Moreno

O'Connor es un Hospital Católico dentro de la Diócesis de San José. Mi experiencia al trabajar dentro de este ambiente ha sido una verdadera bendición. Los beneficios de enseñar el Método de la Ovulación (*un método de PNF lo cual no esta asociado con el método Ritmo*) ha obtenido la mejor influencia y aceptación entre personas de distintos medios sociales. A mi parecer, un hospital ofrece cuidado compasivo, sanación física, y el bienestar total del ser humano. Que mejor lugar para enseñar este sistema del cuidado de la

fertilidad. Actualmente me han proveído con una oficina privada, todos los materiales necesarios y afortunadamente han puesto este programa en la lista del directorio dentro del hospital. De esta manera es accesible para que los médicos puedan referir a sus pacientes.

El Hospital O'Connor me ha facilitado el salón de conferencias en el cual llevo acabo todas las clases introductorias necesarias para el conocimiento del Método de la Ovulación Modelo Creighton. Estas comodidades han

Spanish continued on P7

A Hospital Based NFP Program...

Benefits the Hospital:

- Introduces potential patients to hospital services in a personalized, positive way
- Generates revenue:
 - program fees
 - laboratory fees (for hormonal evaluations, pregnancy tests, ultrasounds, etc)
 - inpatient and outpatient services, such as labor and delivery, surgical services (laparoscopies, etc)
- Fulfills mission of a Catholic hospital and the Ethical and Religious Directives for Catholic Healthcare
- Provides a cost effective approach to infertility services

Benefits the Physician:

- Serves as referral resource to local physicians
- Provides service which is too time intensive for physician to provide
- Provides Physician with invaluable information in the treatment of reproductive and gynecological disorders
- Educates the patient so they may more effectively collaborate with the physician in managing their health

Benefits the Patient:

- Provides a credible, professional setting for services
- Empowers the patient to be active participants in the maintenance of their own gynecological and reproductive health
- Provides the tools for responsible parenthood
- Provides access to family planning which can be used to achieve pregnancy or avoid pregnancy which is valued by women and couples (89% continuation rate after one year).

Benefits the Community:

- Provides cost effective means to avoid pregnancy and achieve pregnancy which is accessible to all, regardless of income or insurance status.
- Empowers community members to make informed, healthy, and responsible parenthood decisions.
- Provides family planning services in the community which respect the dignity of women and couples, and the sanctity of life.

Spanish Article Continued

Que mejor

permitido que asistan las parejas comprometidas (que estan por casarse en la Iglesia Católica en la Diócesis de San José) de que cumplan con el requisito pre-matrimonial de asistir a una de las cinco clases introductorias. Estas clases son ofrecidas cada mes y asisten de 20-35 parejas por introducción. El proposito de este requisito es para que las parejas se informen de que existe otro método lo que es moralmente aceptable y cumple con las enseñanzas de la Iglesia Católica. Las parejas obtienen sesiones de seguimiento profesionales y personalizadas en el uso de este sistema de PNF, lo cual es efectivo para evitar el embarazo y es igual o

lugar para

enseñar este

sistem...

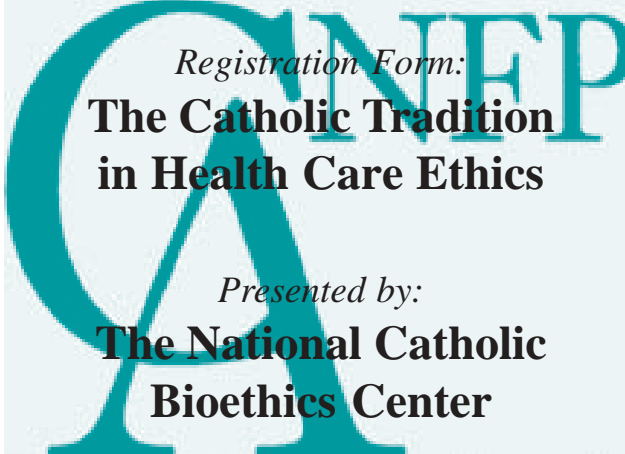
mejor que cualquier sistema quimico o aparato que exista en el mercado. Estudios científicos comprueban que este método tiene la efectividad de 99.5% para evitar el embarazo cuando es utilizado de acuerdo a la enseñanza. En si este sistema es aceptado por las distintas religiones e invita que las parejas escojan si desean usarlo como método para evitar o adquirir el embarazo. Todo el dinero que se colecta por las clases de introducción y por las sesiones de seguimiento se convierte e ingreso para el hospital.

Como practicante certificada en el cuidado de la fertilidad, he enseñado a mas de 2083 parejas.

Una vez que asistan las parejas a las sesiones de seguimiento ellas obtienen la habilidad de reconocer el lenguaje auténtico de lo que viene siendo la fertilidad combinada entre hombre y mujer.

Personalmente me gustaria darles las gracias al Hospital O'Connor por el apoyo que han proveído al brindarles a la comunidad esta conocimiento de la fertilidad. Que su ejemplo sea reflejado dentro de otras comunidades. Para más información favor de llamar al 408-947-2847 o al correo electronicodoloresmoreno@dochs.org.

Inside this Issue:



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**The Catholic Tradition
in Health Care Ethics**

Presented by:
**The National Catholic
Bioethics Center**

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