



Fort Worth Dallas Regional Chapter Hospice & Palliative Nurses Association

<https://hpnafw.nursingnetwork.com>

<https://www.facebook.com/groups/hpnafw>

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ABOUT OUR CHAPTER

The Fort Worth Regional Chapter of HPNA was chartered in 1996 and is the oldest chapter in HPNA. The Sunflower is our chapter icon.

HAPPY NURSES WEEK

Why did you become a nurse?

Like most nurses, the desire to help people was probably high on your list—you have compassion for others. Do you remember the joy and excitement you felt at your first job? The realities of nursing sometimes clash with your expectations. There is a body of research that can increase your resilience, reignite your nursing heart and soul, and help you identify and manage compassion fatigue, moral distress, and burnout before they consume you. Join **ANA** and **Joyce A. Batcheller, DNP, RN, NEA-BC, FAAN**, for the 2017 National Nurses Week (NNW) webinar *A Nurse's Guide to Preventing Compassion Fatigue, Moral Distress, and Burnout*. During this one hour exclusive live event, Dr. Batcheller will discuss the latest research in the field and provide you with tools and strategies to infuse meaning, joy, and restoration into your practice and life.

<http://unbouncepages.com/9f5e9b7c-0b64-11e7-adba-double/>



AMERICAN NURSES ASSOCIATION

Nursing: The Balance of Mind, Body, and Spirit

MEETING RECAP

Program Presentation: Keeping the Elderly on Their Feet: State-of-the-Art Programs in Fall Prevention

Presented by Lorna Bell, Dignity Memorial Providers of DFW

Lorna Bell reviewed the major risk factors for falls in the elderly. She also reviewed the latest statistics for elderly falls that shows 1/3 of elderly fall each year. Half of all elderly fall more than once and every 18 seconds an elderly person presents to the ED due to a fall. Additionally, only half of the elderly that falls can get back up. WHO defines elderly at being 65 years old. NPI defines elderly as 69-71 years old.

One of the ways to help elderly prevent falls is by increasing their physical capabilities: balance, leg strength, and proprioception. We start losing muscle at 30 years old. To determine balance ability, there is a time test for balance. Weight machine leg press with light weight to failure also helps to determine balance. Many senior centers offer these pieces of equipment. There are programs offered at the state level to help elderly increase their physical capabilities such as Texercise and Yoga. Strategies to manage falls with dementia include managing dizzy spells, depression, and maintaining physical activity. There are programs that have gained national attention: Fallstop, Matter of Balance, and Texercise. Yoga and Tai Chi are also helpful for balance with the elderly.

To improve the health outcomes of the elderly, adaptations to the environment should happen at home, start or maintain Vitamin D supplementation, and begin an exercise/gait training. Maintaining a safe home environment is key to prevent falls. Hospice and Palliative Care nurses can be advocates for their patients to increase safety, physical abilities, and manage medication side effects to provide patients with optimal outcomes.

Nurses' Week

Every year, we celebrate Nurses' Week from May 6 to May 12. It always ends on May 12, which is the birthday of Florence Nightingale. Fort Worth Dallas Chapter HPNA would like to recognize all the hospice nurses who provide outstanding care for their patients and families.

Here's a link to a site that provides a brief **history of National Nurses Week**:



<http://www.nursingworld.org/Content/NNW-Archive/NationalNursesWeek/MediaKit/NNWHistory.html>

INTERNET INPUT

I thought I was prepared to be my mother's health care proxy, but I was not.

http://www.huffingtonpost.com/michael-friedman-lmsw/healthcare-proxy_b_11993488.html

What has the biggest impact on hospital readmission rates?

<https://hbr.org/2015/09/what-has-the-biggest-impact-on-hospital-readmission-rates>

Wrongful life lawsuits

https://www.nytimes.com/2017/04/10/health/wrongful-life-lawsuit-dnr.html?_r=0

In the hospital? 7 thing to keep in mind

<http://www.kevinmd.com/blog/2017/03/hospital-7-things-must-keep-mind.html>

"Pre-Hospice" saves money by keeping people at home near end of life

<http://californiahealthline.org/news/pre-hospice-saves-money-by-keeping-people-at-home-near-the-end-of-life/>

When dying is a laughing matter? Hospice humor gains a following.

<http://www.startribune.com/when-is-dying-a-laughing-matter-hospice-humor-gains-a-following/415488014/>

Future Programs

Don't forget to RSVP through our website at <https://hpnafw.nursingnetwork.com>

We meet the 2nd Tuesday of odd-numbered months:

July 11

September 12

November 14



Education

Texas Board of Nursing Webinars

<https://www.bon.texas.gov/catalog/>

New Hospice Foundation of America Program Focuses on Alzheimer's Disease and Hospice Care

<http://www.hospicefoundation.org/hic-alzheimers>

HPNA Clinical Practice Forum

September 14 - 16, 2017

Pittsburgh, PA

<http://hpna.advancingexpertcare.org/education/clinical-practice-forum/>

Texas New Mexico Hospice Organization Annual Conference

February 23-26, 2017 San Antonio TX

www.txnmhospice.org

AHPM / HPNA Annual Assembly

2018 March 14 - 17 Boston MA

2019 March 13 - 16 Orlando FL

2020 March 18 - 21 San Diego CA