

# Fort Worth - Dallas Regional Chapter of HPNA

Hospice and Palliative Nurses Association



<https://hpnaafd.nursingnetwork.com>  
<https://www.facebook.com/groups/hpnaafd>

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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. The Dallas Chapter chose the butterfly as their chapter icon when they received their charter in 2004. When our chapters merged in 2017, we combined our logos.

## How to help victims of disasters

In the wake of Hurricane Harvey, and while waiting the arrival of Hurricane Irma and watching the fires out west . . . it all seems very overwhelming. Where should you send contributions?

One site you can check out is Charity Navigator.

<https://www.charitynavigator.org>

Charity Navigator lists a group of charities who are providing assistance after Hurricane Harvey.

Click [HERE](#)

Hurricane Irma has just made landfall today. Charity Navigator has a site dedicated with list of charities providing assistance.

Click [HERE](#)

Five Steps to Informed Giving

Click [HERE](#)

Whatever you do, make sure you do your homework and make sure that charities are really going to serve the people you want served.

## MEETING RECAP

The regular meeting of the Fort Worth/Dallas HPNA Chapter was called to order at Baylor Spine and Orthopedic Hospital at Arlington by Terri Mann, President.

Dinner Sponsored by Sherrain Myles from ImpactActive. She is the territory manager for Texas. ImpactActive are hip protectors approved by Medicare to help with Fall Risk management and osteoporosis.

Recognized nursing student Crystal from Mountain View College.

The revised standing rules for the Fort Worth/Dallas HPNA were reviewed and voted upon; the new standing rules were approved. Approved by a vote of yea 9 and nay 0.

### **Announcements**

Please consider HPNA Foundation when you shop Amazon; you can designate HPNA Foundation per Amazon Smiles.

The 11th Annual Clinical Practice Forum will be in September in Pittsburgh, PA. You can register for this conference online.

Please also review the HPNA website for scholarships for educational opportunities and annual conference. The career center is also a great resource. There is also free online learning for members on the website.

Please review the scholarship opportunities; HPNA wants to give out these scholarships

### **Presentation**

Dr. Alexander Peralta, Chief Medical Director of Faith Presbyterian Hospice and the Harold Simmons Inpatient Center at T. Boone Pickens Hospice and Palliative Care Center; active member of the Texas-New Mexico Hospice Organization, presented "The Neuro-Circuitry of Touch-The Social Impact." A new kind of nerve fiber, C low threshold mechanoreceptor or CT afferent fib or the unmyelinated C fib, is found on the hairy skin of the forearm. These fibers are felt to be more about feeling than about sensing. The pleasure of gentle touch might encourage human interaction. This is very important with dementia patients or those with agitation. This is very important for Hospice and Palliative Care as we work to prevent and alleviate suffering while supporting the best possible quality of life for patients and their families. Touch therapy falls can be found in Domains of Quality Palliative Care developed by the National Census Project for Quality Palliative Care. Touch therapy is good for patients at risk for pain. We must recognize the barriers to pain, both from patient and caregiver, and work to overcome these barriers.

## Meeting Recap (continued)

Touch therapy can be beneficial for both acute and chronic pain whether it is nociceptive or neuropathic pain. The C low threshold mechanoreceptor or CT afferent fiber is the nerve fiber promotes bonding between mothers and their children. The weight and speed of touch is important. Touch promotes engagement with patients especially the mature and those with neurodegenerative disease.

Hospice is intensive human caring and touch helps to develop the intimacy and trust needed in this care.

Meeting was adjourned at 8:00pm by Terri Mann, President.

Minutes submitted by: Jame Restau, Secretary

## Future Programs

Don't forget to RSVP through our website at  
<https://hpnafw.nursingnetwork.com>  
November 14, 2017

## Internet Input

*Click on title to go to website*

End of Life Support Lacking for Homeless

Choice: The Hidden Curriculum in Palliative Care

Burnout, Compassion Fatigue, Depression  
-- What's the Difference?

Moving Towards Universal Access to High-Quality Serious Illness Care

## 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 30 and October 1,  
Pittsburgh, PA

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

### Texas New Mexico Hospice Organization Annual Conference

February 24-26, 2017 Houston TX  
[www.txnmhospice.org](http://www.txnmhospice.org)

AHPM / HPNA Annual Assembly  
2016 March 9-12 – Chicago, IL

