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## Newsletter

### HPNA Fort Worth Regional Chapter 2015

[Http://hpnafw.nursingnetwork.com](http://hpnafw.nursingnetwork.com)  
<http://www.facebook.com/groups/hpnafw/>



***Ft Worth HPNA  
Celebrating 19 years***

#### President's Column

Hello HPNA Members!

I want to begin by expressing gratitude for your membership and service to our chapter. Without you we would not be able to enhance the quality of end of life in our community. Your service is invaluable!

For those of you attending HPNA's Annual Assembly this year, you know Dr Atul Gawande is a plenary speaker, presenting on his book *Being Mortal* on Friday, February 27, 2015. He is a renowned surgeon, teacher, researcher and public health researcher who will be discussing the limitations and failures of medicine and how we can do better. The early bird deadline has passed but it is not too late to register! <http://hpna.advancingexpertcare.org/education/annual-assembly/>

We still have scholarship money available for members. Go on line to our new website at <https://hpnafw.nursingnetwork.com> and click on Scholarship information. This will download the form. It is never too late!

I am reading Dr Gawande's book, *Being Mortal* and one of the interesting concepts is that the ultimate goal of our care is not a good death, but rather a good life, all the way to the very end. He follows a hospice nurse and a geriatrician on rounds and discovers many failures in our healthcare system. It is imperative to become skilled at having difficult conversations to ensure that people never sacrifice what really matters to them. Many times, it is through us, that they discover what really matters to them. It is a very good read and I would highly recommend this book. We can never stop learning or benefitting from sharing knowledge on this topic. Every patient is different, every doctor and nurse carries their own set of values and perceptions and their idea of what a good life is.

As hospice and palliative health care providers, it is our role to honestly and humanely advocate for patients. We are the ones to lead the way in education, research and dissemination of knowledge on having these difficult conversations and advancing quality end of life care. We are so fortunate to have National HPNA lead the way for us. We are fortunate to have our own robust local chapter here in Fort Worth. Many chapters are struggling, but we continue to work hard to provide expert speakers and opportunities to network with other providers.

Thank you again for your commitment to this profession. We are so glad you are with us on this journey!

See you soon,  
*Laurie*

#### Leadership & Contact Information

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## Meeting Recap for January 2015

*Tammie Guinn, Secretary*

A thank you card was circulated for Texas Healthcare Pharmacy to thank for their support over the years. They have sponsored our December meeting for a number of years.

Dorsey Moore opened the meeting, filling in for Laurie Smith, chapter president. Students and new attendees were recognized. Meal provided by Seasons Hospice; representative Stacy addressed the group. She mentioned Seasons has a full time music therapist on staff.

Dorsey recognized all certified hospice and palliative nurses in attendance. National HPNA's mission is to provide expert care and encourages nurses to become certified. HPNAFW is considering a preparation course. Seven nurses indicated interest in attending a preparation course.

Judy Goldthorp mentioned the new website and encouraged everyone to take a look. Judy also mentioned a seminar by Grief-Works in Dallas, on the last Wednesday in March. Ken Doka will be presenting. Information can be found from HPNAFW chapter website. Texas New Mexico Hospice Organization Annual Conference will be held on March 28-30<sup>th</sup>, in Las Colinas. Scholarships are available for members if needed. All are encouraged to check out the HPNAFW page on Facebook as well as the new website at <https://hpnafw.nursingnetwork.com>

Nancy Ritts outlined the program schedule for the next several months. February- Dr. David Capper will present "Won't you please help me – pain and death in the hospital". March – Jennifer Davis, works with the VA, Palliative Care Consult RN. April – Sandi Hebley – validation and preventing crazy caregivers. May 16<sup>th</sup> (Sat)- will be meeting with Dallas HPNA group – Ethics and Nursing Jurisprudence is being planned. A June speaker has not been established yet. July will be an off month. Depending on interest, may do review course on Saturday in August. Sept- Dr. Pitman-Hobbs- Baylor Palliative Care Physician - physician role, patient population, reimbursement.

Nancy introduced Sam Brodsgaard, MA, MT-BC, presented a program "Music Therapy In Hospice and Palliative Care." Sam is the owner of Metroplex Music Therapy and has a Bachelor in Music degree from SMU, and an MA in Music Therapy from TWU, and is a certified music therapist. [Sam@MetroplexMusicTherapy.com](mailto:Sam@MetroplexMusicTherapy.com). Sam explained what music therapy is and how it can help patients by addressing the emotional, social, cognitive, physical, and spiritual needs of an individual, and can benefit patients, family members, friends, and support staff. The learning objectives were, 1). Discuss the history of music therapy as an allied health profession; 2) Describe treatment goals of music therapy in hospice and palliative; 3) Discuss treatment domains and interventions of music therapy in hospice and palliative care; and 4) Describe treatment outcomes of music therapy in hospice and palliative care. Sam highlighted the difference between music therapy—done only by a certified music therapist—and using music therapeutically. Sam shared stories of how to use music, song-writing, life review, relaxation, spirituality, and memorial services to help a patients and families at the end of life. The group was very engaged and asked great questions. Recommended reading - Oliver Sacks wrote *Musicophilia: Tales of Music and the Brain*.

## Future Programs

March 17 – VA Hospice Benefits and the Dallas VA Inpatient Hospice Unit – Speaker Jennifer Davis, RN

April 21 – Validation: Preventing Crazy Caregivers – Speaker Sandi Hebley, SW, RN

**Saturday** May 16 – Fort Worth & Dallas Chapters CE Symposium at UTA

June 16 – TBA

July – No meeting

August – Review course may be held

September 15 – Palliative Care – Speaker Dr Pittman-Hobbs

October 20 – TBA

November 10 / 17 – TBA

December – TBA

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

### New Meeting Locations

Many thanks to Baylor All Saints! We will be meeting in their Fixel meeting room in February, March, and April. Our Saturday May 16 program will be held at UTA. Watch the newsletter and the website for future meeting locations.

### Have you heard? Stories from the Internet that might impact your practice

Do thickened liquids help people with dysphagia?

Check out this story about thickened liquids and the physicians who took the “Challenge”

<http://www.geripal.org/2015/01/do-thickened-liquids-help-people-with-dysphagia.html>

The fallacy of “giving up”

How many times have you heard a patient or their family talk about “giving up” or that their physician said there was “nothing more to do?”

<http://www.theatlantic.com/health/archive/2015/01/dying-better/384626/>

Dying shouldn’t be so brutal

An Op-Ed piece in the New York Times by Ira Byock

<http://opinionator.blogs.nytimes.com/2015/01/31/dying-shouldnt-be-so-brutal/>

Struggles with tough patient conversations

They've developed an approach called Vital Talk, which involves an intimate one to three day training. Through hours of role-playing and feedback, participants try out different conversational techniques. They brainstorm specific phrases that may be useful the next time they're trying to navigate a tough conversation with a patient.

[http://www.newsworks.org/index.php/thepulse/item/75000-training-provides-glimpse-into-doctors-struggles-with-tough-patient-conversations?utm\\_source=feedburner&utm\\_medium=feed&utm\\_campaign=Feed:%20newsworks/MoreNews%20\(NewsWorks:%20The%20Latest\)](http://www.newsworks.org/index.php/thepulse/item/75000-training-provides-glimpse-into-doctors-struggles-with-tough-patient-conversations?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed:%20newsworks/MoreNews%20(NewsWorks:%20The%20Latest))

We should think twice about “death with dignity”

Dr. Ira Byock unpacks the euphemisms of physician assisted suicide, in response to call for California to legalize PAS.

<http://www.latimes.com/opinion/op-ed/la-oe-0201-byock-physician-assisted-suicide-20150201-story.html#page=1>

What You Need to Know About Ebola Virus Disease

Free CE on line program from Nursingcenter.com

[http://nursing.ceconnection.com/nu/public/modules/4227?\\_ga=1.35128225.1204420221.1422980582](http://nursing.ceconnection.com/nu/public/modules/4227?_ga=1.35128225.1204420221.1422980582)

### SmartQuote

*“Some people drink from the fountain of knowledge. Others just gargle.”*

-- Robert Anthony,

American business professor

<https://hpnafw.nursingnetwork.com>



Texas Board of Nursing Webinars

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

On line Free CNE from Nurse Oncology Education Program (NOEP)

[www.noep.org](http://www.noep.org)

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

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

AAHPM / HPNA Annual Assembly

2015 February 25-28—Philadelphia, PA

2016 March 9-12—Chicago, IL

[www.aahpm.org](http://www.aahpm.org) [www.hpna.org](http://www.hpna.org)

Beyond Gender: Understanding the Way Men & Women Grieve

March 25, 2015 Speaker: Dr Ken Doka

<http://www.christian-works.org/engage/events/grief-event-registration/>

Texas New Mexico Hospice Organization

Annual Conference

2015 March 27-29 Dallas (Las Colinas)

2016 February 26-28 Santa Fe, NM

2017 February 24-26 Houston

2018 March 2-4 San Antonio

2019 February 23-25 Dallas

[www.txnmho.org](http://www.txnmho.org)

Caring for the Human Spirit

Integrating Spiritual Care in Healthcare

April 20 - 22, 2015

Orlando, FL

[www.healthcarechaplaincy.org/conference](http://www.healthcarechaplaincy.org/conference)

<https://hpnafw.nursingnetwork.com>