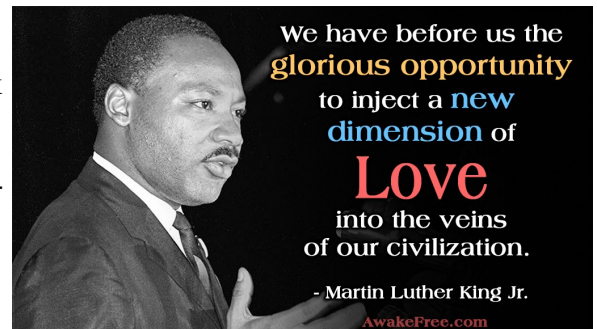


"The Hope of a New Year"

AK HPNA Quarterly Newsletter, 10th Ed.
Winter 2021

"2021 Strategic Plan to Improve Serious Illness Care in AK"

The 2021 AK HPNA Board met this month to discuss how to continue to work towards our Vision to *Transform the culture of care for serious illness care in Alaska*, while executing our Mission to *Grow a dynamic network of nurses to share tools, resources, and education in order to access, develop, and deliver expert care in serious illness throughout Alaska*. To do this, we review where we succeeded, and where we struggled, to meet our goals and objectives of the prior year. Then, we formulate our new goals and objectives. Alaska HPNA has worked hard and been fortunate in its ability to achieve set goals and objective every year up until this past year. It was a bit disheartening to review the multitude of plans that got put on hold or cancelled because of COVID. We understood the rationale, but we were sad not to be able to support Alaska nurses as we had hoped. However, we come into 2021 with a new sense of love for each other, and more importantly, a refreshed love of the care we provide to our patients, those we work with, and towards ourselves. We have survived, and we are not jaded. We remain resolute in supporting the growth of serious illness through the on-going demonstration of love, caring, and support to patients, families, and the multitude of nurses throughout our state. **We have exciting things planned and hope you will join us!**



LEARNING CORNER

Have you heard of the SPIKES pneumonic?

This is a critical pneumonic to conduct difficult conversations with patients and their loved ones.

S = Setting. Assure quiet & private place with the ability for all to sit at equal levels.

P = Perception. Ask the patient and family their perception of the current medical condition.

I = Invitation to share information. "I would like to share some more information about what is going on medically. Is that okay?"

K = Knowledge & information transfer. Provide information necessary to make medical decisions.

E = Empathy. Listen & acknowledge the emotions in the room. (*remember the NURSE pneumonic*).

S = Summary. Summarize the meeting, next steps, and each clinicians role to support the patient and family.

Difficult conversations require preparation and skill so patients and families feel supported, heard, and cared for. These simple steps will greatly improve the care, as well as, clinician satisfaction.

**"Together, we make
a difference."**



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comments or suggestions about
this or future newsletters

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podcast

Favorite Palliative & Healthcare Podcasts

GeriPal podcast with Eric Widera & Alex Smith. It is entertaining with information specific to Palliative Care.. Found on iTunes, Spotify, Stitcher, and Amazon. More information <https://www.geripal.org/p/geripal-podcast.html>

HPNA Podcast corner hosts various presenters on a wide range of hospice & palliative care topics. Found on Google Play, iTunes, and PodBean. More information <http://hpna.podbean.com/>

The Curbsiders is an internal medicine podcast that is entertaining and education. Found on iTunes or Google Play. More information at <https://thecurbsiders.com/>

Conversations with Baucher is the Editor in Chief interviewing leading experts & authors within JAMA. More information at: <https://jamanetwork.com/journals/jama/pages/conversations-with-dr->



HPNA National Events Coming Up

[2021 Annual Assembly of Hospice & Palliative Care](#)

February 17-19, 2021

Learn more and register at <http://aahpm.org/meetings/assembly>

[Live Virtual CHPPN Certification Review Course](#)

February 19, 2021

Learn more and register at <https://advancingexpertcare.org/certification-review-courses>

["Spring into Education" Mini-Conference led by Dr. Mary Lynn McPherson](#)

May 21, 2021

Learn more and register at <http://bit.ly/SpringIntoEducation>

[ELNEC Core Train-the-Trainer](#)

June 10-11, 2021

Learn more and register at <http://bit.ly/ELNECCoreTraintheTrainer>

ANNOUNCING: AK HPNA Event “Let’s Study Together (LST) Series”

The “Let’s Study Together” series is to help motivate, engage, and build a community of like-minded nurses with the hope of building knowledge, skills, and confidence around hospice and palliative nursing.

Alaska HPNA received a grant for what is hoped to be the inaugural year of the LST Series. The first five applicants are eligible to be reimbursed for: 1 year HPNA membership, the HPNA CHPN online review course, the CHPN Core Curriculum textbook, and the CHPN exam fee. The participants will attend 8 review sessions (weekly basis) facilitated by Alaska nurses who are specialists in hospice and palliative nursing. If all of the requirements are met, the participant will be reimbursed a total of \$670 to have obtained their specialty certification.

For more information about CHPN, please visit this HPCC CHPN website at <https://advancingexpertcare.org/chpn>

Advertising will begin in February and the application process will start on February 12th!

If interested, please e-mail us at ahpna2017@gmail.com