



<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.

## MEMBERSHIP



CHAPTER DUES WILL INCREASE IN JUNE FROM \$15 TO \$20. RENEW YOUR CHAPTER MEMBERSHIP NOW!

## PRESIDENT'S CORNER

Hello Fort Worth Chapter of HPNA,

I hope you all are enjoying the wonderful Spring weather, bluebonnets, and rain we have been having. I have! I love April and springtime because of all the new growth. It is on the trees, in the grass, in the lovely flowers and the everyday beauty of life. Growth is important and stimulating. Growth refers to a positive change, development, stage of maturation or a process toward fullness or fulfillment<sup>1</sup>.

I recently read an article about a nurse named Amy who was diagnosed with stage IV colon cancer. Even though she had been a nurse for 10 years, she knew little about palliative care services at the hospital where she worked. The article heading was "Thanks to end-of-life care, Amy Culley isn't dying — she's living<sup>2</sup>."

Even with a cancer diagnosis, she is growing in her knowledge, learning about and advocating for the benefits of palliative care. Part of her "living" feeling comes from Amy's sharing of herself, telling her story, sharing her journey. It also comes from within and the internal satisfaction she gets when advocating for her patients. She is quoted,

*"At some point, they may help me manage my end of life issues, but right now, they're helping me manage my life."*

Our work has a profound effect on people's lives. We all encounter people who grow tremendously with palliative care and hospice services. They begin to experience life differently and have more of a sense of well-being as a result of the physical, emotional and

spiritual support. They often times begin to think of leaving a legacy. As Amy said, we (their caregivers) are helping them manage their lives.

Think about that for a moment. We help them manage their lives. How are you managing your own life? What could you do different today to enhance your life or another person's life?

As children, we grow without any thought and are mandated to attend and learn at school. But as adults, our growth stems from the thousands of choices we make each day. When we choose to challenge ourselves, whether it is to try a new recipe or craft project, embrace healthier nutrition or exercise, read a book, take a class, or learn a new computer program instead of watching tv, we develop and grow. And caregivers in this profession don't just help patients. We also learn from teaching others, by sharing knowledge, resources, skills, or providing guidance, just as Amy did.

What choices can you make today that will help you realize your full potential? What choices will help a colleague or friend develop and progress toward a better personal and professional life? Every choice matters and it can start right here in our group! In fact the purpose of our group is to support each other through networking, mentoring, role modeling and education. Please consider the following growth opportunities:

Serve as an HPNA officer! We currently are seeking nominations for President-Elect. You will have the rest of the year to participate in our board meetings and learn about the Presidency, before serving in the official role next year.

Register for our May meeting. Note this is Saturday May 16, at UTA and includes a fee. The Board of Nurse Examiners has a new requirement for all nurses to receive education on ethics, jurisprudence and geriatrics and this will meet their requirements. This meeting is open to all nurses, not just our members. It is \$25.00 for members and \$40.00 for non-members and you will get 4 CE. Spread the word!

Offer to help or teach with our August certification review course. We need volunteers to help make this review a success.

Get certified! Expand your knowledge and the quality of your care. The more you know, the more you help your patients! The knowledge will also positively affect your personal life as well!

Become an HPNA approved educator. This certification allows you to teach National HPNA curriculum for our chapter and others!

Renew your membership! Our dues are going up \$5.00 in June but you can renew now, even if it is not time!

If any of these interest you, or you have any new ideas for our chapter, reach out to any board member.

See you soon, Laurie

1. Dictionary.com. (2015). Growth. Retrieved from [dictionary.reference.com/browse/growth](http://dictionary.reference.com/browse/growth)

2. Scrubbing in. (April 16, 2015). Thanks to end-of-life care, Amy Culley isn't dying — she's living. Retrieved from <http://scrubbing.in/amy-culley-isnt-dying-shes-living/>

## MARCH MEETING RECAP

### HPNAFW BUSINESS MEETING:

Laurie Smith, HPNA FW Chapter president welcomed all present and wished all a Happy St. Patrick's Day. Guests and students were recognized. Laurie mentioned the benefits of membership including online CEs. Guests were invited to join the local and national HPNA. Numerous educational events are coming up in the next 6 months and details can be found on our website. <https://Hpnafw.nursingnetwork.com>

Eight certified nurses were recognized for their achievement in obtaining certification as a hospice and palliative care nurse.

HPNA FW's May meeting is May 16th, and we will meet on a Saturday for a joint event with the Dallas Chapter to cover the TX BON requirements for Ethics and Jurisprudence and Geriatrics. See the "Save the Date" on the website

The membership is looking for anyone interested in serving as President Elect for the FW Chapter, and asked that interested parties contact Laurie Smith. Laurie introduced the board members of the FW Chapter.

Thanks to Comfort Keepers for providing our meal. Mike Chapman introduced Comfort Keepers in home care and services. Comfort Keepers wants to focus on partnerships with families, hospice agencies, and home health organizations serving seniors.

Nancy Ritts, Education Coordinator reviewed requirements for CEUs for tonight's program including the participant evaluation, green disclosure informing the conditions of receiving CEU and attendance through the entire program. The Hospice and Palliative Nurses Association is providing the CEs for this evening's program. Disclosure and conflict of information was presented to the group. SW CEs will be provided tonight, however, nurses CE will come from National and certificates will be received within 2 -4 wks via email.

**PROGRAM:** Hospice and Palliative Care at the VA

**Presenters:** Jennifer L Davis, RN, MPH, MSN, CHPN, Palliative care consult nurse at Dallas VA. Gary Marcus LPN, a retired veteran of the Army and VA palliative care team member.

The goal of the program is to enable the learner to provide effective care for the needs of the veteran and their families in their end of life time. Objectives include, 1) List two facts about veteran demographics and deaths, 2) Define the VA hospice benefit, 3) List three benefits for the Veterans that are easily accessible to the nurse, and 4) Describe the role of the nurse in addressing the psychosocial, emotional and spiritual needs of Veterans.

Jennifer shared the services available at the VA's inpatient 19 bed hospice unit which is part of their LTC facility. All veterans who qualify for services at the VA have 100% hospice benefit through their program. Their average LOS is 2 weeks but also have some very long-term patients. For a qualified veteran, it is their choice if they want to go thru their Medicare or the VA for their hospice services. There are 22 million US veterans. More than 1.4 million veterans are >85. The VA has been focused on improving end of life care at the VA.

Gary shared his perspective as a veteran working at the VA. He illustrated how our veterans have suffered through the years from ailments resulting from their service to our country and depend on our tax dollars to support them. Dallas VA is the 2nd largest in the nation. Jennifer shared resources available to veterans including Fisher House which is a large beautiful facility that supports families who are in the area to be with a family member in the hospital. The hospital SW can arrange free access to the Fisher House. Jennifer introduced the "We Honor Veterans" campaign which can be found at [www.wehonorveterans.org](http://www.wehonorveterans.org). Organizations are invited to become a hospice or community partner, or donate. She shared a "Military History Checklist Guide" and the "Hospice Veteran Partnership Toolkit" which can be found at <http://www.networkofcare.org/library/veterans-toolkit.pdf>.

The meeting was adjourned at 8:05 pm.

Minutes by Tammie Guinn, Secretary

April 2015

### **Future Programs**

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

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

June 16 – Communicating with Children & Teens about Death & Grief

Speaker Barb Petsel, MS, LPC-S, FT, RN

July – No meeting

August 8 – Review course may be held

September 15 – Palliative Care – Speaker Dr Pittman-Hobbs

October 20 – Opioid Conversions

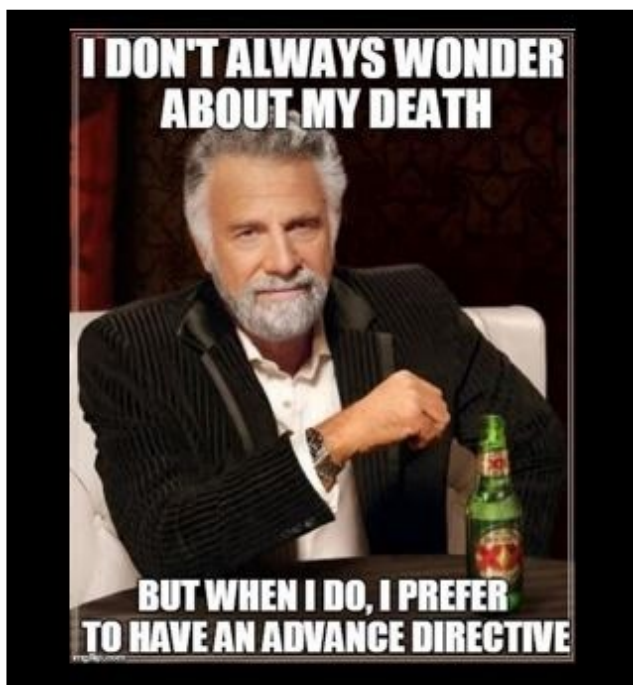
Speaker: Linda McMahan, R. Ph.

November 10 /17 – TBA

December – TBA

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

April 16th is National Healthcare Decision Day. Even The Most Interesting Man in the World has an Advance Directive.



### **Meeting Location**

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

### **National Health Care Decisions Day – April 16, 2015**

The Fort Worth Chapter of HPNA supports The Coalition for Quality End-of-Life Care and National Health Care Decisions Day – April 16th, 2015.

Despite recent gains in public awareness of the need for advance care planning, studies indicate that most Americans have not exercised their right to make important decisions about their healthcare in the event that they cannot speak for themselves.

The National Healthcare Decisions Day (NHDD) initiative is a collaborative effort of national, state and community organizations committed to ensuring that all adults with decision-making capacity in the United States have the information and opportunity to communicate and document their healthcare decisions. HPNA FW joins other organizations in North Texas to inspire, educate and empower our community.

For more information about how you or your organization can join the effort to inspire, educate and empower our community about these important decisions, visit [www.coalitionqec.org](http://www.coalitionqec.org) or [www.nhdd.org](http://www.nhdd.org). You will find all the tools you might need to make a difference. Every conversation matters!



April 2015

### Education

#### **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>

#### **NHPCO Virtual Conference**

##### **Clinical Advances in the Art & Science of Care**

<http://www.nhpc.org/2015virtualconference>

#### **NHPCO 16th Clinical Team Conference and Pediatric Intensive:**

Gaylord Texan Resort and Convention Center,  
Grapevine, Texas

October 13 - 17, 2015

<http://nhpc.org/confex.com/nhpc/CTC16/cfp.cgi>

#### **National Healthcare Decision Day**

April 16, 2015

<http://www.nhdd.org/>

#### **Caring for the Human Spirit**

Integrating Spiritual Care in Healthcare

April 20 - 22, 2015

Orlando, FL

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

#### **Texas New Mexico Hospice Organization Annual Conference**

2016 February 26-28 Santa Fe, NM

2017 February 24-26 Houston

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

#### **AHPM / HPNA Annual Assembly**

2016 March 9-12 – Chicago, IL

2017 February 22-25 – Phoenix, AZ

On Saturday May 16, you have the opportunity to fulfill the BON requirements for both Jurisprudence / Ethics and Geriatrics. The flyer is posted on our website. This is a great bargain : 4 nursing CE for \$25 (members) or \$40 (non members). Seating is limited, so reserve your place today! You can either pay by check (information is on the flyer) or you can pay by credit card on the website. There will be a service charge if you choose to pay by credit card. No matter how you decide to pay, we will be asking you to register on the website. If you have questions about the website, please contact Judy Goldthorp at [fwhpna@gmail.com](mailto:fwhpna@gmail.com).

#### **Who Has Seen the Wind?**

BY CHRISTINA ROSSETTI

Who has seen the  
wind?

Neither I nor you:

But when the leaves  
hang trembling,

The wind is passing  
through.

Who has seen the  
wind?

Neither you nor I:

But when the trees bow  
down their heads,

The wind is passing by.

