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<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.

## PRESIDENT'S CORNER

Happy New Year Fort Worth Chapter HPNA!

I hope 2016 is going well for you all. January is typically a month of resolutions and renewal. We start this year with Terry Sutton, from the Tarrant Area Hoarding Taskforce, presenting in January. His program is interestingly titled "How to Master your Disaster." I like this title. Hospice and palliative care providers encounter disasters of varying magnitudes every day.

In our work we often face tremendous pain, family turmoil, psychological and spiritual distress, financial issues, the lack of advance directive planning and yes, hoarding too. Our teams work together everyday to help people manage these and other types of end of life crises or "disasters".

HPNA's mission is to advance expert care in serious illness. We exist to help each other become expert care providers and to enhance our ability to help people through profound changes in their lives. Our goal is primarily education but we also provide support for each other. I hope to see you all a lot this year!

Membership in HPNA is relatively cheap compared to other professional memberships. For less than \$120.00 per year you get access to over 75 electronic continuing education courses that you can take in the comfort of your home 24/7, two professional journals (the Journal of Hospice and Palliative Nursing and the Journal of Palliative Medicine), access to scholarships, reduced continuing education fees at your local Fort Worth group and much, much more! The list of benefits can be found at <http://hpna.advancingexpertcare.org/wp-content/uploads/2015/11/HPNA-Member-Benefits-Page.pdf> and some of the available CE courses are listed on page 5 of this newsletter.

It's worth it! You and your families are worth it!

See you soon!

## DECEMBER MEETING RECAP

### HOSPICE & PALLIATIVE NURSES ASSOCIATION – FW Chapter

December 1, 2015

Laurie Smith, president was unable to attend due to illness.

Tammie Guinn, Secretary, extended a welcome to all present. There were no new attendees this evening. Tammie reminded everyone of the new procedures to renew membership online beginning in January, 2016. Membership is completely handled through the website now. Members should get a notice when membership needs to be renewed. Beginning Jan. 1, all remembers and information about upcoming events will be coming from Nursing Network.

#### Other Announcements:

Introduction of our sponsor this evening's meal- Gary Decker, Emerald Hills Funeral Home & Memorial Park shared information about the services provided including pre-planning, service, and a new program serving widows and widowers.

This evening's PROGRAM: Integrative Yoga Therapy: A Protocol for Grief and Bereavement

Presenter: Lorna Bell, RN, CHPN, Director of Fitness & Health at the YWCA where she coauthored the classic "Gentle Yoga" For People with Arthritis, Stroke Damage, Multiple Sclerosis & in Wheelchairs". She has been a yoga student since 1974.

The program objectives are to: 1) describe yoga philosophy of integration of body, mind & spirit as it applies to the bereaved population, 2) articulate the physical symptoms resulting from grieving a death or other negative life events, 3) demonstrate 3 activities in which symptoms of sadness can affect the corresponding yoga chakra, and 4) identify 3 types of mourners who are marginalized or overlooked in our typical grief and bereavement support programs. The speaker explained that the 7 chakras correlate closely with the nerve plexus of modern medicine. Lorna mentioned *The Science of Yoga*, by William Brand, that addresses many aspects of yoga that have been validated by science. The difference between grief (intermittent) and depression (longer lasting) was discussed. When grief lasts longer than 6 months and involves avoidance of reality, it requires professional help. Pathological grief may include substance abuse, failure to care for one's needs. Children, non-married partners, and disabled individuals can become marginalized in their grief. Breathing and energizer techniques were practiced as well as tear production. Poses to open the throat, chest and counter-poses for kyphosis and dowager's hump were practiced. We are reminded that grief throws us off balance. Improved balance increases longevity. Relaxation is the third part of yoga that leads to meditation which can lead to an increase in grey matter and improved immunity.

Lorna took questions from the group. Thanks to Lorna Bell for a great presentation!

The meeting was adjourned at 8:00 pm.

Minutes by Tammie Guinn, Secretary

## **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>

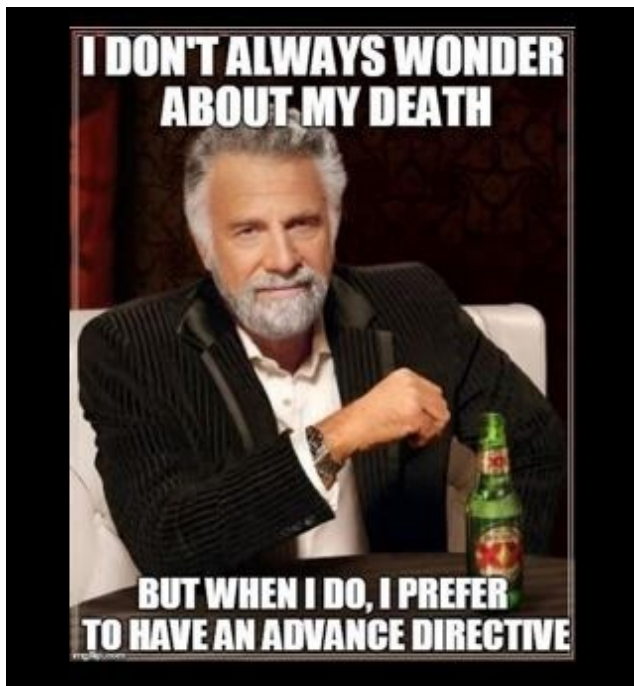
### **Texas New Mexico Hospice Organization Annual Conference**

2016 February 26-28 Santa Fe, NM  
[www.txnmhospice.org](http://www.txnmhospice.org)

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

2016 March 9-12 – Chicago, IL

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



## **Future Programs**

February 16 -- Pneumonia: To Treat or Not To Treat?

Speaker: Dr Susan Weathers

March 15 TBA April 19 TBA

May 17 TBA June 21 TBA

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

## **What is your CardioVascular Disease Score?**

Check out

<https://healthyheartscore.sph.harvard.edu/>

Are you an RN or a nursing student between the ages of 19 and 46? The Nurses Health Study is enrolling participants in the Nurses' Health Study 3. Visit [www.nhs3.org](http://www.nhs3.org) and join this new study.

## **When Hospital Paperwork Crowds out Hospital Care** (Click on link to read the article)

An Op-Ed from Theresa Brown RN. You can read more at her Blog: [www.theresabrownrn.com](http://www.theresabrownrn.com)

## **How to Become a More Resilient Nurse** (click on link)

## **Changes in Nurse Licensure Will Impact Profession's Future**

*"One new component of the enhanced NLC centers on criminal background check. The enhanced compact requires such checks and mandates that if a nurse's CBC is positive for a felony under federal or state law, the nurse will not be issued a multistate license. The positive finding includes a nurse's conviction, being found guilty or entering into an agreed settlement of a felony. "*

## **Being Led**      <http://hospicediary.com/2015/10/13/being-led/>

Amy Getter, RN, MS, CHPN

"The truth is, when you were young, you tied your own belt and went where you wanted, but when you are old, you will put out your hands, and someone else will tie your belt. They will lead you where you don't want to go" (John 21:18).

I woke up to bright light streaming in my window and bird song telling me this is another day to be joyous and thankful for life. I thought of Ed, who didn't wake up today; yesterday was his last. He had spent a difficult day less than a week ago, wanting "to do something for this to be over", thinking if he could just end his life quickly how much easier things would be. He had told me "I didn't have the guts to do it" though we had reframed this and spoken of the courage it took to live each day. He began to die in actuality only two days after his "suicide attempt" (In fact, it had perhaps been his way of recognizing he would be turning down an irreversible path very soon, and only wanted to hasten the journey).

He had held out his hands, and was led exactly where he didn't want to go. We had several earnest conversations; he had shared fears with me those last weeks, about the part of dying that causes everyone to tremble: the physical act of losing all control, of our bodies becoming unmanageable, of becoming burdensome to loved ones, or of being put aside when the care was too significant a burden. Ed had been a military man, in charge, in control, and shared how difficult it was to have others do for him; eventually unable to rise up, say no, or move his worn out body from his chair.

This reality, of no longer taking ourselves where we will, of becoming dependent, is what I see as the most dread part of the dying experience. I suspect this is also my own deep seated fear, as I am aware of how often I have heard someone say "I want it to be over"...this state of total vulnerability. It is what no manner of medication nor careful preparation will remedy; we will in fact NOT be in charge of the end, someone else will do this for us.

We talk a lot about choices at the end of life. But some things will not be within the realm of choice for us. It is why I want to listen carefully and advocate for others, as they travel down the road of disablement and dying, so that when the time comes, as much as possible, though none of us really want to go in that direction, (dying), we may be able have the specific room, the favorite chair, the company surrounding us, and the time appointed be as peaceful and fulfilling as possible.

The sun is shining, birds are soaring, the air smells of salt and sea and sweet grass, and Ed is no longer struggling with his heavy burden, or the way to go, or how to get there.

## **Palliative Care Ethics Case Study Series**

### *Review of Ethical Concepts*

Nursing Contact Hours: 1.5

Member cost: \$30 Non-member cost: \$50

### *Palliative Care in the Emergency Department*

Nursing Contact Hours: 1.5

Member cost: \$30 Non-member cost: \$50

### *Ethics & Palliative Sedation in the Home*

Nursing Contact Hours: 2.0

Member cost: \$30 Non-member cost: \$50

### *When Hello Means Goodbye: An Exploration into Perinatal Palliative Care*

Nursing Contact Hours: 1.5

Member cost: \$30 Non-member cost: \$50

### *PEF Feedings: When Benefit Turns to Burden*

Nursing Contact Hours: 1.0

Member cost: \$30 Non-member cost: \$50

### *A Pediatric Case*

Nursing Contact Hours: 1.0

Member cost: \$30 Non-member cost: \$50

## **New RN Courses**

### *Wounded Warriors: Their Last Battle* presented by Deborah Grassman, ARNP

Nursing Contact Hours: 1.5

### *Overview of Pain Management* presented by Jeri Burn, RN-BC, MSN, NP-C, ACHPN®

Nursing Contact Hours: 1.0 Designated Pharmacology Hours: 0.5

### *POLST Education for Healthcare Professionals* presented by Nancy Joyner, APRN-CNS, ACHPN®

Nursing Contact Hours: 1.0

### *Update on Pain Management in Advanced Illness and Co-morbid Substance Use Disorder* presented by Anne F. Walsh, ANP-BC, ACHPN®, COCN; and Kathleen Broglio, MN, APN-PC, ACHPN®, CPE

Nursing Contact Hours: 1.0 Designated Pharmacology Hours: 1.0

### **See more E-Learning courses at**

**<http://hpna.advancingexpertcare.org/wp-content/uploads/2015/06/E-LearningList20150911.pdf>**