



<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.

We will share the rest of Elyse Santilli's column from the Ten Big Myths About Your Purpose in Life in the next several newsletters.

PRESIDENT'S CORNER

Ten Big Myths About Your Purpose in Life

* 1. There is one definition of success.

And it involves an established career, large house, acceptable body shape, marriage and annual holidays. The truth is we all have our own unique path to walk in this life because what brings true meaning and satisfaction differs for all of us. Let go of the idea that there is a right way to live. Instead, commit to living, working, playing, creating, traveling, eating, loving and laughing in ways that feel right to you.

* 3. Doing what you love is not important.

Many of us believe that unhappiness and dissatisfaction now is somehow, strangely, the path to happiness and satisfaction in the future. The truth is dissatisfaction now is likely to lead to more dissatisfaction in the future, because happiness is a state of mind and has to be cultivated from within. The great news is, choosing to be happy now generally leads to greater external success in life. So think of happiness as the path, not the destination.

*7. You can simply ignore your desires.

You may try to ignore your biggest dreams and desires and busy yourself with distractions, however *they* will not leave you alone. The call of your soul and the song of your heart will grow louder and louder with every passing year that you ignore them. Henry David Thoreau wrote: "Most people lead lives of quiet desperation and go to the grave with their song still in them." Please don't be one of them.

http://www.huffingtonpost.com/elyse-gorman/10-big-myths-about-your-purpose-in-life_b_9137150.html

MEETING RECAP For February 16, 2016

Laurie Smith, FW Chapter President extended a warm welcome to all.

Announcements: Judy encouraged attendees visit hpnafw.nursingnetwork.com where you can find a lot of helpful information. She reviewed upcoming events. There are a number of great programs coming up in during the next few months including the Texas New Mexico Hospice Organization meeting. Also, Fast Facts, produced by Palliative Care Network of Wisconsin, are available. They provide great information about various hospice issues.

Laurie shared HPNA FW fund-raising ideas to raise money for our celebration of 20 years as a chapter. FW Chapter is the longest running HPNA chapter in the country. Laurie recognized Sue Collins who has been our chapter treasurer over the past 2 years and honored her with a small token of her appreciation. Sue provided a treasurer's report.

Kim Beveridge, Assisting Hands Home Care was introduced and thanked for supporting our organization by providing the meal for this evening's program. He shared information about his organization. Their mission is to offer clients the very finest personalized in-home care, allowing them to live safely and comfortably in their homes. Services include personal hygiene assistance, grooming, oral care, meal plan/preparation, medication reminders, errands and home safety.

Pneumonia: To Treat or Not to Treat

Presenter: Susan Weathers, D.O. is a Family Practice physician and is hospice certified. She is the medical director for Vitas Hospice in Fort Worth. Dr. Weathers graduated from UNTHSC in 1997 and completed her residency in family practice. The program objectives are to: 1) describe an overview of pneumonia, 2) discuss an evaluation of disease severity, 3) explain the decision to treat or not to treat hospice, and 4) define the ethical/legal consider. Dr. Weathers provided a definition of pneumonia and pointed out that there is often a perception of optimism when treating pneumonia. PNA is the 8th leading cause of death in the US. Mortality for community acquired pneumonia is < 5%, Inpatient 12% and ICU is 30%. She outlined several tools used to aide in determining the severity of the pneumonia and potential for a positive outcome including the CURB 65 and the Pneumonia Severity Index (PSI) for adults. Dr. Weathers reviewed the RISC scoring system for children. Dr. Weathers shared a number of studies looking at etiology of pneumonia, recommendations by critical care physicians, and survival and comfort after treatment of pneumonia. Data showed that even with treatment, approximately 50% of patients died within 180 days. In summary, there have been great improvements in the survival, pneumonia remains a serious illness. Studies show that open discussion between caregivers and professionals can be greatly inhibited by surrogate's perceived desire not to hear the recommendation. Finally, withholding of treatment showed 50% increased mortality in NH patients with advanced dementia though it is not always associated with increased suffering based on measurements of end of life symptoms. Do we treat? The will of the family to treat versus the economic costs to society remains the big debate? Currently the decision to treat is weighted toward the patient/caregiver's desire for treatment. The meeting was adjourned at 8:10 pm.

Minutes by Tammie Guinn, Secretary

Future Programs

April 19 *Guiding, Supporting Those in Need: The Vital Role of the Social Worker*

Speaker: Shelly West, LMSW

May 17 *Caring for the Caregiver*

Speaker: David Lowe, M.Div., BCC

June 21 *Let's Provide the Best Spiritual Care to Patients and Their Families*

Speaker: David Lowe, M.Div., BCC

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

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

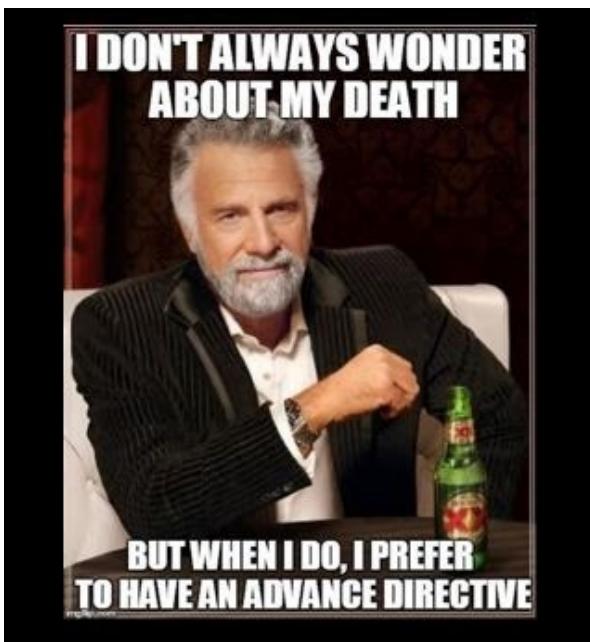
www.txnmhospice.org

AAHPM / HPNA Annual Assembly

hpna.org aahpm.org

2017 February 25-28 -- Phoenix, AZ

2018 March 14-17 -- Boston, MA



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

Why we can't make assumptions about consciousness and dying

<http://www.pallimed.org/2016/02/why-we-cant-make-assumptions-about.html>

Suggested Interventions:

- Always introduce yourself to patient when you enter the room.
- Inform patient what you're going to do before you do it.
- Educate loved ones of patient's ability to hear until they die.
- Inform loved one of the patient's common need to withdraw inward.
- Set expectations that patient may not respond and to not expect a response.

Providing the Soundtrak for Life's Last Moments

http://www.nytimes.com/2015/08/02/jobs/providing-the-soundtrack-for-lifes-last-moments.html?_r=0

Written by a music thanatologist





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

March is Social Work Month. Our nation's more than 600,000 social workers have amazing tenacity and talent.

They confront some of the most challenging issues facing individuals, families, communities and society and forge solutions that help people reach their full potential and make our nation a better place to live.

We celebrate the contributions of social workers during National Social Work Month in March.

Join us on April 19, as Shelly West LMSW presents a program on The Vital Role of the Social Worker .

March observances

National Chocolate Chip Cookie Week March 14 - 20

American Chocolate Week -- March 20-26

[Editor's comment: Isn't every week Chocolate Chip Cookie week or Chocolate Week?]

Make Mine Chocolate <http://makeminechocolate.org/> Our goal is to educate the public of the challenges of properly caring for rabbits and to encourage them to purchase chocolate Easter bunnies (or stuffed toy animals) rather than live rabbits.

National Aardvark Week -- second week in March

Root Canal Awareness Week - March 27 - April 2, 201

World's Largest Rattlesnake Roundup - March 11-13, 2016 in Sweetwater, Tx

<http://www.rattlesnakeroundup.net/roundup.html>

Let's Laugh Day - March 19

National Chocolate Caramel Day - March 19

National Quilting Day - March 19, 2016 (Third Saturday of March)

National Ravioli Day - March 20

National Goof Off Day - March 22

National Chocolate Covered Raisin Day - March 24 [part of Chocolate Week]

For more March observances, go to :

<http://www.holidays-and-observances.com/march-holidays.html>