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## OFFICERS

**President:** Terri Mann, MSN, RN

**President Elect:**

Tammie Guinn, RN, BA, BSN, CHPN

**Secretary:** (shared position)

Jame Restau, MSN, RN, ACNS-BC, ACPHN

Stacy Tackett, RN

**Treasurer:**

Cheryl Pritchett, RN, CHPN

Carol Stephenson, RN, MSN, Ed D

**Education Committee:**

Nancy Ritts, RN, MSN

Kristi Griffin, MSN, RN, CHPN

Lorna Bell, RN

**Membership:** Judith Goldthorp, RN

Sandi Hebley, RN, CHPN, LMSW

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**Newsletter Editor:** Judith Goldthorp, RN

## 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. The Dallas Chapter was chartered in 2004 and their icon is the butterfly. In January 2017, Fort Worth and Dallas Chapters agreed to merge to share their strength and resources.

## PRESIDENT'S CORNER

I am excited about the New Year, new energy and new beginnings as we merge with Dallas Chapter HPNA to become Fort Worth-Dallas Regional Chapter of HPNA!

Our new officers are:

President -- Terri Mann

President Elect -- Tammie Guinn

Secretary -- Jame Restau & Stacy Tackett will share this position.

Treasurer -- Cheryl Pritchett (Ft Worth) and Carol Stephenson are currently sharing this position. Once the merger is complete, Carol Stephenson will take over.

Education Committee -- Nancy Ritts, Kristi Griffith, Lorna Bell

Membership Committee -- Judy Goldthorp & Sandi Hebley

Our March 14th program - Falls Prevention and supper will be provided by Dignity Memorial thanks to our own Lorna Bell RN. The CDC reports that falls are the leading cause of injury and death in Seniors.

<http://www.physiciansbriefing.com/Article.asp?AID=715143>

We plan to meet every other month (March, May, July, September, November) on the **second Tuesday**. Meeting dates are listed on page 3 of this newsletter. In March we will be meeting at BOSHA. See details on the website.

~Terri

## Future Programs

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

May 9 -- TBA -- Location: BSW @ Irving

July 11 -- TBA

September 12 -- TBA

November 14 -- TBA



## Merger Update

The Fort Worth & Dallas Chapters have agreed to merge. The name of the chapter will be **Fort Worth - Dallas Regional Chapter HPNA**. Because our name is changing, our website address will also be changing soon. Watch your email for that information. If you have any questions, please feel free to contact us at [FWhPNA@gmail.com](mailto:FWhPNA@gmail.com). (That email address will not change.)

We will meet on the **second Tuesday** of the odd numbered months (March, May, July, September, November). We are looking at new locations for meetings and may consider a rotation (Arlington / Irving) to provide a more convenient location for members from both Dallas and Fort Worth .

## Internet Ingenuity

**The People Who Help You Die Better** <https://mosaicscience.com/story/death-doulas-dying-palliative-care-hospice-kerala-india>

**Palliative Care Plan Saves Money** <http://catholicregister.org/item/24405-a-fully-funded-palliative-plan-saves-money-report-says>

**What Mary Tyler Moore Taught Me about Grief** <https://griefminister.com/2017/02/03/what-mary-tyler-moore-taught-me-about-grief/>

**14 Ways Hospice Patients Have Said They are Ready to Die**

<http://www.pallimed.org/2017/02/14-ways-hospice-patients-have-said.html>

**Hospice for Homeless in Utah** <http://blog.sevenponds.com/something-special/inn-offers-hospice-homeless>

**Music Therapy** <http://health.usnews.com/wellness/mind/articles/2017-01-25/how-music-therapy-helps-terminally-ill-patients>

**Who Will Care for the Caregivers?** [https://www.nytimes.com/2017/01/19/upshot/who-will-care-for-the-caregivers.html?\\_r=0](https://www.nytimes.com/2017/01/19/upshot/who-will-care-for-the-caregivers.html?_r=0)

## MEETING RECAP January 2017 American Indian Health & Nursing

Dr. Barbara Raudonis is faculty member at University of Texas at Arlington. She is a former nurse with the Commissioned Corps of the USPHS. She worked with American Indians in the Southwestern United States. She is a Fellow in Palliative Care Nursing (HPNA).

The program objectives were to discuss the meaning of terms and concepts related to American Alaska Natives (AI/AN), discuss the overlapping terms and concepts between American Indians including the “roots of nursing” in American Indian life, and describe the diversity among tribes using the American Indian South and Urban American Indians as examples.

Dr. Raudonis explained that Indian is a legal term that is actually used in the Constitution. There are 566 federally recognized tribes and 66 state recognized tribes. There is only one recognized tribe in Texas. Some tribes have both types of recognition and that’s important because it allows them access to care.

Always ask the patient how he or she identifies themselves. There are indigenous people are found in every state. AI follow the belief of “holism” which is found in nursing where they appreciate the connection between mind, body, and spirit. They also believe in the Medicine Wheel with varies between tribes but has common features of 4 sections of age beginning in the East and finishing the lifespan in the North. The four directions reflect the 4 dimensions of person.

There is a similar metaparadigm of nursing with a focus on health, nursing, person, and environment. Person and misidentification is found within AI/AN healthcare Nursing is focused on patient-centered care that requires that we know our patients. The nurse must assess and ask how to care for the patient. Do not assume that because a patient is considered a native, that they practice or understand all cultural aspects.

Dr. Raudonis then discussed the organizing framework based upon the 10 cultural groups identified by regional locations. She discussed how each tribes have similarities but are unique in their cultural values, language, and perceptions of health. She then discussed the historical context of the AI/AN culture: population shifts, living conditions, food sources, infections and conflicts.

Dr. Raudonis then discussed the Navajo cultural beliefs. She reviewed the importance of corn blessings, sand paintings, medicine bags and how they are respected in the hospital setting in the Southwestern United States. She also discussed common health problems in the AI community: diabetes, cellulitis, respiratory infections, and cracked skin from the higher altitude. She also discussed the Urban AI and how they have difficulty accessing health care services due to location and lack of funding from the IHS.

Dr. Raudonis also discussed Palliative Care for AI/ANs. She reviewed how little is known about end-of-life care and that a review of the literature completed in 2015 only showed 10 publications.

Dr. Raudonis recommends practicing cultural humility, not cultural competence.