

AMERICAN SOCIETY FOR
Pain Management
Nursing

North Texas Chapter

Volume 5, Number 1 January 2006

http://www.geocities.com/aspmn_ntx

Next Meeting

Our next meeting is Thursday January 26th. We will again be meeting at the Dallas office of VITAS Hospice.

Thanks!

Our thanks to Dallas office of VITAS Hospice. They have provided us with a wonderful meeting place and we appreciate their hospitality.

The Use of 'As Needed' Range Orders for Opioid Analgesics in the Management of Acute Pain

Thanks to Renee Manworren for presenting our October program. Here is a link to the consensus statement of the American Pain Society and the American Society for Pain Management Nursing.

<http://www.ampainsoc.org/advocacy/range.htm>
<http://www.ampainsoc.org/cgi-bin/print/print.pl>

Membership

Membership applications (for local and national) will be available at the meetings, as well as at our website. You must be a national member to be a local member. Visit www.aspmn.org to see the National web site.

Future Meetings

Put these dates on your calendar. 4th Thursday (2006)

April 27 July 27 October 26

MEETINGS

New Officers

Welcome our new President, Colleen Lawson. Jo Howard will be our new treasurer. Would like to be more involved in our chapter? We are looking for a secretary. This is a great way to start. Come to our next meeting and volunteer!

Certification news

The first certification test was administered on Saturday October 15, 2005 to over 300 nurses. We want to congratulate the following nurses who have attained certification in Pain Management.

Suzette Thomason Kathy Collinsworth
Nita Scott Susan Burke
Jo Ellen Howard Lynn Clark
Renee Manworren

Congratulations

Wonder how to list your new (or old) credentials? This article should help you.

<http://community.nursingspectrum.com/Magazine/Articles/article.cfm?AID=7126>

Pain "not-so-trivia"



Watch this column for interesting tidbits about pain management. The duck will be our pain management icon.

Contact information

President	Colleen Lawson
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Past President	Lynn Clark
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Treasurer	Jo Howard
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Newsletter/Website	Judy Goldthorp
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A spoonful of sugar makes some kids feel good Researchers have found that sweet taste acts as an analgesic in children. (Maybe Mary Poppins was on to something!)

http://www.eurekalert.org/pub_releases/2005-12/mcsc-aso121505.php

Good news for coffee lovers . . . It's not just for breakfast anymore! An interesting article about the potential benefits of coffee.

<http://www.usnews.com/usnews/health/articles/051219/19coffee.htm>

Doctors walk narrow line treating pain

Although great strides have been made in pain management, there is still much ignorance and fear to address.

<http://www.casperstartribune.net/articles/2006/01/06/news/regional/6d2141a420c96fdd872570ec006b5863.txt>

More U.S. Hospitals offering Palliative Care

The number of Palliative Care programs has increased significantly in the past few years, and the expectation is that as the population continues to age, the demand for pain and symptom management will increase.

<http://www.liebertonline.com/doi/pdfplus/10.1089/jpm.2005.8.1127>

January Celebrations**Some serious . . .**

3 J.R. Tolkien's birthday
16 Dr. Martin Luther King's birthday
25 National School Nurse Day

. . .some not so serious

9 National Apricot Day
11 Milk Day
12 Work Harder Day
13 Rubber Duckie's Birthday
16 National Nothing Day
18 Winnie the Pooh Day
25 Opposite Day
26 Kazoo Day
31 Backwards Day

Find all these and other special days to celebrate at <http://familycrafts.about.com>

**2006 Texas Nursing Law****Documentation: How problems occur and how to avoid problems**

Dallas (Farmers Branch) 2/13/06
Dallas (Garland) 2/14/06
Fort Worth 2/15/06
1 800 474 4112 or 1 800 580 7676

Memory, Aging, & Sleep

Houston February 16, 2006
Dallas February 17, 2006
1 800937 6878

Ethics, Money, & Medicine**Patient Care Dilemmas, Duties, and Decisions**

February 25, 2006
Houston, TX
www.mdanderson.org/conferences
713 792 2223 or 866 849 5866

The National ASPMN Office has moved



ASPMN National Office
PO Box 15473
Lenexa, KS 66285-5473

Toll Free: (888) 34ASPMN
or (913) 752-4975
913.599.5340 (fax)

Email: aspmn@goamp.com

Their website is still “under construction,” so check back frequently. It is not possible to join on line at this time, but they are working on that.

Certification news

Want to try some sample questions and see how you would do on them? Go to:

<http://www.nursingworld.org/ancc/certification/exams/sampleQs/56painmgmtsampleqs.htm>

There are 20 practice questions there; you will be shown which answers were not correct, so you can go back and look at the questions again.

Links of Interest

The American Chronic Pain Association

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

Pain.com

<http://www.pain.com/>

National Institute of Neurological Disorders and Stroke

http://www.ninds.nih.gov/disorders/chronic_pain/chronic_pain.htm

Medical Information Network

<http://www2.rpa.net/~lrandall/>

American Geriatrics Society
Patient Education Forum

<http://www.americangeriatrics.org/education/forum/chronicpain.shtml>

Programs for 2006



As you are reading the newsletter, do you wonder, “Why don’t they do a program on (fill in the blank)?” Or “Why don’t they ever do a program on (blank)?” Here is your chance to join us on January 26th, as we plan our meeting for 2006 and beyond. We’ll call out for pizza and make plans.

Advanced Approaches to Chronic Pain Management

<http://www.medscape.com/pages/editorial/resourcecenters/public/painmgmt/rc-painmgmt.ov?src=search>

Mayday Pain Project

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

Are you reading a friend’s copy of the newsletter?

Would you like to receive your own newsletter and reminder about upcoming meeting via email? If so, please email Judy Goldthorp at judygold47@yahoo.com At this time, we are not doing postal mailings, so having correct email addresses is essential to our organization. If your email address has changed, please let us know.

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