

AMERICAN SOCIETY FOR
**Pain Management
Nursing**

North Texas Chapter
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http://www.geocities.com/aspmn_ntx

Next Meeting

Our next meeting is Thursday January 25, 2007 at Children's Medical Center in Dallas. Children's is about three miles north of downtown Dallas, near Interstate 35E, at Motor Street and Medical Center Drive. Our address is 1935 Motor Street, Dallas, Texas, 75235.

You can find more directions at http://www.childrens.com/patients_families/patien3.cfm?nav=44

- 1) Park in the Green Park
- 2) Take the sky bridge to the Bright Building
- 3) Take the Bright Building (airplane) elevators to the first floor
- 4) Take the sky bridge to the Main building
- 5) Take a right at the emergency room toward section E to the wagon elevator
- 6) Take the wagon elevator to the 3rd floor
- 7) The room number is E03.307

Our speaker will be Wendy Smith, RMT, MTI, CIMI, CIMI Trainer who will present a program about **"Promoting Relaxation with Massage in a Clinical Setting."**

Ms. Smith graduated nursing school at Triton College as a vocational nurse in 1982. After moving to London, England in 1983 she continued to work and study in the field of complementary health. She currently specializes in Pediatric Massage for special needs children. Ms. Smith graduated from The London School of Sports Massage in 1992. In November of 2000, Ms. Smith studied at Beijing University, China where she completed a course in Acupuncture for Pain. In December of 2004, Ms. Smith obtained her Bachelor's Degree in Natural Health Studies. In September of 2005, Ms. Smith attended The International Association of Infant Massage Trainer (IAIM®) program. Currently, Ms. Smith is the only IAIM® Certified Infant Massage Trainer in the State of Texas. Ms. Smith is recognized as a Massage Therapy Instructor with The Texas Department of Health.

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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. Annual dues (\$10) for our local chapter are due at the beginning of the calendar year.

MEETINGS

Future Meetings

Put these dates on your calendar.

4th Thursday (2006)

February 22nd 2007 (JoAnn Whepley) Site to be announced

March – no local meeting – We encourage our members to attend National ASPMN meeting in Dallas March 24 through 27.

April 26th – Methodist (Nancy Grabb) – Palliative Care

May 24th – We will review, reassess and plan the next 6 months. We will be looking for new leadership at that time.

What programs would you like to see presented? Come to our next meeting and provide your input. We need lots of ideas to keep our chapter alive and vibrant!



2007 Annual ASPMN Conference

The Annual ASPMN Conference will be held in Dallas.

When: March 24 - March 27, 2007

Where: InterContinental Dallas Hotel, Addison, Texas

To make hotel reservations by phone, please call 1-800-381-9552 or 800-327-0200 and ask for the special rate for the ASPMN Annual Meeting (group code-ASP). Room rates for the conference are \$145 single/double.

http://www.aspmn.org/Conference/documents/ASPMNAM07_ConferenceBrochure-Final.pdf

Certification news

Next Pain Management exams will be offered on May 19 and October 20. For more information, go to the ASPMN website www.aspmn.org

Our Members in the News

In the December issue of Pulse, there was an article about Pain Management, featuring our own Jo Ellen Howard. Look for your copy and read the article.



**Feb 2 is National Wear Red Day
Stats about deaths from Heart Disease**

[Http://www.nhlbi.nih.gov/health/hearttruth/](http://www.nhlbi.nih.gov/health/hearttruth/)

National Women's Heart Day February 16 <http://www.sistertosister.org/>

Get Smart About Heart Disease

http://www.goredforwomen.com/pdf/WRD_Newsletter_Inserts_1.pdf

Heart Disease and stroke are the greatest health threats to women of all ethnic background, but only 13 percent realize it. Consider the facts:

- ♥ Heart disease and stroke are the No. 1 and No. 3 killers of women over age 25.
- ♥ Cardiovascular disease (CVD), including stroke, claims nearly twice as many women's lives as all forms of cancer.
- ♥ One in 2.6 women die of heart disease, stroke and other CV diseases, compared with one in 30 from breast cancer.
- ♥ Overall, more women than men die of stroke each year. In 2003, more than 96,000 females died from stroke, which represents 61 percent of the total deaths from stroke that year.
- ♥ 38 percent of women die within one year after an initial heart attack, compared with 25 percent of men, in part because women have heart attacks at older ages than men do.
- ♥ 64 percent of women who died suddenly of coronary heart disease had no previous symptoms.
- ♥ Within 6 years after a recognized heart attack, 35 percent of women will have another heart attack, 11 percent will have a stroke, 46 percent will be disabled with heart failure, and 6 percent will experience sudden cardiac death.
- ♥ One in three women in the United States currently suffers from some form of cardiovascular disease..

Internet Articles of Interest

Interrater Reliability of the COMFORT Scale

A tool to provide pain assessment data for critically ill children

<http://www.medscape.com/viewarticle/547633?src=mp>

Drinking Green Tea Reduces CVD Mortality

Nurses - 0.3 nursing contact hours

Pearls for Practice

* Consumption of 5 or more cups of green tea daily is associated with reduction in all-cause mortality of 12% for men and 23% for women during 11 years of follow-up.

* Consumption of 5 or more cups of green tea daily is associated with significant reduction in CVD mortality for men and women, particularly for stroke and cerebral infarction, respectively, but has no association with cancer mortality.

[Http://www.medscape.com/viewarticle/544569?sssdmh=dm1.230539&src=nldne](http://www.medscape.com/viewarticle/544569?sssdmh=dm1.230539&src=nldne)

Nurses' Reflections on Pain Management in a Nursing Home Setting

From *Pain Management Nursing* journal.

http://www.medscape.com/viewarticle/533940_1

Management of Chronic Pain in Osteoarthritis

2.4 ANCC continuing education contact hours for nurses

(1.2 credits are in the area of pharmacology)

<http://www.medscape.com/viewprogram/5329>

Free Medscape Registration



You can set up your own Medscape Newsletter that comes to your email inbox. The services include: Free CE activities on line (with instant credit), Medical Specialty sites (i.e. Oncology, Pain Management, etc), free access to selected journal content from medical publishers.

<https://profreg.medscape.com/px/registration.do?cid=med>

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.