

AMERICAN SOCIETY FOR
Pain Management
Nursing

North Texas Chapter

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http://www.geocities.com/aspmn_ntx

Notes from the President

Let's all plan to be there! Please mark your summer calendar for **Thursday, August 23rd, from 6 to 7:30 p.m.** for a very important All-Member Planning Meeting. We will gather for fellowship, snacks and strategic planning for the upcoming fall and spring ASPMN programs and for election of officers. VITAS Hospice - Dallas has offered their conference room for the evening at 8585 N. Stemmons Frwy, Suite 700 (exit Regal Row). Please bring your favorite finger food, fruit or snack to share. We will provide cold drinks and paper goods

"What can I do to help this year?" This is a burning question, not nearly so daunting when you realize the resourcefulness of our ASPMN chapter members. By hosting a program at your hospital or employing agency, you play a vital role in the life of our chapter. We need your program ideas and willingness to serve as a committed member/officer. Together we can make things happen.

Summer is for recharging your batteries and gathering energy for a great year ahead. See you on August 23rd, ready to go!

Yours,
Jo Ellen Howard
ASPMN North Texas Chapter President

Report from ASPMN Conference

Nita Scott sent this report on her experience at the ASPMN annual meeting in Dallas in March: "What a wonderful experience at the conference. I will definitely go in 2008. The best conferences to me were: Complimentary Alternative Methods of Pain Management, Managing Hyperalgesia, Safe & Rational Opioid Infusion Guidelines for Palliative Care. Our organization is awesome. Everyone should be a member and participate."

Nita Scott, RN, C

BUMC

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Happy July 4th!

See you August 23!



Recycle Your Old Cell Phones



SafeHaven www.SafeHavenTC.org can use your old cell phone for 911 only service. Bring your old cell phones to the next meeting or take them to 401 W. Sanford Street, #1400, Arlington 76011. The mission of SafeHaven of Tarrant County is to reduce domestic violence through services that support victims and their families and prevent abuse through intervention and education.

Searching Make Cents

SafeHaven of Tarrant County is partnering with GoodSearch.com to raise additional funds. The next time you are tempted to do a Google search, try Goodsearch instead. Goodsearch.com is a search engine powered by Yahoo!, so you'll get the same quality search results that you're used to. What's unique is that they have developed a way to direct money to **SafeHaven** with every click. Go to www.SafeHavenTC.org and look on the left side of the Home page for more information.



On Line Continuing Education

For your professional life

Intramuscular Methylprednisolone May Be Helpful for Inflammatory Hand Pain

<http://www.medscape.com/viewarticle/551396?sssdmh=dm1.243382&src=nldne>

Pearls for Practice

* Use of a single dose of intramuscular methylprednisolone is associated with symptom relief for hand pain and stiffness and HAQ reduction in patients with ultrasound-detected synovitis.

* Intramuscular methylprednisolone is not associated with improvement in clinical synovitis for patients with hand pain.

For your personal life



Regular Exercise Reduces Incidence of Colds in Postmenopausal Women

<http://www.medscape.com/viewarticle/546799?sssdmh=dm1.236689&src=nldne>

Pearls for Practice

* Risk factors of developing the common cold include poor sleep, exposure to children receiving daycare outside of the home, poor air quality, smoking, and dampness in the home.

* The current study demonstrates that exercise among postmenopausal women may reduce the incidence of colds, but not influenza or other upper respiratory tract infections.

Physical Activity Improved Lipid Profile in Postmenopausal Women

<http://www.medscape.com/viewarticle/551400?ssdmh=dm1.243382&src=nl dne>



Pearls for Practice

* The quantity of LDL cholesterol and the concentration of small LDL particles and smaller mean LDL particle size can increase the risk for CVD among postmenopausal women. Hormone therapy does little to change these risks.

* The current study suggests physical activity can increase HDL cholesterol and lower triglyceride levels among postmenopausal women.

Among nonusers of hormone therapy, HDL and LDL particle sizes were larger and levels of total and small LDL cholesterol were lower as activity increased. However, these effects were not demonstrated among women who used hormone therapy.

Even Small Amounts of Exercise Are Beneficial

<http://www.medscape.com/viewarticle/556638?src=mp>

Pearls for Practice

* The NIH Consensus Development Panel recommends that adults perform at least 30 minutes of moderate-intensity physical activity on most, if not all, days of the week.

* The current study suggests that progressively increasing levels of exercise can result in a graded improvement in physical fitness among sedentary postmenopausal women who are obese or overweight. However, exercise did not improve weight, body fat percentage, or blood pressure.



Cocoa, but Not Tea, Lowers Blood Pressure

<http://www.medscape.com/viewarticle/554992?ssdmh=dm1.278344&src=nl dne>



Pearls for Practice:

- Cocoa consumption is associated with lowering of SBP and DBP in individuals with hypertension and individuals with normal BP.
- Tea consumption is not associated with BP lowering in individuals with hypertension and individuals with normal BP.

On Line Articles of Interest

Huge Rise in Esophageal Cancer Rates Because of Obesity

<http://www.medscape.com/viewarticle/551522?ssdmh=dm1.244020&src=nl dne>

Acute Pain Management in Hospitalized Patients With Current Opioid Abuse

<http://www.medscape.com/viewarticle/557043?src=mp>

A Complementary Approach to Pain Management

<http://www.medscape.com/viewarticle/556408?src=mp>

Acetaminophen Toxicity

<http://www.medscape.com/viewarticle/557074?src=mp>

The Aging Workforce: Implications for Health Care Organizations

<http://www.medscape.com/viewarticle/556420?src=mp>

Assessment and Management of Pain in Older Adults: A Review of the Basics

<http://www.medscape.com/viewarticle/556382?src=mp>

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