

AMERICAN SOCIETY FOR
Pain Management

Nursing

North Texas Chapter

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http://www.geocities.com/aspmn_ntx

Last month's meeting Our October meeting was at Baylor Medical Center. Mary Beth Kean presented a wonderful program on Neuropathic Pain.

Pearls from last month:

- <http://www.painedu.org/tools.asp?Tool=8>

This link will take you to the PainEDU.org site where you can get a copy of the Neuropathic Pain Scale, that Mary Beth included with her handout, as well as other pain tools.

- Besides pharmacologic management, infrared light therapy may be used for peripheral neuropathy.
- Pregabalin/Lyrica is used in diabetic peripheral neuropathic pain (DPNP) and post-herpetic neuralgia. (PHN). Its side effect profile is similar to Gabapentin/Neurontin.
- Duflooxetine/Cymbalta may have side effect of nausea that decreases over time.

Future Meetings

November 30th meeting will be at Parkland. "Epidural Analgesia for Postoperative Pain Control" will be presented by Jo Howard

Directions: It will be at Parkland Hospital, 2nd floor Anesthesia Conference Room.

Park in the Lofland Street Parking Garage (**\$4**) and walk across the street toward the breezeway between Parkland and Zale Lipshy Hospitals. Cross under the breezeway to the Meadows MRI Center and veer right toward the entrance to the Women's Center. Enter the Women's Center lobby and take the elevator to the 2nd floor Day Surgery. Follow the ASPMN signs leading the way to the 2nd floor Anesthesia Conference area.

Should you need to ask directions, page Jo Howard at 214 786 1013. We look forward to seeing you at Parkland for this special ASPMN program.

Contact Information

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December - no meeting - Happy Holidays!

January 25th 2007 – Children’s – (Lynn Clark) – Massage Therapy

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!

Certification news

Next Certification exams will be in May and October, 2007. You can get more information at: <http://www.aspmn.org/Certification/index.htm>

Do you know of any nurses who became certified after taking the May or October exam? Please let us know, so that we can recognize them in the newsletter and at our next meeting.

Membership and Dues

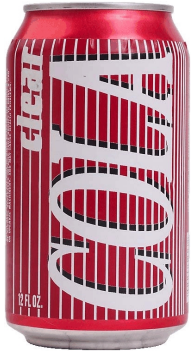
.Membership applications (local and national) will be available at the meetings, as well as at our website. You must be a national member to be a local member. Visit www.aspmn.org to see the National web site. National ASPMN will be mailing out due notices in November for your 2007 annual dues (\$95). Please watch your mailbox and renew your membership. You can renew your membership on line. Your local dues (\$10) are due at the beginning of each calendar year.

Overview: Seasonal Influenza

Are you one of the 40% of U.S. healthcare workers (HCW) that routinely receives a flu shot? Or are you part of the other 60%? Did you know that the CDC has recommended that HCWs receive this immunization since 1981? Professional organizations, including the Association for Professionals in Infection Control and Epidemiology, the Society of Hospital Epidemiologists of America, the Infectious Diseases Society of America, the Expert Panel on Strengthening Adult Immunization, have endorsed a policy requiring influenza immunization of HCWs who have direct patient contact. Many health systems now see this as a patient safety and quality-of-care issue. It is not too late to get your flu shot now!

<http://www.medscape.com/viewarticle/545194>





Regular Consumption of Cola May Be Linked with Hypertension in Women Pearls for Practice

* Caffeine intake may raise blood pressure acutely through the release of stress hormones, but it has not been demonstrated conclusively to increase the risk for hypertension.

* While total caffeine consumption, coffee intake, or tea intake were not associated with a significant increased risk for hypertension among women in the current study, higher consumption of cola beverages raised this risk.

<http://www.medscape.com/viewarticle/516235?ssdmh=dm1.221018&src=nldne>

Regular Cola Intake May Reduce Bone Mineral Density in Women

News Brief of results of Framingham Osteoporosis Study reported in the October 2006 issue of *American Journal of Clinical Nutrition*

Pearls for Practice

* Cola may reduce BMD through higher intake of caffeine, high fructose corn syrup, phosphoric acid, or some combination of these effects.

* The current study demonstrates that higher degrees of cola consumption may be associated with reduced hip BMD among women. However, cola consumption did not affect BMD among men, and it failed to significantly reduce BMD in the lumbar spine in either sex.

0.3 nursing contact hours for online completion

<http://www.medscape.com/viewarticle/545863>

Checklist Helps Identify Inappropriate Opioid Use

“The Addiction Behaviors Checklist (ABC), a brief 20-item instrument, was developed to provide clinicians with a tool to monitor behaviors characteristic of addiction in patients with chronic pain who receive opioid analgesics on an ongoing basis.” *Journal of Pain & Symptom Management* 2006; 32:342-351

<http://www.medscape.com/viewarticle/546652>

Validation of the Critical-Care Pain Observation Tool in Adult Patients

<http://www.medscape.com/viewarticle/542501>

Electromagnetic Shield May Attenuate Phantom Pain

<http://www.medscape.com/viewarticle/546971>

The PainEDU Manual: A Clinical Companion

You can download this in Adobe PDF format.

http://www.painedu.org/manual_plus.asp



On line CE opportunities

Principles of Effective Pain Management at the End of Life

2.4 nursing contact hours

<http://www.medscape.com/viewprogram/6079>

Pediatric Pain Highlights from the 25th Annual Meeting APS

1.2 ANCC continuing education contact hours. There are 3 articles to read:

Advances in the Pharmacologic Treatment of Chronic and Breakthrough Pain, Advances in Neuropathic Pain, Pediatric Pain Highlights.

<http://www.medscape.com/viewarticle/537116>

Evolving Changes in the Chronic Pain Paradigm

1.2 ANCC contact hours. You can either view the Web Conference or view the slides with text transcript. <http://www.medscape.com/viewprogram/5880>

Breakthrough Pain: Strategies for Effective Assessment and the Role of Rapid-Onset Opioids in Treatment

1.2 Nursing Contact hours

<http://www.medscape.com/viewprogram/6041>

Principles of Effective Symptom Management at the End-of-Life

NOEP marks November's National Hospice Month by offering an online CNE: Principles of Effective Symptom Management at the End-of-Life.

<http://www.noetexas.org/ce/onlinece.asp>

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>