

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

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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

The Choice of a Metabolic Syndrome Generation:

Soft Drink Consumption Associated With Increased Metabolic Risk

<http://www.medscape.com/viewarticle/560344> [print](#)

Pearls for Practice

- An educational program has been demonstrated to reduce soft drink consumption and the risk for overweight or obesity among children.
- The current study shows that regular consumption of either diet or regular soda increases the risk of developing the metabolic syndrome and its individual components among middle-aged adults.

Even Small Amounts of Exercise Are Beneficial

<http://www.medscape.com/viewarticle/556638> [print](#)

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.

Caffeine Reduces Cognitive Decline in Women

<http://www.medscape.com/viewarticle/561166> print

Pearls for Practice

- Previous cross-sectional research has suggested that higher consumption of caffeine may improve long-term memory performance and locomotor speed but not short-term memory, information processing, planning, and attention.
- The current study finds that consumption of 3 or more cups of coffee or tea per day can reduce the risk for cognitive decline among women, but not men. Caffeine intake did not have an effect on incident dementia.

On line articles of interest

An Interview with Peter I. Buerhaus, PhD, RN, FAAN:

On Hopes and Threats for Nursing's Future

<http://www.medscape.com/viewarticle/559322> print

How Do You Treat VIP Patients?

<http://www.medscape.com/viewarticle/558532?src=mp>

Maintaining Patients' Dignity Still Possible Despite Constraints on Time

<http://www.medscape.com/viewarticle/560590?src=mp>

Managing Pain, Managing Ethics

<http://www.medscape.com/viewarticle/557072> print

Nurses at Increased Risk for Asthma

<http://www.medscape.com/viewarticle/560562> print

The Role of Nursing Leadership in Creating a Mentoring Culture in Acute Care Environments

<http://www.medscape.com/viewarticle/559316> print

ART OF ONCOLOGY: When the Tumor Is Not the Target

The Perception of Perception

<http://jco.ascopubs.org/cgi/content/full/25/16/2329>