Plan to be in Phoenix in July for NAHN’s 42nd Annual Conference

by Norma Cuellar, PhD, RN, FAAN, Greater Birmingham Chapter, NAHN President-Elect, and Conference & Education Committee Chair

Happy New Year to everyone!

On behalf of NAHN’s Education Committee, I am pleased to announce the conference theme of our 42nd Annual Conference is “Transforming Health Care in Latino Communities: Bridging Disparities and Ending Inequities.”

Set in the beautiful city of Phoenix, NAHN will meet July 18-21 at the amazing Arizona Biltmore Hotel, a Waldorf Astoria Resort, designed in 1928 by the acclaimed architect Frank Lloyd Wright and affectionately called the “Jewel of the Desert.”

The Education Committee is actively planning the educational programming, and we have issued a call for abstracts. Whether you are a nurse, physician, educator, researcher, clinician, case manager, healthcare innovator or student, we welcome your innovation, knowledge, expertise, research, your challenges and your successes. If you would like to share your knowledge and talents in Phoenix, visit the NAHN website www.nahnnet.org and click on the link to submit an abstract. The deadline to submit is January 20.

Our conference tracks cover the following disciplines: Research and Scholarship; Clinical Practice; Leadership, and Education.

We have established a number of valuable learning objectives including:

- Discovering evidence-based research on healthcare issues that are transforming the inequities and disparities among the Hispanic population and the impact on health-care outcomes and the healthcare system
- Identifying evidence-based practices that will transform the healthcare practices of Hispanics by providing culturally congruent healthcare in all healthcare settings to decrease disparities and inequities
- Recognizing the value of education to transform healthcare delivery for students, patients, nurses and leaders to improve healthcare and optimize healthcare outcomes
- Promoting professional leadership that transforms the image of Latino nurses, and incorporates visibility, personal career goals, mentorship and networking, and impacts healthcare at local, state, regional and national levels.

We have branded our conference as “Phoenix 500.” While that name has a nice ring to it, we have a goal set to have 500 people registered for the Phoenix conference, and we need your help.

Please invite your friends and professional colleagues to Phoenix in July. This is an interdisciplinary conference, and attendees are not required to be nurses, but they do need to be actively working with Latino populations.

And students are welcome! Students are our future leaders. We need for them to feel powerful and engaged. If every one of our chapters would bring five students to the conference, we would have an opportunity to mentor and support a

continued on page 6

In This Issue
NAHN Members in the News ............ 2
NAHN Chapter Tidbits ................ 3
News from our Corporate Members ... 4
NAHN Updates .......................... 5
Industry News ............................ 6
Members in the News

Student Voice: What Diversity and Inclusion Means to Me

by Georgina Villarreal, College of Nursing MSN, CNL candidate

Editor’s Note: Georgina Villarreal, a student member of NAHN who recently graduated from Rush University’s College of Nursing’s Master’s program in Chicago, founded a student organization called Rush University Diversity and Inclusion (RUDI) with Evelyn Gomez, a recent Rush graduate, now an RN. She won the College of Nursing Leadership Diversity Award, and wrote the following essay, published on the Rush News blog.

October (2016) marked the one-year anniversary of the time I joined eight nursing students in a circle at the Tower rooftop garden and exchanged stories about what it personally meant to be a minority seeking a health care profession.

The high point then was listening to my black, Hispanic, Indian, white, bisexual, and first-generation college peers speak on resilience and adversity. And while the lows brought truth to bullying sometimes felt in the clinical setting, discrimination witnessed on hospital units, controversial topics in the classroom and the disclaiming of social justice, we were determined to make a change.

This gathering led us to three important takeaways:

1. There was currently no student organization on campus dedicated to diversity and inclusion efforts.
2. There was an urgent need to discuss social injustices across university campuses nationwide.
3. We were going to be the voices to make it happen.

We named our student affinity group Rush University Diversity and Inclusion, or RUDI. It is the first interdisciplinary, student-led group at Rush welcoming all students, faculty and staff to become members in honor of RUDI’s mission: To assist with the recruitment and retention of diverse student and faculty members at Rush University and create a safe space to have discussions, present ideologies, and educate one another in hopes of sharing thoughts and experiences that deal with social (in)justices and diversity and inclusion.

Over the past year, RUDI has worked hard on interdisciplinary collaboration and sustainability. We created a weekly “brave space” in the Rush cafeteria called “Tuesday Chats,” along with a quarterly article club designed to discuss recent news addressing discrimination and social justice in our community. As a means to bridge the gap with staff, we co-facilitated diversity meet-and-greets with Rush Human Resources and addressed stereotypes in the workplace and the LGBTQ climate at Rush.

While I am incredibly proud of the overall participation, networking and dedication of all RUDI members this year, I will graduate this December with my most memorable moment taking place at our 2016 inaugural Fall Rush Diversity and Inclusion Mixer.

With support from Rush University student affinity groups, the Office of Student Diversity and Multicultural Affairs, the Office of Student Life and Engagement, the continued on page 10
NAHN Chapter Tidbits

Greater Birmingham Chapter

Alabama Chapter Elects Officers and Does Health Screenings

The Greater Birmingham Chapter, one of NAHN’s newest chapters, was formed on August 31, 2016 and recently elected its very first slate of officers. The chapter has 16 members, made up of a diverse group of Hispanic and non-Hispanic nurses.

On October 1, the chapter conducted Cardiovascular Health Screenings at Fiesta Birmingham’s Annual Celebration of Hispanic Heritage month. We are thankful to the Hispanic Interest Coalition of Alabama and Blue Cross and Blue Shield of Alabama for donating a booth for our chapter’s use.

Garden State Chapter

Garden State Chapter Promotes Healthy Eating

The Garden State Chapter recently kicked off its autumn season, giving life to its motto of “Planting Seeds One Community at a Time!” In September, chapter members began promoting healthy eating and exercise to the East Orange community, and ended the month with cross-sector partnering with the statewide Hispanic Chamber of Commerce-NJ and the Susan G. Komen Center to provide congruent, culturally competent bilingual breast health education to the North Jersey community for free. On October 1, they hosted their 2nd Annual Education Symposium & Scholarship Awards program. In November, they observed Diabetes Awareness Month with their community partner, the American Diabetes Association, and hosted “Conferencia Sobre la Diabetes/Diabetes Conference. They also provided their monthly health segment on Latino Motion TV serving the South Jersey community.

Los Angeles Chapter

La Chapter Participates in College and Career Fair

For the third consecutive year, the Los Angeles Chapter of NAHN (LANAHN) participated at the 57th Assembly District Annual College & Career Fair on September 27, 2016, at La Puente High School in La Puente, CA. This event hosted approximately 880 high school students and their families. Throughout the day, fair participants learned about college options, career opportunities, and financial aid application processes. There were over 50 universities, colleges and career technical education programs that provided information to students about their post-graduation options.

Dr. Sylvia S. Estrada, resident of the 57th Assembly District, along with Lizette Magallanes, Kathy Lopez-Alvarado and Aura Marroquin, represented LANAHN at this event. Information regarding Nursing as a career choice; how to get into a nursing program; and BRN list of nursing programs in California were available. For the younger crowd, nursing themed coloring books and crayons were given to children. LANAHN also donated gift certificates to Subway and Starbucks for students in attendance at the fair. Students and parents had many questions about how to get into a nursing program. LA NAHN offers mentoring services for students who are considering a career in nursing. Our presence at this event was greatly appreciated by Assembly Majority Leader Ian C. Calderon and his local district office staffers. We look forward to contributing to the success of this program next year.

continued on page 7
Home Infusion Nursing:
A Nurse’s Perspective

by Nancy Hackett RN, CRNI, CVS Specialty, CVS Health

CVS Health’s company purpose is “Helping People on a Path to Better Health,” and nowhere is this mission better represented than within CVS Specialty’s Infusion Nurses.

From the beginning, when choosing the nursing profession – it is often said that nursing is a great career choice because there are so many different practice settings. We typically reference settings such as a hospital, physician office, or home health – however, many nursing professionals are not aware of home infusion. In fact, home infusion is not listed as an area of practice on RN licensing applications. I make the point to write it in under “other” hoping someday, it will be recognized for the unique practice setting that it is.

If you ask a CVS Health Home Infusion Nurse what they enjoy most – generally, it is the opportunity to spend time one on one teaching patients and caregivers to become independent with administering their medications and the ability to really make a difference. Infusion patients have unique needs and face difficult challenges.

When nurses arrive at the patients home often foremost in the patient’s mind is whether the nurse will be able to start his or her IV; if the nurse knowledgeable about their disease process; and most importantly, if the nurse be able to manage the potential serious side effects they may experience.

CVS Health Infusion Nurses are specially trained with advanced skills in managing all venous access devices including peripheral, PICC’s, Central Lines & Ports and administering specialty infusion medications. It is not uncommon to hear from patients that they have had terrible experiences with nurses “sticking them” multiple times. You can see the relief in their face when they realize they are in the hands of a truly experienced nurse. Many of the adverse effects associated with specialty infusion medications are rate related and tolerance is different for each patient. The experienced nurse can minimize those adverse effects with close monitoring and adjusting the rates as tolerated.

Home infusion nurses often talk about the satisfaction they receive caring for patients throughout their course of therapy versus in the hospital being assigned new patients each time they come to work. With CVS Health’s Primary Case Management Model, the patient is assigned a primary nurse who will routinely see the patient for their infusions or follow up access device care and lab draws, share clinical progress updates or communicate any issues with the pharmacist and/or MD and arrange for coverage if on vacation or patient schedule conflicts.

Patients value the relationship with their primary nurse. As engagement increases, he or she develops a sense of trust and confidence that they are in safe hands. The Infusion Nurse is able to identify subtle changes (improvement or deterioration) with each visit and communicate their findings to the MD. Patients with chronic disease receiving home infusions often go months between physician visits – so the nurse truly is the eyes & ears in ensuring competent patient care for the doctor.

For more information about CVS Health’s Home Infusion Services, including ongoing CE opportunities available to NAHN members, visit https://www.coramhc.com/. For information pertaining to career opportunities in infusion and other nursing services, visit https://jobs.cvshealth.com/nursing-careers.

Thanks to NAHN’s Corporate Members

NAHN would like to give a special thanks to all of our Corporate Members (as of 9/21/2016). Thank you for all of your support!

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NAHN Updates

ACA Social Media Contest Winners Announced

Last October 2015, NAHN launched a social media contest to promote the Affordable Care Act and efforts to help our Latino population get insured. The contest ended on August 31, 2016 and the following winners were announced in October. The Philadelphia Chapter won the grand prize of $3,000 for generating the most social media activity. The Kansas City/Corazon de Tierra Chapter finished in second place and won $2,000. The Westchester Chapter finished third and won $1,000.

In addition to the chapter winners, Johanna Nunez, a member of the New York Chapter was the individual winner and was awarded $500.

Fifteen chapters participated in the contest by completing chapter and member training, scheduling enrollment events and community education sessions. Winner were determined based on the number of grant activity/event posts on Facebook and tweets on Twitter in addition to the number of likes, shares or re-tweets and the number of times a series of hashtags appeared in their posts.

Donate to NAHN’s Scholarship Fund

As we kick off the New Year, consider making a resolution to donate to NAHN. Your generous contributions help us meet our mission to fulfill health needs in Hispanic communities, and to lead, promote and advocate for the educational, professional, and leadership opportunities for Hispanic nurses.

Among the prime beneficiaries of your generosity are our students. Last summer, NAHN presented scholarships to 21 deserving students.

The United Health Foundation is a primary sponsor of our scholarship program through its Diverse Scholars Initiative’s Latino Health Scholars Program, but we welcome individual contributions from NAHN too.

The National Association of Hispanic Nurses is a 501 (c) (3) membership organization and all of your contributions are tax deductible. If you would like to donate to NAHN, simply visit our donor page at www.nahnet.org where contributing is a quick and easy process.

Thank you for your generous contributions.

Start Making Plans for NAHN’s Annual Conference in Phoenix

It’s never too early to start planning for another exciting NAHN Annual Conference, next year at the Arizona Biltmore Hotel in Phoenix.

The National Conference takes place July 18-21, 2017 and the planning committee has set a goal of reaching 500 attendees. All members are encouraged to invite friends and colleagues in nursing to participate or even present.

The conference theme this year is “Transforming Latino Health Care to Bridge Disparities and Inequities” and it will offer programs under four topics: Research/Scholarship, Clinical Practice, Education, and Leadership.

A call for abstracts has been sent to the NAHN membership with a link to the submission site at www.nahnet.org NAHN members will review abstracts and select the speakers.

A popular feature of the National Conference is the annual trade show, and this year will be no exception.

Why attend the conference? Networking, learning, earning continuing education credits, visiting exhibitors and having fun are all part of the event.

Let’s Get Social!

NAHN’s presence on Social Media is on the rise. And we want to continue to help it grow.

As of December 19, NAHN had 4,766 friends on Facebook, representing a growth of 852 new Facebook friends since January 1, when we started the year with 3,894.

NAHN’s Twitter followers number 1,459, growing by approximately 100 followers during 2016.

Help NAHN push its Facebook friends over the magic number of 5,000 and Twitter followers over 1,500. All you have to do is find us on these channels, like or follow us, share our posts and retweet our tweets.

Gathered around a campfire Girl Scouts might sing: “Make new friends, but keep the old. One is silver and the other gold.”
Industry News

CDC Releases Estimates of Birth Defects Following Zika Virus Infection in Pregnancy

In a new report published in the Journal of the American Medical Association, CDC scientists used preliminary data from the US Zika Pregnancy Registry (USZPR) to estimate that 6 percent of completed pregnancies following Zika virus infection were affected by one or more birth defects potentially related to Zika virus infection during pregnancy. The report combined data from the continental United States and Hawaii that were collected in collaboration between CDC and state and local health departments to monitor pregnancies with laboratory evidence of Zika virus infection.

As of September 22, 2016, 442 women with possible Zika virus infection in the USZPR had completed their pregnancies. Twenty-six of the completed pregnancies, or 6 percent, were reported to have one or more of the birth defects potentially related to Zika virus infection during pregnancy. Among women infected with Zika in the first trimester of pregnancy, 11 percent were reported to have fetuses or infants with birth defects, which is consistent with previous modeling estimates. The proportion of pregnancies with birth defects was similar for pregnant women who did or who did not experience symptoms, about 6 percent in each group. The 18 infants with a finding of microcephaly represent 4 percent (18/442) of the completed pregnancies; this prevalence is substantially higher than the background prevalence of microcephaly in the United States of about 7 per 10,000 live births, or about 0.07 percent of live births.

The 26 birth defects occurred among fetuses/infants of pregnant women who were exposed to Zika virus during their pregnancies in the following locations with active Zika virus transmission: Barbados, Belize, Brazil, Colombia, Dominican Republic, El Salvador, Guatemala, Haiti, Honduras, Mexico, Republic of Marshall Islands, and Venezuela.

To keep reading, visit: https://www.cdc.gov/media/releases/2016/p1215-birth-defects-zika.html

Nurse Faculty Scholar Mentored Writing Award

Submissions for the 2017 Nurse Faculty Scholar Mentored Writing Award are now open. Information about the award and how to submit are available through a link from our home page (www.ajnonline.com).

You may also link from the blog announcing this year’s winner — https://ajnoffhecharts.com/2016-nurse-faculty-scholarsajn-mentored-writing-award-winner/

Tell your networks about this initiative. It’s a great way to promote scholarly writing!

NAHN’s 42nd Annual Conference

continued from page 1

large number of future nurses, and we could help them understand that nursing is not just about going to work every day, but it encompasses social opportunities that impact their patients, their communities, global populations and their own lives. Our students will witness these opportunities at our conference and walk away inspired to pursue their careers in nursing at the highest level.

Mark your calendar for July 18-21 and plan to be in Phoenix with NAHN. And if you are interested in presenting, be sure to submit your abstract by January 20.

I have a feeling 2017 is going to be NAHN’s best year ever!
LA Chapter Awards Annual Scholarships

The LA Chapter announced and awarded six scholarship recipients at the NAHN 2016 Gala event. Award recipients were screened and selected according to their individual merit and nursing performance. Criteria for nominating the six award winners are a reflection of dedicated, enthusiastic and high-quality nursing performers. The jubilant and outstanding nursing students attending the annual NAHN 2016 Gala event are top-level competitive scholarship recipients. The selected award winners proved accomplished nursing students that showed professionalism with a desire for continued commitment to serving their communities, health care agencies, and patient’s healthcare needs.

Western Massachusetts, Connecticut, Hartford Chapters

Chapters Welcome Dr. Jose Alejandro

Members of the Western Massachusetts Chapter, Connecticut Chapter, and Hartford, Chapter welcomed Dr. Jose Alejandro, a past president of NAHN (pictured far right), who spoke at the New England Minority Nursing Conference on October 29. 
continued on page 9
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**NAHN Chapter Tidbits**

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**Illinois Chapter**

**Illinois Chapter Presents Scholarships**

The National Association of Hispanic Nurses – Illinois Chapter celebrated its Annual Scholarship Award Recognition ceremony during Hispanic Heritage Month. This annual event was held at the National Museum of Puerto Rican Arts and Culture on October 20, 2016; the primary sponsors were AT & T and Resurrection University – Illinois.

The event was chaired by NAHN-IL President Susana Gonzalez, MHA, MSN, CNML, RN and President-Elect Elizabeth Florez, PhD, RN. The awards were distributed by Senator Omar Aquino who also presented opening remarks on the value of nursing along with the need for culturally sensitive health care providers.

Scholarship recipients were Carol Becerra, Cassandra Cisneros, Brenda Pacheco, Maribel Martinez, Victoria Monterrubio, Quenia Montoya, Diana Ortega, Karen Salasblancas and Isis Nisivaco, the Resurrection University Scholarship recipient.

The NAHN-IL is a professional, voluntary and non-profit healthcare organization, dedicated to enriching the lives of Hispanic nurses through the promotion of academic attainment, professional advancement, cultural awareness, and active participation in the Hispanic community.

The chapter’s board members are: President, Susana Gonzalez; President-Elect, Elizabeth Florez; Treasurer, Gloria Barrera; Secretary, Wanda Monterrubio; Secretary-Elect, Irene Mendez, and Social Media and Public Relations Coordinator, Eva Ramos.
Diversity Leadership Council and the College of Nursing, RUDI was able to host an exceptional event.

Standing alongside my founding members and advisors, I was able to share our story as I embraced the beauty and diversity of all 100 guests.

Nothing less than moving, I took a moment to realize what diversity and inclusion means to me. Diversity is the very part of me that makes me unique. It is the part of me that speaks a different language, has lived in a different country, was the first in my family to graduate high school and attend college, and will be the part of me that makes up only 7 percent of all Latinos in the nursing population. Inclusion, however, is my daily decision to seek commonality. It is the very part of me that seeks others’ stories and shares mine in the search to find similarity and community.

I know we are told to avoid self-disclosure in the medical field, but I take that with a grain of salt. Working in an academic medical center has only proven that there is comfort in our similarities and strength in our differences.

My wish is that RUDI’s legacy will remain one of unity and respect — to never criticize people for what they don’t know and capitalize on all teachable moments.

As learned at our diversity mixer, it is through constant self-awareness of unconscious bias and privilege that allows us to recognize and collectively work for social justice.

José Alejandro Appointed as Co-chair of AAN Expert Panel

NAHN Past President José Alejandro, PhD, RN-BC, MBA, COM, FACHE, FAAN has been appointed co-chair of the American Academy of Nursing’s expert panel on Cultural Competence and Health Equity. He serves a director of case management at Tampa General Hospital and is a member of the West Florida Chapter of NAHN. He also serves on several NAHN committees including: Awards & Scholarships; Finance & Audit and the Council of Business Advisors.

AAN’s Expert Panel on Cultural Competence & Health Equity, founded in 2001, integrates socio-cultural data into new and existing health technologies and informatics to plan, implement, and evaluate culturally competent care. The panel’s goal is to synthesize evidence for practice to determine appropriate application of interventions across diverse populations, and its mission is to develop and disseminate strategies to advance cultural competency in both academic and health care settings that measurably impact on the elimination of local and national health disparities.

Scholarship Winner

Student member David Reynoso, a member of the LA and Orange County chapters of NAHN won a scholarship from the National Hispanic Health Foundation and was recognized at the foundation’s Scholarship Gala in Los Angeles on Dec. 8. The foundation honored 22 students this year, including Reynoso.

NICHE Conference Roundtable

Dora Castillo, RN, MA, CCRN, a member of the New York and New Jersey chapters led a roundtable discussion at the NICHE Conference in Chicago last spring. Her topic was “Identifying Aging Patients at Risk for Aspiration Pneumonia using Dysphagia Screening and Oral Assessment Measures.” Castillo is a nurse administrator at NYU Langone Medical Center.

Let’s Get Social!

It’s never too late for NAHN members to “get social” and join the NAHN Social Media sites. Become a fan of the NAHN Facebook page and follow our tweets on our Twitter page.

Click on the links below and join us now!

NAHN Facebook Page: www.facebook.com/pages/National-Association-of-Hispanic-Nurses/357006211890

NAHN Twitter Page: @nahnnursing or www.twitter.com/nahnnursing

NAHN LinkedIn: www.linkedin.com/groups/National-Association-Hispanic-Nurses-2358996/about

NAHN Instagram Site: www.instagram.com/nahnnursing

NAHN Pinterest Site: www.pinterest.com/nahnnursing

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