



HAWAII STUDENT NURSES' ASSOCIATION

'Okakopa (October) Edition



Monthly Newsletter of the Hawai'i Student Nurses' Association

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PRESIDENTIAL ADDRESS

Aloha everyone,

Happy Spooky Season! What will you be doing during this "Halloween?"

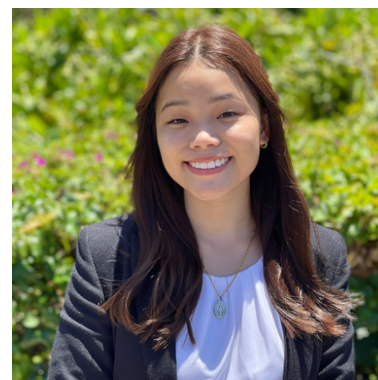
First off, I would like to extend a huge thank you to those who attended our conference on October 9. It was wonderful to see nursing students from all over the state come together and take a step toward professional development. We are extremely grateful for the conversations shared and to the nurses and organizations who helped to support this event.

As we approach the middle of the semester, keep on pushing forward! Take some time to practice self-care and refill your momentum to complete the year confidently.

Lastly, please stay safe as the holiday season approaches.

Happy Trick-or-Treating!

Mahalo,
Anna Jane Fujioka
HISNA President



9TH ANNUAL HISNA CONFERENCE



(HISNA Executive Board taking a photo with Cathy Parkes, who has joined us for her 3rd conference in a row)

On October 9th, we held our annual conference at the Hale Hoaloha Conference Room on Chaminade University of Honolulu's beautiful campus. Hawai'i ANA helped us to stream this event online, making it our first hybrid conference ever!

Students "Expanded The Possibilities" as they spoke and learned from nurses of diverse specialties.

The interactive workshops consisted of HISNA sensory deprivation healthcare exercises, pharmacology skits with Cathy Parkes, and testing-taking strategies with Dr. Monroe, as shown in the images to the right,

Not shown was our Key Note Speaker, Dr. Lynn Babington, workshops relating to holistic nursing with Dr. Monday, NCLEX review session with HURST, and Aesthetics and Dermatology nursing with Nurse Sarah! Also, our wonderful non-bedside nursing Q & A Panel.



Mocktail and Networking Hour



Co-Vice President, Leuwella Gonzalez, with her creative creations. She put a nursing twist on snacks and drinks by serving kidney stones (M&M's), vitamins (Mike and Ike's), urine samples (apple juice), banana bags (lemonade), blood bags (fruit punch), nursing mocktails, stool samples (chocolate pudding), and more!



Shown are the U.S. Airforce Nursing (left) and BMB Scrubs (right), two of the many awesome tables in attendance at our Exhibit Hall.



Prize Highlights



NSNA Member-Only Grand Prize winner: 2 tickets to the Nurse Blake "PTO Tour" show donated by **Dr. Jennifer Nafarrete**



A few of many Grand Prize winners: Level Up RN Nursing Planner and 3 Ultimate Bundles donated by **Cathy Parkes**



Senior Grand Prize: \$200 towards the NCLEX-RN exam fee donated by **Skin Analysis**

Our Sponsors



*Please give us your
feedback on this year's
HISNA Conference!*



Scan this QR code for a quick survey



3RD ANNUAL HAWAI'ANA CONFERENCE



(President, Anna Jane Fujioka, and Treasurer, Lilinoe Cabico-Akiona, manning the booth surrounding Director of Communications, Brandon Julio, who was attending the conference)

- 10/22: HISNA attended the Hawai'i American Nurses' Association Conference!
- Two executive members held an Exhibitors Table, waived by Hawai'i ANA, to promote the student organization.
- It was a wonderful opportunity to watch informational sessions and network with the different health groups around the state. There may be new collaborations coming soon!



(Photo was taken by Anna Jane Fujioka during the Compassion & Choices session)



WHAT'S NEW IN HAWAI'I SNA CHAPTERS?

Chaminade University of Honolulu



- CUH SNA members attended the 9th Annual HISNA Conference. They also sponsored a booth for U.S. Airforce Nursing and a Littmann Stethoscope Grand Prize.

Hawai'i Pacific University



- HPU SNA was excited to attend the HISNA conference!
- They are currently working on a Krispy Kreme fundraiser!
- They are also working on cards for courage, in which students write thank you cards to nurses at Kaiser!



Kapi'olani Community College



- KCC SNA attended the 9th Annual HISNA Conference!
- They also participated in the Making Strides Against Breast Cancer walk.

WHAT'S NEW IN HAWAI'I SNA CHAPTERS?

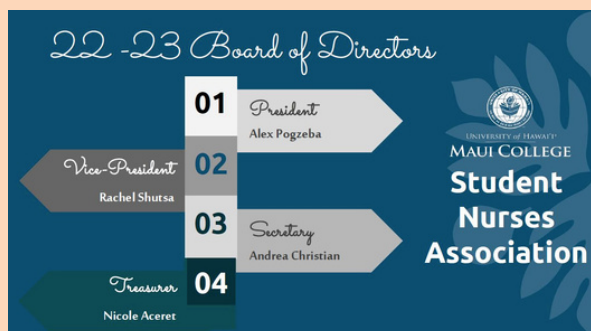
University of Hawai'i at Mānoa



- 10/19: UHM SNA's Halloween Social in Webster 104. Their activities included an ER nurse guest speaker, a snowball icebreaker activity, a candy corn chopstick relay race, a build-a-monster balloon decorating, and a stethoscope raffle.
- 10/22: UHM SNA volunteered for The American Cancer Society's Making Strides Against Breast Cancer 5k Walk at Ke'ehi Lagoon Beach Park. They helped at first aid stations and as route marshals, in charge of cheering participants on.
- Lastly, their members of the Mentor-Mentee Program (MMP) had a fun time meeting each other and bonding through an interactive paint session!"



University of Hawai'i Maui College



- UH Maui College SNA has elected their 2022-2023 Board of Directors.
- 10/09: Attended the 9th Annual HISNA Conference.
- 10/22: President Alex Pogzeba, Vice-President Rachel Shutsa, and member Micheylla Ishimine attended the ANA Leadership Conference on Oahu. They assisted the ANA Events Committee at the registration table and had the opportunity to meet and interact with Lt. Governor Josh Green.

NOVEMBER ELECTIONS



Interested in joining the HISNA Executive Board?

Submit your application and attend our Elections Meeting!

Date: Thursday, November 17

Time: 6-7 pm

Location: Chaminade University Henry Hall Room 202

Application Link: <https://forms.gle/QF1jDozoF6Mfimtu7>

Please come prepared with a 1-2 minute speech.

For more information, email hisna.president@gmail.com

Positions Available:

Co-Vice President

Co-Director of Communications

Co-Social Media Director

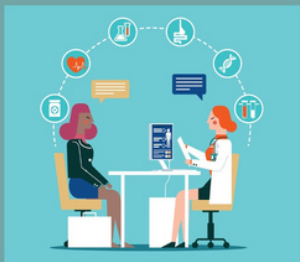
Please check our social media, website, and emails for updated position openings

OCTOBER AWARENESS



What is health literacy?

Health literacy allows individuals to understand how to protect our health, manage existing concerns, and prevent future health problems.



For more information:
<https://www.cdc.gov/healthliteracy/learn/index.html>

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Personal health literacy:

Individuals self-research to find and use outside reliable resources to make health-related decisions for themselves.



For more information:
<https://www.cdc.gov/healthliteracy/learn/index.html>

Organizational health literacy:

Organizations that help individuals make health-related decisions.



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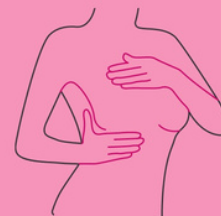
BREAST CANCER

Awareness month






BREAST SELF-EXAM

Breast self-examinations should be performed *at least once a month* by women of all ages.



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WHERE SHOULD A BREAST SELF-EXAM BE PERFORMED?

-  In the shower
-  In front of a mirror
-  Laying down in bed

For more information of how to perform a breast self-exam, visit:
<https://www.nationalbreastcancer.org/breast-self-exam>

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www.hisna.org