

HAWAII STUDENT NURSES' ASSOCIATION

Nowemapa (November) Edition



Monthly Newsletter of the Hawai'i Student Nurses' Association

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PRESIDENTIAL ADDRESS

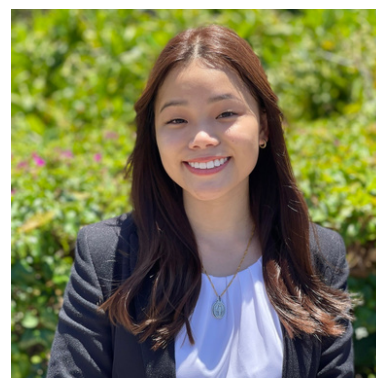
Aloha everyone,

Happy Thanksgiving! I hope you were able to take a short break from studying and spend time with friends, family, or for self-care.

Finals week is approaching quickly. If you need to brush up on your medication knowledge, tune in to our Pharmacology Fridays! We have been sharing weekly medication tips on our Instagram account @hawaii_sna. These helpful videos are from fellow nursing students across the state of Hawai'i.

I know you have been working hard to prepare for these end-of-semester projects and exams. I wish you all the best of luck!

Mahalo,
Anna Jane Fujioka
HISNA President



HISNA SEE'S CANDIES HOLIDAY YUM-RAISING!

Link to our online shop: https://www.yumraising.com/secure/hawaiisna_hawaii_student_nurses_association82/AnnFuj5100/candy



CALLING ALL SNA MEMBERS: KAIMUKI CHRISTMAS PARADE

Kaimuki Christmas Parade

DATE: THURSDAY, DECEMBER 1
TIME: 6:00 PM - 8:00 PM

MEET AT THE LAWN AT THE ENTRANCE
OF CHAMINADE BY 5:30PM

REPRESENT YOUR PROGRAM BY
WEARING YOUR NURSING SHIRT!

KAIMUKI CHRISTMAS PARADE
STARTING AT CHAMINADE,
WALKING DOWN WAIALAE,
ENDING AT KOKO HEAD AVE.

HAWAII STUDENT NURSES' ASSOCIATION

School Competition

HISNA WILL PROVIDE
REFRESHMENTS (FOOD AND/OR
DRINKS) TO THE SCHOOL CHAPTER
WITH THE MOST STUDENTS
PARTICIPATING AT THEIR NEXT SNA
MEETING. (LIMIT \$100)

HIC-AACN: 2023 ACUTE AND CRITICAL CARE SYMPOSIUM

The Hawaiian Islands Chapter of AACN presents

2023 ACUTE AND CRITICAL CARE SYMPOSIUM

**STARTING
NOW**

**THURSDAY & FRIDAY, MARCH 23 & 24
HONOLULU COUNTRY CLUB**

More information on topics, faculty, and attendee
registration at
<https://hicaacn.nursingnetwork.com/nursing-events>

WHAT'S NEW IN HAWAI'I SNA CHAPTERS?

Chaminade University of Honolulu



- CUH SNA members participated in the Girl Scout's STEM fest on 11/09, teaching girls scouts about the concept of "Oxygen Loving Red Blood Cells"
- Hosted a canned food drive with all proceeds going towards Hawaii Food Bank
- Members will participate in the Salvation Army's Thanksgiving Meal, taking blood pressures and delivering first aid

Hawai'i Pacific University



- HPU is excited to announce that we will participate in Wounded Warrior events for the month of December
- Hosting a "Be the Match" for a bone marrow drive.
- Helping out with IHS and Hawaii food bank with donation drives!
- This past November, members participated in the walk to end Alzheimer's



WHAT'S NEW IN HAWAI'I SNA CHAPTERS?

Kapi'olani Community College



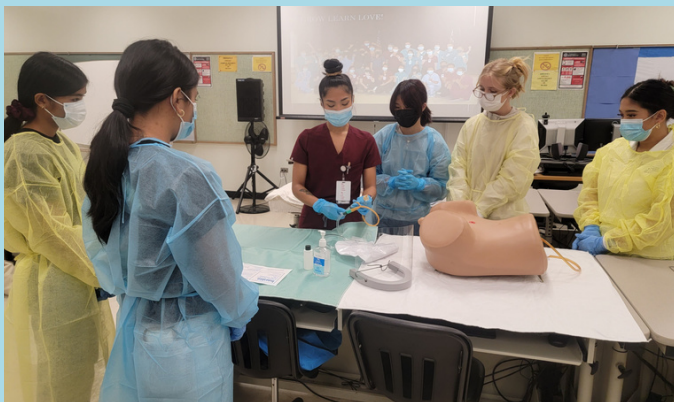
- KCC SNA is providing 50 pre-packed lunches to IHS for the Men's Shelter this Holiday season
- They are organizing a fundraiser with The Cookie Corner

University of Hawai'i at Mānoa



- Held an SNA General Meeting on November 21, 2022.
- They have an SNA/Mentor-Mentee Christmas Social planned for Monday, November 28 at 1700-1900.

University of Hawai'i Maui College



UH Maui College SNA students participated in the annual DOE Healthcare Pathway Day at their school. 100 students from Lahainaluna High school, Maui High School, Molokai School, and King Kekaulike High School arrived to learn about healthcare pathway programs available for Maui residents. Their nursing students held a hands-on workshop showing foley and NGT insertions.

NOVEMBER AWARENESS

NOVEMBER 2022

LUNG CANCER AWARENESS MONTH

@hawaii_sna



@hawaii_sna

SYMPTOMS

These symptoms typically occur when the disease is **advanced**.

- Persistent coughing
- Shortness of breath
- Chest Pain
- Hoarseness
- Bone Pain
- Headaches



For more information visit:
<https://www.mayoclinic.org/diseases-conditions/lung-cancer/symptoms-causes/syc-20374620>

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PREVENTIONS

Don't smoke. Smoking increases your risk for lung cancer.



Choose a **healthy balanced diet and lifestyle** to reduce risk for any types of cancer.



Exercise. Physical activity helps to strengthen your body & immune system.



NOVEMBER AWARENESS

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For more information visit:
<https://www.cdc.gov/diabetes/basic/diabetes.html>

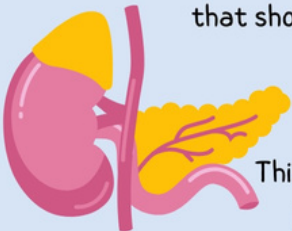


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For more information visit:
<https://www.cdc.gov/diabetes/basic/diabetes.html>

Type 1 Diabetes

This type of diabetes is a genetic condition that shows early in life.



This reaction destroys cells in the pancreas that make insulin.

Symptoms/Signs

- Feeling very thirsty
- Urinating often
- Fruity - smelling breath
- Extreme fatigue
- Cuts/bruises that are slow to heal

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For more information visit:
https://diabetes.org/sites/default/files/2021-11/ADV_2021_State_Fact_sheets_Hawaii_rev.pdf

Type 2 Diabetes

This type of diabetes is lifestyle-related and develops over time. Your body doesn't use insulin well and can't keep blood sugar at normal levels.



Preventions:

- Maintaining a healthy weight
- Having a healthy balanced diet
- Being active

STAY UP TO DATE WITH HISNA!

INSTAGRAM



@hawaii_sna

FACEBOOK



@hawaiisna

WEBSITE



www.hisna.org