



HAWAII STUDENT NURSES' ASSOCIATION

Pepeleuli (February) Edition



Monthly Newsletter of the Hawai'i Student Nurses' Association

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PRESIDENTIAL ADDRESS

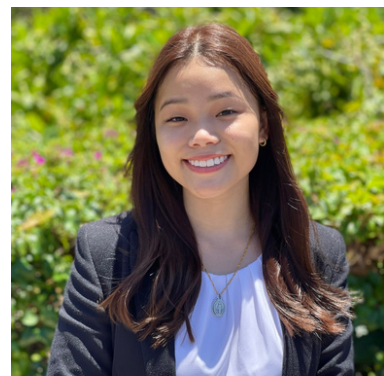
Aloha everyone,

I hope you had a wonderful February! While we learn to provide compassionate and holistic care for others, do not forget to incorporate self-care activities into your own days and weeks.

I encourage you all to consider attending the 71st National Student Nurses' Association (NSNA)'s Annual Convention in April located in Nashville, TN. This convention is a huge opportunity that is soon approaching filled with networking, building nursing leadership skills, and more. Please see page 4 for more details and for the registration link. I look forward to seeing a representation of Hawai'i students there!

Good luck with your assignments, projects, and midterm exams!

Mahalo,
Anna Jane Fujioka
HISNA President



HPH GREAT ALOHA RUN



On February 20, HISNA partnered with Chaminade HOSA to volunteer at the 2023 Hawai'i Pacific Health Great Aloha Run. Our volunteers enjoyed distributing waters and bananas to the runners.

Great job to everyone who helped organize the Great Aloha Run and congratulations to the runners and everyone who came out to support the Carole Kai Charities!

Shout out to HISNA's Vice President and Social Media Director (not pictured) for running!

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>


71ST NSNA ANNUAL CONVENTION



National Student Nurses' Association

71ST ANNUAL CONVENTION
APRIL 12-16, 2023
Gaylord Opryland Convention Center - Nashville, TN

REFLECTION:
A CATALYST FOR CHANGE



PLUS! NCLEX-RN® MINI-REVIEW COURSE!

IMPORTANT DEADLINES:
MARCH 4, 2023: FOR HOTEL RESERVATIONS
MARCH 24, 2023: FOR MAIL/FAX PRE-REGISTRATION
MARCH 31, 2023: FOR ONLINE REGISTRATION

Visit www.nснаconvention.org for updates!

"Attend the 71st NSNA Annual Convention and experience the excitement of networking with hundreds of fellow students, faculty, and nursing leaders from across the country. Learn about the latest trends, issues, and career opportunities at general sessions, seminars, workshops, exhibits and poster presentations. Also, participate in skills sessions with Laerdal Learning Lab, Stop the Bleed, American Red Cross Disaster Certification, and Narcan training. Networking, leadership opportunities, and memories await you. Be prepared for excitement at the 71st NSNA Annual Convention!"

To register: <https://www.nснаconvention.org/registration.html>

WHAT'S NEW IN HAWAI'I SNA CHAPTERS?

Chaminade University of Honolulu



- CUH SNA has decided to send 3 members to the 72st Annual NSNA Conference in April.

Kapi'olani Community College



- KCC SNA volunteered at the Great Aloha Run!
- Several KCC students received their ACLS certifications from AHA



University of Hawai'i at Mānoa



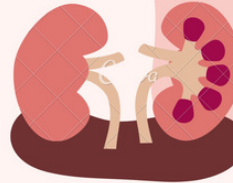
- 02/21: Held an Open House to inform others about Executive Board of Director positions, to highlight events occurring in UHM, and to eat food!
- Will be hosting a Job Jam in partnership with UHM Nursing Alumni Association to explore different nursing specialties and get tips for career development

NOVEMBER AWARENESS

Chronic Kidney Disease (CKD)

Definition: gradual loss of kidney function

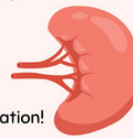
Causes: Diabetes and hypertension (high blood pressure)



Can lead to: anemia (low red blood count), weak bones, poor nutritional damage, and nerve damage

Increase risk for: Heart and Blood Vessel Disease

Treatment: Dialysis or Kidney Transplant



see kidney.org for more information!

National Heart Health Month



@hawaii_sna

Honor the month of African American History

The month of February honors African American history. Find out how African Americans are affected by heart disease, cancer, and stroke how to improve your health.



African American Cardiovascular Statistics

- ♥ 1 in 3 deaths in the United States is due to cardiovascular disease
- ♥ Cancer is the second leading cause of death in the United States
- ♥ Nearly half of all African American adults have some form of cardiovascular disease that includes heart disease and stroke.
- ♥ About 2 out of 5 African American Adults have high blood pressure, and less than half of them have it under control
- ♥ African American men are more likely to develop prostate cancer. Compared to men of other racial or ethnic groups, it tends to start earlier and expand faster

Lifestyle Changes

1. Eat a healthy diet 
2. Exercise regularly 
3. Be smoke free 
4. Limit alcohol use 
5. Know family history 

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INSTAGRAM



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FACEBOOK



@hawaiisna

WEBSITE



www.hisna.org