

HAWAII STUDENT NURSES' ASSOCIATION

Malaki (March) Edition



Monthly Newsletter of the Hawai'i Student Nurses' Association

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PRESIDENTIAL ADDRESS

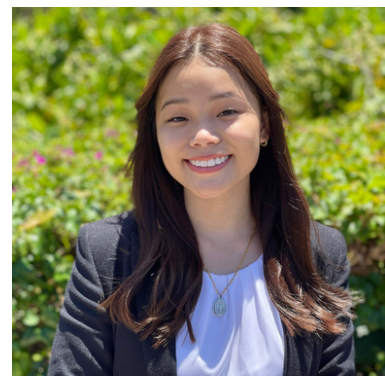
Aloha everyone,

Happy Women's Month! We are now halfway through the spring semester. Congratulations on completing your midterm exams.


There are exciting opportunities for nursing students approaching. The 71st NSNA Convention is only a few weeks away. The deadline to register is March 31. Please see page 2 for more details.

I hope to see you there!

Mahalo,
Anna Jane Fujioka
HISNA President




71ST NSNA 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.nsnaconvention.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.nsnaconvention.org/registration.html>

AMERICAN NURSES ASSOCIATION

FREE STUDENT SUBSCRIPTION

ANA respects the insights and contributions of students as the nurse leaders of tomorrow. We're here to support you in your journey, every step of the way. There's no need to wait for licensure to start benefiting from ANA – as an ANA Student Subscriber, you're ahead of the game.

Members of the National Student Nurses Association (NSNA) are eligible to sign-up as ANA Student Subscribers for free – a \$10 value! If you are not a member of NSNA, you can still sign up as an ANA Student Subscriber for free by agreeing to receive membership information from NSNA.



Join ANA for free as Student Subscribers at this link, so you can continue your involvement in the profession throughout your careers as nurses:
<https://www.nursingworld.org/membership/student-nurses/>

**“WE RECOGNIZE THAT THE NURSING STUDENTS OF
TODAY ARE TOMORROW’S FRONT LINE OF U.S.
HEALTH CARE”**

AMERICAN NURSES ASSOCIATION

WHAT'S NEW IN HAWAI'I SNA CHAPTERS?

Chaminade University of Honolulu



- CUH SNA celebrated 2nd year sophomore students, who received their white coats on March 4th
- SNA members shared their Chaminade nursing school experiences with students from Tokyo Healthcare University



Hawai'i Pacific University



- HPU SNA provided 18 future nurses to volunteer for the National Kidney Foundation Hawaii Walk on March 25th
- Completed a successful Krispy Kreme fundraiser for their Spring semester
- Worked hand in hand with the Institute of Human Services to provide services to the homeless community around Honolulu
- HPU SNA President RoseLourdes Sario is the proud recipient of an American Nurses Association Scholarship

WHAT'S NEW IN HAWAI'I SNA CHAPTERS?

Kapi'olani Community College



- KCC SNA volunteered as First Aid at the inaugural Windward Community College 5K on March 11th
- Had a successful fundraiser with the Cookie Corner
- Organized a food drive on campus (currently ongoing) for Pohukaina Food Pantry

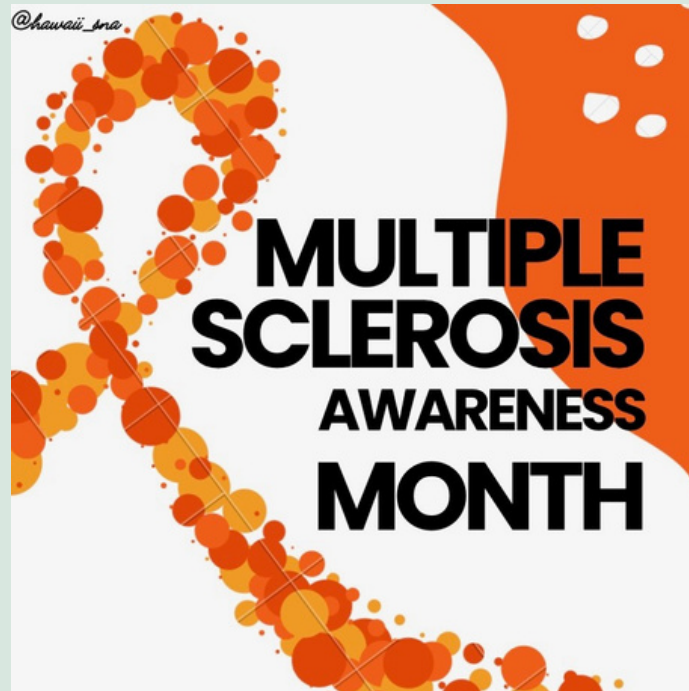


University of Hawai'i at Mānoa

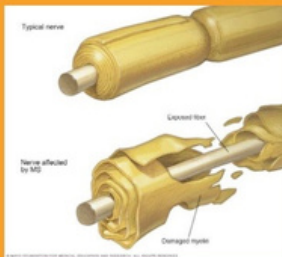


- UHM SNA hosted a Job Jam on March 20th with nurses from Queen's, Kapi'olani, Straub, Hawaii Keiki, and other local agencies
- Currently planning a Spring social for all UHM SNA members

MARCH AWARENESS



What is it? when the body's immune system attacks the protective covering of nerves (myelin sheath) resulting in scars and blocking the communication between the brain and the body



Cause. unknown, but a combination of genetics and environments factors can be responsible

Symptoms. loss of vision, numbness in the legs, spasms, fatigue, depression, walking difficulties

Risk factors. low levels of Vitamin D, obesity, smoking, family history, and genes



Diagnosis: blood tests, spinal tap, MRI, evoked potential tests



Treatment: no cure; focuses on speeding recovery, slowing progression, and managing symptoms

see mayoclinic.org for more information!

MARCH AWARENESS

Developmental Disabilities Awareness Month



@hawaii_SNA

Important Facts about Developmental Disabilities

When does it begin?
The majority of developmental problems start before birth, but some can occur afterward due to trauma, infection, or other circumstances

It educates the community
It is beneficial to inform our community that developmental problems are not always obvious.



What Causes It?

- Genetics
- maternal Health
- Behaviors (Smoking and drinking during pregnancy)
- birth complications
- infections
- exposure to high levels of environmental toxins

It fosters peer relationships
D.D.A.M. is a time to develop techniques and exercises that aid students in understanding the requirements and variations of their peers who have disabilities

Developmental disabilities are characterized by deficiencies in the domains of movement, cognition, language, and behavior. These include:

- Autism spectrum disorders
- Cerebral Palsy
- ADHD/Hyperactivity disorder
- Learning/intellectual disorder
- Hearing loss
- Vision Impairment



How to Observe National Developmental Disabilities Awareness Month

• Share on Social Media



• Wear Orange



• Put a smile on a child's face



STAY UP TO DATE WITH HISNA!

INSTAGRAM



@hawaii_sna

FACEBOOK



@hawaiisna

WEBSITE



www.hisna.org