



FRESH CATCH OF HISNA

Monthly Newsletter of the Hawai'i Student Nurses Association

NEWS & FEATURES

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Presidential Address

Happy New Years everyone!

January is finally here! The past year has been a crazy and intense year, but we did it. I hope you were able to end 2020 on a high note, and is ready to take on the new challenges for 2021.

The HISNA E-Board hoped you have a successful finals week in December. We would like to extend our warmest wishes to you and your ohana for a cheery and safe holiday season. We look forward to continue serving you in the new year!

Mahalo,
Angelique Mara
HISNA President



What's new in Hawai'i SNA Chapters?



Chaminade University of Honolulu

With another semester in the books, Chaminade SNA is currently holding elections within our organization to elect two new first year nursing students to take on a leadership role in the club by serving as the new Freshmen representatives. We look forward to working with our soon to be elected officers and are very excited to welcome them!

Chaminade Student Nurses' Association is currently planning to hold a service project in collaboration with the Institute of Human Services to host a men's pants drive to collect donations and distribute to those in need. Donation sites will be located on Chaminade University's campus in front of the Nursing Office in Henry Hall, and there will be a QR code available to check-in donations upon drop-off.

Chaminade SNA wishes everyone a very Happy Holidays and a Happy New Year! We welcome a new year of growth, learning, adapting, innovation, and success. Despite the many challenges all have faced this past year, we hope that 2021 is filled with new opportunities for all!

What's new in Hawai'i SNA Chapters?

Hawai'i Pacific University

- 11/16/2020 - 12/11/2020
 - Christmas Letter Writing Campaign with HPU Circle K International (HPU CKI) to support Make a Wish Foundation, who receives \$1 to support a child's dream from Macy's for every letter written to Santa!
- 12/11/2020: Pinning Ceremony
 - Planned a virtual pinning ceremony for our graduating Fall 2020 cohort! Attached is a picture from our graduates at their white coat ceremony in Fall of 2018!
- Inducted new board members for Spring 2021

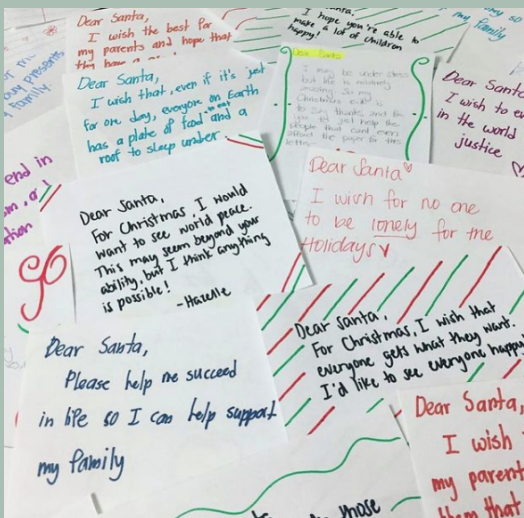


Photo credit: Menjam Tamang

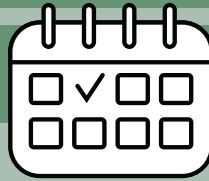
What's new in Hawai'i SNA Chapters?



University of Hawai'i at Mānoa

- 12/11/2020: Pinning Ceremony
 - 11 UH Mānoa Nursing students and 3 faculty members took part in the Department of Health COVID-19 Vaccination Program's first Point of Dispensing (POD) Exercise Drill, which took place at Leeward Community College
 - During the new semester, beginning in January 2021, the DOH POD vaccination operations will be included in clinical learning experiences

Update for the 20-'21 HISNA Year



SPRING SEMESTER

*March 6:
HISNA Mixer &
Conference*

*April 5-10:
69th Annual NSNA
Convention via Zoom*

*Spring Community
Service:
TBD*

January Awareness Month



Glaucoma is known as, "The Sneak Thief of Sight"

No symptoms appear and vision lost is permanent

It is the leading cause of irreversible blindness



Regular eye examinations are important to preserve our vision

Currently 3 million Americans have glaucoma

By 2030, 4.5 million Americans will have glaucoma (The National Eye Institute)



For more information, please visit glaucoma.com

Made by HISNA Social Media Directors

January Awareness Month

@hawaii_sna

CERVICAL CANCER

Definition: Cancer that originates in the cervix of the female reproductive system

Almost all cervical cancers are caused by the **humanpapilloma (HPV) virus**

The HPV virus is easily transmitted through sexual skin to skin contact

Source: CDC



@hawaii_sna

HOW CAN I REDUCE MY RISK OF CERVICAL CANCER?

Screening Tests

- Pap Smear: checks for precancerous cells
- HPV test: checks for presence of HPV virus

HPV Vaccine

- Recommended for preteens and through age 26 years
- Prevents new HPV infections, but does not treat existing infections or diseases
- Works best when given before any exposure to HPV

Source: CDC



For more information, please visit
www.cdc.gov/cancer/cervical/index.htm

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