



FRESH CATCH OF HISNA

Monthly Newsletter of the Hawai'i Student Nurses' Association

NEWS & FEATURES

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Presidential Address

Aloha everyone,

The HISNA E-board would like to wish you all a happy new year and welcome back to a new school semester!

We hope you all had an enjoyable and safe winter break. As the new semester begins, I hope you continue to prosper and succeed in your studies. Don't forget to take time for self-care and focus on yourself!

To the seniors: We are at the home stretch to graduation. Keep up the hard work and soon enough, you will be walking off that stage receiving your BSN! Hang in there :)

Mahalo,
Angelique Mara
HISNA President

Happy New Year



What's new in Hawai'i SNA Chapters?



Hawai'i Student Nurses' Association

- **Held a fundraiser with Molokai Hot Bread**
 - Mahalo nui loa to everyone who supported!
- **8th Annual HISNA Conference**
 - Planning for our first in-person conference since the pandemic
 - Will update any new changes to our Instagram page
 - **Save the date: March 5, 2022**

What's new in Hawai'i SNA Chapters?



Chaminade University of Honolulu

- Chaminade's SNA is so happy to be back to school this semester and we are all looking forward to this semester.
- **December 2021**
 - Took part in health screenings at St. Theresa's Co-Cathedral
 - Celebrated our seniors at our special pinning ceremony awarding them for their accomplishments through nursing school
- **Jan 2022**
 - Chaminade's SNA is looking forward to preparing some great events and activities for our nursing students to take part in.
 - We are especially looking forward to the 70th annual NSNA conference in April!

What's new in Hawai'i SNA Chapters?



Hawai'i Pacific University

- **New Student Orientation: 1/7**
 - Welcomed the new incoming nursing students in person for the first time in 2 years
 - Provided them tips on how to survive and make the most out of nursing school
- **New E-Board for the Spring 2022**
 - With new members joining our e-board, we will continue to diligently plan and strategize events and fundraising ideas for members to participate in the upcoming months for this semester!



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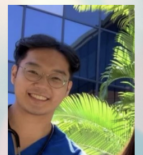
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Photo credit: Joan Cayaban

What's new in Hawai'i SNA Chapters?



University of Hawai'i at Manoa

- **Next General Meeting: 1/24 at 0900 via Zoom**
- **The University of Hawai'i School of Nursing has been renamed to the Nancy Atmospera-Walch School of Nursing (UH NAWSON)**
 - Named after a UH Nursing alumna, who has made a transformative gift to the school!
- **UH NAWSON will be conducting virtual, public presentations for three finalists for the Dean position in the next couple of weeks.**

Save the Date!

THE HAWAIIAN ISLANDS
CHAPTER OF AACN

Rooted in Strength
SYMPOSIUM

for Acute Care and Critical Care
Professionals

April 1, 2022
630 AM to 430 PM
The Salvation Army Kroc Center

For more information, visit
<https://hicaacn.nursingnetwork.com>

AMERICAN ASSOCIATION of CRITICAL-CARE NURSES

Photo credit: Brandon Julio

8th Annual HISNA Conference

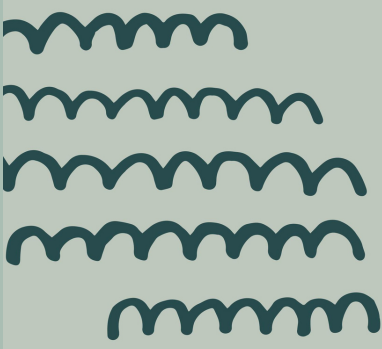
Save the Date: March 5, 2022



**Are you
interested in
attending
the annual
HISNA
conference?**

SAVE THE DATE!
Saturday March 5, 2022

9AM-4PM



Created by HISNA Social Media Directors

December Awareness Month

National Safe Toys and Gifts Month



January Awareness Month

GLAUCOMA



Awareness Month



RISK FACTORS

The risk factors include:

- Those that are over the age of 60.
- Those that are of the African, Asian, and Hispanic background.
- Those at risk for diabetes.
- Those who are severely nearsighted.

ROUTINE EYE CHECKUP



- Glaucoma is the gradual loss of eyesight over time.
- There is currently no known cure for glaucoma.
- Routine eye checkups are essential to detect early indications of vision loss (peripheral or side vision).

Glaucoma Research Foundation

Glaucoma Research Foundation

January Awareness Month

@hawaii_sna



Skin Cancer
Awareness Month

Skin Cancer

Prevention

- Putting on sunscreen
 - **SPF**, also known as, *sun protector factor*, should be at or above 30 for activities that last longer outside the sun and at or above 15 for regular usage.
 - Wearing sunscreen daily is also recommended.
- Wearing protective clothing.
 - Dark-colored clothing, loose-fit clothing, densely woven cloth, and check for Ultraviolet Protection Factor (UPF) labels on your clothing.
- Get an appointment with a dermatologist.
 - It is better to treat skin cancer when caught early.



National Foundation for Cancer Research

Stay up to date with HISNA!

INSTAGRAM



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FACEBOOK



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WEBSITE



hisna.org