



## ALOHA NURSING STUDENTS!



### Presidential Address

---

Aloha all, I hope you all had a restful winter break and are ready to take on this spring semester. Through the past three years of nursing school, I have found that spring semester is always the more difficult semester, burnout or senioritis (even as an underclassman) hits harder during this time. Remember to have a healthy balance with nursing school. Take time for yourself during the school year to recharge yourself, hit the beach, go for a hike, or just lie in bed and watch netflix. Do whatever you can to take your mind off the stress of nursing school. Always remember why you decided to become a nurse in the first place, you were meant to make a difference in the lives of others. Keep that in the back of your mind while you are studying late at night. You are making those sacrifices now that will reward you in the future.



Much mahalo,  
Spencer Lee  
*Chaminade University, HISNA President*

## OVERVIEW:

1. Presidential Address
2. HISNA's Fall 2019 Community Service
3. January Awareness Month
4. Upcoming Spring 2020 HISNA Event



# SHARING THE CHRISTMAS SPIRIT

## Fall 2019 HISNA Community Service

The HISNA community service event took place at Ann Pearl in Kaneohe. It was a fun and heartwarming event that allowed us as nursing students to give back to the community by sharing the Christmas spirit with the facility's residents. As a result, we created "no sew snowman" with the Kupunas.

By interacting and helping the Kupunas with the activity, I was able to gain a realization that many nursing students tend to forget. Due to our busy schedules with school and work, we tend to forget the importance of spending quality time with our loved ones.

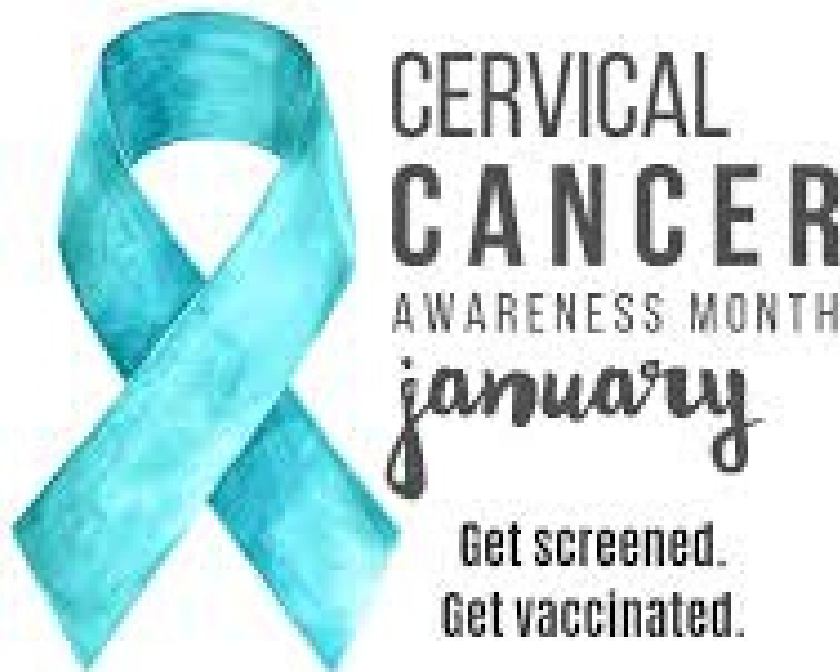
Jill Martinez, the Ann Pearl Rehabilitation & Healthcare activity coordinator, was very helpful in assisting me with such successful event.



Written by:  
*Vivianne Verceluz, Chaminade University*  
*HISNA Co-Committee Director*

## CERVICAL CANCER AWARENESS MONTH

January is designated as the Cervical Health Awareness Month by the United States Congress. Within the United States, more than 13,000 women are diagnosed with cervical cancer each year. However, the disease is preventable with vaccination and Pap and HPV screenings (National Cervical Cancer Coalition, 2020).



Written By:  
*Joanna Arcelli Gorospe*  
*UH Manoa, HISNA Secretary*



### WHAT CAN YOU DO?

- Become educated about cervical cancer and HPV disease
- Be up to date with HPV vaccinations.
- A Pap and HPV testing can help healthcare providers know which women are at a high risk for cervical cancer
- Promote and advocate about cervical health

# UPCOMING HISNA SPRING 2020 EVENT!



## CONNECT WITH US!



HI Sna



hawaii\_sna



<http://www.hisna.org>

