

Pepeluali Newsletter

MONTHLY NEWSLETTER OF THE

Hawaii Student Nurses' Association

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Presidential Address

Aloha everyone,

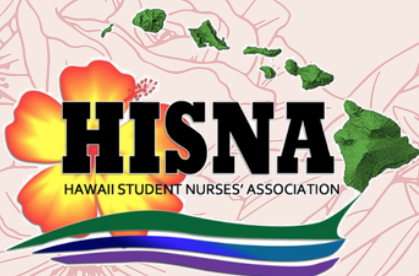
Happy February! I hope everyone is doing well and taking care of themselves.

I wanted to take a moment to remind you all about the upcoming 72nd National Student Nurses' Association (NSNA)'s Annual Convention. This year it will be held at Disney's Coronado Springs Resort in Lake Buena Vista, Florida.

Attending this convention is a great opportunity for you all to connect with other nursing students, attend workshops, enhance your leadership skills, and so much more. It would not only be an incredible opportunity for personal and professional development, but I believe it would leave a positive impact on your future as you continue your journey through the nursing profession.

I strongly encourage each and every one of you to take the opportunity to attend. It would truly be amazing to see representation of Hawaii! Take Care!

Mahalo,
Lilinoe Cabico-Akiona
HISNA President



HAWAIIAN ISLAND'S CHAPTER OF AACN

Rising Together Symposium

Thursday, March 28, 2024



Rising Together Symposium

@ Honolulu Country Club

Continental Breakfast and Lunch will be served

6.5 Contact Hours offered to attendees

Interested in registering?

CLICK THE LINK BELOW FOR MORE INFORMATION!

[MORE INFO HERE](#)

National Student Nurse's Association

72ND ANNUAL CONVENTION



Deadlines

Fax/Mail Registration Deadline:

March 18, 2024

Online Registration Deadline:

March 25, 2024



Register Here

"The NSNA 72nd Annual Convention will be held during the Spring and explores specialty nursing areas and various education workshops for nursing students. NSNA invites you and your colleagues to join us and get ready to network with nursing students from across the country, learn from top nursing leaders, prepare for your future profession, and have some fun.

It's easy and fun to attend NSNA's 72nd Annual Convention! You will have the opportunity to learn new skill sets and test taking strategies while attending multiple education sessions including a live NCLEX-RN Review. You will meet NSNA leaders including the Board of Directors, Nominating and Elections Committee, and the chair of the Resolutions Committee. The Annual Convention will be a place where you can network with students across the USA; gain skills to manage state and local chapters; master test taking skills while learning clinical judgement—and much, much more!

Exhibits provide opportunities for you to meet with exhibitors from a variety of employment and academic settings, NCLEX vendors and publishers. Also, receive expert advice for career development including interview skills, resume building, and future education opportunities. A special program for faculty to earn contact hours is also planned."

WHAT'S NEW IN

Hawaii Student Nurses' Association Chapters.

Kapiolani Community College



February 19, 2024

KCC volunteered at Hawai'i Pacific Health's 40th Annual Great Aloha Run this month. They kept the runners hydrated by passing out waters at the medical station and the finish line.

FEBRUARY AWARENESS

World Cancer Day & American Heart Month

World Cancer Day



What is cancer

A disease when a group of normal cells within the body lead to uncontrolled, abnormal growth forming a lump called a tumor

3 groups

- Benign
 - They are noncancerous and rarely life threatening
 - grows slowly
 - becomes a problem if they grow large
- Malignant
 - Fast growing
 - Can spread to neighbouring tissue through a process called metastasis
- Precancerous or premalignant
 - Condition that involves abnormal cells which may develop into cancer

Prevention

QUIT SMOKING!

- Reduce risk factors:
 - Obesity
 - Tobacco use
 - Alcohol
 - Environmental carcinogens
 - Radiation
- Vaccination against HBV and HPV

Managing and treating cancer

- Surgery
- Radiotherapy
- Chemotherapy
- Immunotherapy
- Hormone therapy
- Gene Therapy

Campaign theme | World Cancer Day

The "Close the Care Gap" campaign is all about understanding and recognising the inequities in cancer care around the globe.

American Heart Month

American Heart Month



Examples of Cardiovascular Problems

- Coronary Artery Disease**
Damage/Disease to the arteries in the heart due to the buildup of plaque
 - Cardiac Arrest**
Sudden, unexpected loss of heart function, breathing, and consciousness
 - Congestive Heart Failure**
A chronic condition when the heart doesn't pump blood as well as it should
 - Peripheral Artery Disease**
When narrowed blood vessels reduce blood flow to the limbs
 - Congenital Heart Disease**
An abnormality in the heart that develops before birth
 - Arrhythmia**
Improper beating of the heart (too slow, fast, or irregular)
-

Symptoms of Heart Disease

- Chest Pain/Discomfort
 - Upper back/Neck pain
 - Nausea/Vomiting
 - Fluttering feelings in the chest (palpitations)
 - Shortness of Breath
 - Swelling of the feet, ankles, legs, abdomen, or neck veins
 - Dizziness
-

How to Prevent

Heart Disease is the leading cause of death in the United States



- Being physically active
 - Eating healthy foods
 - Getting enough sleep
 - Limiting tobacco & alcohol intake
 - Finding ways to reduce stress
 - Understanding a healthy blood pressure, cholesterol, weight, and blood sugar level for you
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STAY UP TO DATE WITH

Hawaii Student Nurses' Association

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