

SDNAHN

San Diego National Association of Hispanic Nurses

Summer 2011

Visit: www.sdnahn.org
Contact: 619-261-5769

Summer, 2011 President's Message by Monica Garcia MSN, FNP

Summer, 2011 Presidents Message.....

I attended the "Healthcare Reform Where Nursing Belongs" presentation at UCSD Hillcrest, on May 6th, 2011. Herb Schultz, Regional Director US Dept. Health & Human Services was part of the panel, had so much to share and touched on the goals of: Expanding Coverage and Access, Protecting Consumers, Improving Quality of Healthcare While Lowering Costs. He stated that on January 1, 2014, it is predicted 32 million people will come into the healthcare system. There will be a variety of packages based on sliding scale, or complete coverage for some, as well as affordable plans for those that have been denied. Another change they are working on, is allowing kids to stay on their parent's insurance plans to age 26 and not be in school or living at home. Also mentioned was a public allotment fund of approxi-

mately 750 million dollars, some of which will be delegated to nursing students, so they are able to go to school full time, and not work. \$500 million for community based transition care, with the goal of preventing readmission to acute care hospitals. \$10 billion to Center for Innovation, from my understanding this has a wide range of possibilities, and if you are looking for support for a research project or program, it might behoove you to look here. The points I listed are just a few that he discussed. HCR will roll out in stages, under the 3 headings that I mentioned above. A repeated message at this forum was that nursing will be very involved and on different levels, with the focus on Prevention & Wellness. The last note that I wrote down is that \$\$ are available for studies, research or work on decreasing racial and ethnic disparities in healthcare. So much information was given; I

tried to get key points that I thought would be of interest to our members. The message is that as nurses we should be aware of the changes with HCR, and be involved in the planning and execution.

In case you have not attended any general meetings this year, we have had some fantastic presenters, read on further in the Newsletter for a recap, and also notice how busy we have been, volunteering at many health fairs, and presenting at high schools.

In closing, have a fun and safe summer, wear sunscreen, get outdoors and enjoy this beautiful city we live in. I will end with a quote from Cesar Chavez:

"We cannot seek achievement for ourselves and forget about progress and prosperity for our community... Our ambitions must be broad enough to include the aspirations and needs of others, for their sakes and for our own."

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Memorial Day is a day of remembrance, reflection and respect for honoring the men and women who gave their lives in service to our nation.

Save the Dates:



JULY MEETING/PICNIC:
July 9th, 2011 (Saturday)
at Ski Beach North (In front of Paradise Point Hotel, Vacation Rd on Mission Bay) from 10am-2pm. Lunch provided, Jumper and games for the kids! Bring the family!

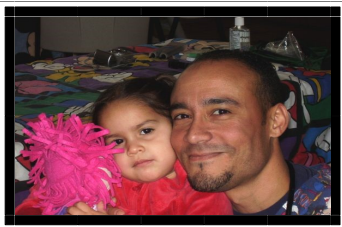
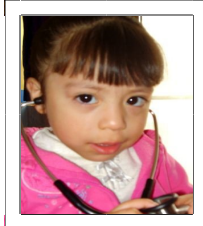


NAHN 36th Annual Conference "Assessing and Advocating for Equity and Quality for Hispanic Healthcare Reform" held on July 19th -22nd, 2011 in Las Vegas, Nevada.



SDNAHN 13th Annual Scholarship Gala
Saturday, November 12, 2011 at the Hilton San Diego Airport on Harbor Island





Making a Difference by Robert Lemos RN

Hogar Infantil La Gloria is an orphanage located about 13 miles south of the U.S./Mexican border. It is the full time home for about 50 children, who have been abandoned or removed from their families for a variety of reasons. Twice a year, on a Saturday, a group of doctors and nurses, led by Dr. Spencer Rickwa, get together for an all day excursion. The purpose of our trip is to make a difference, by providing minor medical care to children who range from infants to adolescents (free of course).

I've volunteered as a member of this medical team twice. The smiles on the faces of the children is enough, for me, to renew a compassion in caring for others and inspire me to make a difference. If you are interested in joining our medical team for a trip to La Gloria I can forward your contact information to the physician who coordinates the trip. You will be contacted with the information you need to join the team. I can be reached at letirob@cox.net.



“Often minority students face many barriers, obstacles and challenges to entering and completing a nursing program. This video shows how individuals overcame those obstacles and how you can too!”

Breaking Down the Barriers Video

California Institute for Nursing and Health Care (CINHC) a state-wide, non-profit organization dedicated to developing solutions to a critical nursing shortage and related nursing issues that effect the health of Californians is the sponsor of a video available on the organizations website. *Breaking Down the Barriers-Minority Nursing Students Share Their Stories* was the vision of Diversity Director for CINHC, Pilar De La Cruz-Reyes

RN, MSN.

The video highlights minority RN's who overcame barriers and reached their goals through perseverance, determination and a passion to care for others. The RN's discuss how they kept their dream alive and found the time to study, practice skills, and arrive at early morning clinical rotations.

The video accomplishes a unique task-to reach out to minority

nursing students, offering strategies used by nurses who overcame the same obstacles that nursing students may face today.

To watch the video go to:

<http://www.cinhc.org/2011/02/breaking-the-barriers-minority-nursing-students-share-their-stories/>

Or watch on You Tube:

<http://www.youtube.com/watch?v=Sy9S->

Congratulations to Lupita Mora-Rubio BSN, RN

SDNAHN member Lupita Mora-Rubio, R.N., B.S.N., has been promoted to the position of manager of the 4 West Medical/Surgical Department at Sharp Chula Vista Medical Center.

Lupita has worked for Sharp Chula Vista for more than eight years in various roles, including clinical nurse, advanced clinician, clinical lead and most recently, senior cardiac specialist. She has also worked as a clinical instruc-

tor at Kaplan College since 2008. Lupita brings a strong set of skills to her new position. She is trained in Just Culture and is a Lean Six Sigma Change Agent. In addition, she has good relationships with many Sharp Chula Vista employees and affiliated physicians, is involved in a number of Sharp Experience activities and community fundraisers, and is bilingual.!

SDNAHN would like to congratulate Lupita in her new role.





NAHN 36th Annual Conference- Registration Now Open

The 36th NAHN annual conference "Assessing and Advocating for Equality and Quality for Hispanic Health Care from Health Care Reform" on **July 19-22, 2011** at the **Flamingo/Harrah's Las Vegas Hotel**, Las Vegas, Nevada.

Our very own SDNAHN member, **Esther Morales** will be a presenter at this conference. Presentation topics include; research, best practices, education, administration and for the first time a career fair will be held with on-site interviews during the conference. The total CEU's available for at-

tending this conference is 17.5.

Registration is now open for the conference. To register for the conference, visit <http://nahnnet.org>

To receive a discount on registration, please join the National Association of Hispanic Nurses (NAHN) at <http://www.thehispanicnurses.org/membership-overview/> before registering online.



New Grads-Professional Development

May is the time of year when we celebrate Nurse's Week. We honor the expertise, energy, effort and compassion of our most trusted nursing colleagues.

May is also the time when many nursing students are graduating and beginning their careers.

Have you considered what you want from your career? Where do you want to be in 2, 5 or 10 years? What do you need to do to achieve those goals?

Strategies to help you achieve your goals are to explore your areas of interest. Write down your goals! What is your role? What intrigues you? What opportunities are you already prepared for? Who are your role models in nursing? What setting do you see yourself in? Is there a specialty area you are interested in?

Once you explore and write down your goals or if you're still

not sure what you want to do with your career read journals, newsletters, look at nursing websites and read discussion boards or read books on nursing and professional development.

Joining professional nursing organizations, journal clubs, and specialty organizations will help you to network at meetings, conferences and community events.

Celebrate your accomplishments and take the time to look into the future. Where do you want to be?

- Sylvia Ford MSN, RN, OCN

SDNAHN Community Outreach

Community Outreach is the heart and soul of our chapter. Thanks to the commitment of our many members we are able to reach out to the Hispanic community by attending career fairs to encourage high school students considering a career in nursing, performing blood pressure checks at health fairs or simply bringing an awareness of our organization and it's mission to the community.

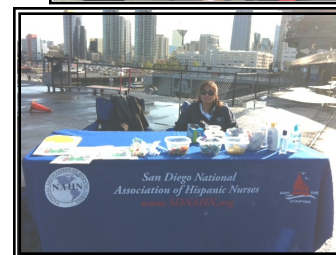
2011 has been a busy year for SDNAHN. Felipe Guterrez and Yolanda Arroyo attended the Healthcare Academy Career Fair in Escondido, CA.

Paloma Garza attended the 1st annual "Exercise for Vets" event. The fundraising event supported homeless veteran's programs.

SDNAHN members volunteered for the Women's

Resource Fair, "El Latino 2011 Celebrando" Celebra Tu Belleza, Disfruta Tu Salud Thousand Smiles, BNA Annual Scholarship Dinner, USD Employment Fair, and an American Heart Association Event in Chula Vista.

Photos: Felipe and future nursing students (upper right) Paloma Garza (bottom right)





Women's Resource Fair

By Felipe Gutierrez, RN, MSN, FNP

SDNAHN came through again at this year's annual Women's Resource Fair on February 5, 2011. Our blood pressure booth ranked as "Top Two Provider" last year with 320 participants served. We hope to have the same recognition this year, seeing just under 300 participants. The Women's Resource Fair provides a wide variety of legal assistance, health care, housing, employment, education and other related

resources to women, children and teens. Many of those women utilize services in the Medical Area each year.

Fifty-two percent of our 284 participants were Hispanic. Out of the 284 7% percent were taking medications for high blood pressure, 7% had a history of cardiac disease or hypertension, and 6% had a blood pressure reading of 140/90. Seventy percent of the Hispanic participants were on medica-

tions, had a positive history for heart disease, or had a blood pressure result of 140/90.

A big thanks to Tonie and Marisol who brought their students, and SDNAHN President Monica, and members Sandra, Eliane, Sylvia, Imelda, Tanya and Jeannette who brought her Navy Corpsman husband. We were very busy throughout the day and it was evident that these women appreciated our services and enjoyed

We were lucky again to have Kaiser physicians stationed next to us making it easy to ask for their assistance as needed.

For more information on the Women's Resource Fair, check them out at www.wrfsandiego.org



Escondido Union High School District Presentation

By Felipe Gutierrez RN, MSN, FNP

On February 16th Yolanda Arroyo and Felipe Gutierrez attended the Escondido Union High School District, Healthcare Academy Career Day at the high school district Governing Board room. Approximately 72 high school students from the academy attended.

Yolanda and Felipe manned the SDNAHN table; students were able to have the one-on-one interaction with them. The attendees were given literature on nursing from Johnson and Johnson and posters with varying messages related to nursing as a career. The stu-

dents asked great questions, "where can I go to nursing school in the north county", and "how can I pay for college?" The attendees were given resources. They also received information on SDNAHN and told to visit our website for related nursing links. They were very informed on how to prepare for college, they seemed to be getting well prepared by attending the Healthcare Academy.

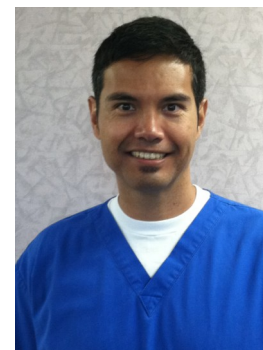
Felipe was selected as a keynote speaker and presented, "Choosing Nursing As A Career" using slides from

from choosenursing.com. The room for both breakout sessions were packed and Felipe stressed that those choosing nursing as a career need to do a self assessment, they must be a people person, a team player, critical thinker, and enjoy volunteer work. Nursing hours, pay, nursing degrees, and job opportunities were also discussed.

At the end Felipe did a quick heart anatomy lesson and the students felt one another's pulses and auscultated heart sounds using stethoscopes. An illustration of the valves of the heart was shown and

discussed. Felipe taught the students that the rhythmic opening and closing of the valves creates the "lub-dub" sounds of the heartbeat.

Yolanda and Felipe look forward to being invited again next year, we want you to join us so look for the invite from SDNAHN volunteer opportuni-





General Meeting Wrap-Up March

Sam Hua a Holistic Health Coach presented at the March General Meeting about how we can take care of ourselves:

Can you relate to someone who struggles to find time to eat well, de-stress, and exercise? "I want to help you prioritize your health because your life literally depends on it. " Inflammation is a silent killer. On the outside it hurts, but inflammation on the inside kills. When we hurt ourselves with a cut or an infection, our body heals itself by inflaming the infected area and fighting off bacteria/virus. Unfortunately, in our modern society, our bodies endure chronic low-grade inter-

nal inflammation due to poor diet, high stress, and environmental toxins. Our body's constant stress response is taxing on the immune system and leads to premature aging, cancer, heart disease, thyroid disease, chronic pain, diabetes, high blood pressure, urinary tract infections, osteoporosis, arthritis, skin conditions, acid reflux, etc. "I work so hard to help people lose weight not just so that you'll look and feel great, but so that you won't have to deal with all these diseases."

By Samantha Hua, Holistic Health Coach

Samantha Hua, Holistic Health Coach

Call for a free health consultation
(619) 876-2655

www.HappyFoodHealth.com



Upcoming General Meetings:

July 9th Summer Picnic at Ski Beach from 10am-2pm

September 10th 8:30am-12pm at Alvarado Hospital

Thank-you to our Presenters:

- Samantha Hua Holistic Health Coach
- Carolyn Shaputnic RNC, MPH, Cecilia Stillwell MPH from The National Children's Health Study
- Yessica Diaz "Type 2 Diabetes Self-management Practices"
- Joe Mintz from Thousand Smiles Foundation
- North County Ostomy Support Group

Thank-you to our sponsors:

- Lightbridge Hospice Jeffery Wilhelm & Stacey Penney
- Walden University's Johanna Sangster
- US Navy Recruiter Lt. Lane
- UCSC Elizabeth Santiellanez MPA



The National Children's Health Study- San Diego

The National Children's Health Study San Diego with presenters Carolyn Shaputnic RNC, MPH and Celia Stillwell MPH presented information regarding the largest long-term children's health study ever to be conducted in the United States. The aim is to better understand the link between the environments in which children are raised, genetics and their physical and their mental health and development.

The study looks at the link between environment and birth defects, prematurity, autism, cerebral palsy, type 1 & 2 diabetes, mental retardation, obesity, cancer, asthma, schizophrenia and learning disabilities.

The study design is a multi-site, observational, longitudinal, community-based study. The participants will be selected to represent children and families from diverse ethnic, racial, economic,

religious, and geographic and social groups from 105 counties, 79 metropolitan and 26 rural sites.

If you would like more information on the study go to:

www.nationalchildrensstudy.gov



May General Meeting

Yessica Diaz presented her dissertation on "Type 2 Diabetes Self-management Practices, Perspectives and Behaviors of Dominicans (55+) in Washington Heights/Inwood" in NYC.

Yessica was followed by Joe Mintz from Thousand Smiles Foundation, detailing the fine work that is done in Ensenada.

Many of our SDNAHN members have volunteered for this group to assist with cleft lip and palate repairs. The trip is truly a rewarding experience. If you are interested in volunteering with the medical team they can be reached at www.thousandsmilesfoundation.org or email www.sdnahn.org.

Our last presenters at the May meeting were the North County Ostomy Support Group. They asked SDNAHN members for ideas on how to reach the Latino community, and were very appreciative of members input.



Ana Cruz attended the Thousand Smiles Clinic for the first time in May. "It was such a wonderful experience and I will continue to volunteer. I loved it!"

Iris and Joe's daughter has a lovely new home in Colorado Springs.

Lydia Stewart will be installed as President of Mission Valley Rotary Club on June 30, 2011

Imelda Iribe: I'm so happy that I'm working for La Maestra Community Clinic.

Eliane ran her first 1/2 Rock and roll Marathon in May.

Que Pasa Corner

Felipe Gutierrez was selected as a podium presenter at this year's Association of California Nurse Leaders Conference in San Diego, he presented an Evidenced Based Practice Project related to a nasal bridge device that is used to secure both feeding tubes and nasogastric tubes preventing dislodgement and restraint use. Selection is blinded and based on content as well as the utilization of nurses from the bedside.

Felipe Gutierrez was awarded a research grant to conduct a research project on the effect of an Evidenced Based Alcohol Withdrawal Protocol in the medical surgical/telemetry units at Scripps Mercy Hospital. The

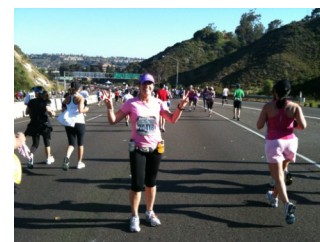
Delma Moreno- "I got in the nursing program at Southwestern!!!! YES!!!! I was number two on the alternate list and three people didn't show up so I AM IN!!! I will start in August and goodbye to my weeknights and Saturdays for two years. I am so happy!"

Sylvia Ford's daughter, Maureen was accepted to Cal Western Law School and a Faculty Scholarship recipient.

Lorena would like to congratulate her two sons for getting straight A's in school!



Lydia Stewart Installed as President of Mission Valley Rotary



Congratulations!

Ana Cruz and Sophia Jimenez graduated from Nursing School on Friday, May 20th, 2011.

Eliane (Lee) Ali just graduated from Azusa Pacific University with a BSN and is looking for a job!

Claudia Guzman graduated from USD MEPN Program May 21st, 2011.

Maria Luisa de Anda: "I am a nursing student from United States University. I will graduate in October, 2011. I am very glad to be part of the San Diego National Association of Hispanic Nurses. Since I am Latina and I feel at home."

Alba Casco: "I'm so glad to participate for the first time since starting the nursing program. This meeting will help me in the future."



I am an RN student, ready to graduate in December. "

Adriana Meza: "It was my first time here I really enjoyed it. I'm a nursing student planning to graduate October 1st."

Patricia Ruiz: "I'm in the nursing program to become an RN, hopefully this coming August I'll be finished."

"I would like to congratulate all of our graduating members. Good luck in your job search, remember to smile, radiate positivity, and remember what you have to offer. Welcome to this wonderful profession." -Monica

Upcoming Events

SDSU/UCSD Cancer Center Comprehensive Partnership Program Steering Committee Annual Meeting reception and poster session to be held on Monday, June 27, 2011 from 4:30 p.m. – 7:30 p.m., at the Commons Area of the U.C. San Diego Moores Cancer Center. Attached is an invitation for the reception.

FAMILY HEALTH CENTERS OF San Diego Presents Swan Lake Ballet on Friday July 8th at 8pm, Saturday July 9th at 2pm and Sunday July 10th at 7pm.

Held at: Theatre Eastlake HS, 1120 Eastlake Parkway, Chula Vista, CA 91915

Contact: www.fhcsd.org/donations.cfm or contact: barbaraf@fhcsd.org (619)515-2562

SDNAHN Scholarship application will be available on the SDNAHN website by June 15, 2011. Scholarship applications must be postmarked or emailed no later than October 1st 2011.



San Diego National Association of Hispanic Nurses

Get information on upcoming events, scholarship opportunities, plus much more.

Phone: 619-261-5769
Email: sdnahn@yahoo.com



We're on the web!

www.sdnahn.org



SDNAHN Board of Directors

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Webmaster: *Robert Lemos RN*

Past President: *Paloma Garza RN, MPH, FNP-C*

Founder: *Tonie Brown MA, RN*

Next Board of Director Meeting Dates:

June 6th, 2011 from 6pm-8pm at Alvarado Hospital

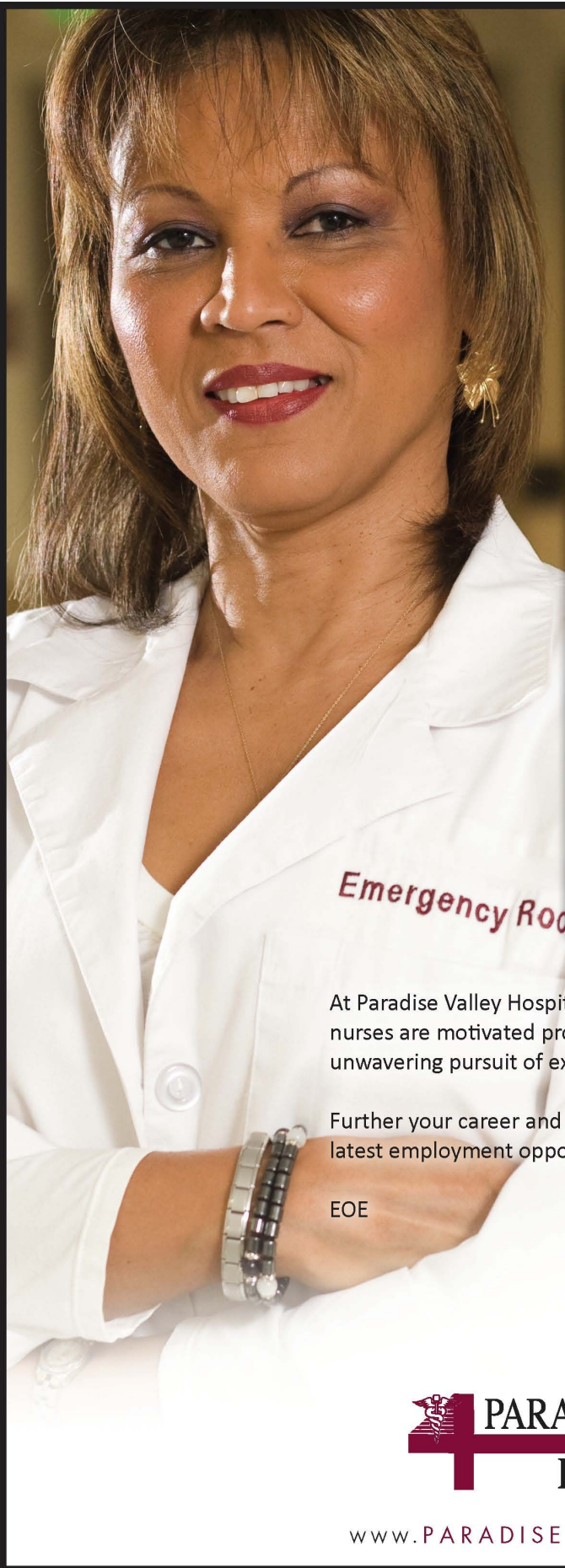
August 1st, 2011 from 6pm-8pm at Alvarado Hospital

October 3rd, 2011 from 6pm-8pm at Alvarado Hospital



Interested in becoming a board member? We meet every even month on the first Monday of the Month. Months of February, April, June, August and October.





Paradise Valley Hospital has a long historical and cultural connection to the South Bay and the Hispanic community. We are proud to say we support the the San Diego National Association of Hispanic Nurses.



At Paradise Valley Hospital, our employees are the secret to our success. Our nurses are motivated professionals with a passion for helping others and an unwavering pursuit of excellence.


Further your career and be a part of our family! Check our website for our latest employment opportunities and apply for these positions.

EOE



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