The 9th Annual Conference AAPINA

“Health Reform: Impact on Practice, Research and Education”

March 22-24, 2012

Tropicana Hotel
Las Vegas, Nevada
Welcome to our 9th annual conference of AAPINA, “Healthcare Reform: Impact on Research, Practice, and Education.” The program committee has prepared an exciting venue for us all with various interests. AAPINA has been growing, even during hard economic times. During the next two years of my presidency (2011-12), I will work hard to grow our membership and launch specific initiatives such as mentoring to benefit our membership. I hope you all can join me in these endeavors. Thank you to the Conference Planning Committee and all the hard working volunteers for their tireless efforts to make this conference a success.

Welcome to fabulous Las Vegas and enjoy your stay and professional networking!

Yu (Phil) Xu, PhD, RN, FAAN
President of AAPINA (2011-12)
Greetings! Welcome to the Asian American Pacific Islander Nurses Association’s (AAPINA) 9th Annual Conference “Healthcare Reform: Impact on Practice, Research & Education.” This year we have joined forces with the Silliman University School of Nursing Alumni.

We hope you will come away from this conference energized and motivated to participate in addressing some of the current issues in health care.

This conference is made possible by the dedication and determination of many individuals. On behalf of AAPINA, we extend our sincere thanks to the planning committee for their dedication to making this conference a success. We would also like to thank all exhibitors and presenters who have pooled their talent, time and resources to make this conference successful. Finally, we would also like to extend our appreciation to our conference attendees who continue to support AAPINA’s mission, without you this conference would not have been possible.

We hope you enjoy your stay here in Las Vegas, the city that never sleeps. With the many shows and restaurants to take advantage of, it is our hope that you will be able to enjoy what this city has to offer.

Alona Angosta, PhD, APN, FNP, NP-C
Patricia T. Alpert, DrPH, FAANP

From The Co-Chairs
It begs no explaining in words why nurses are among the most admired professionals in the world. What nurses do reflect much more than their years of schooling and training. Your work manifests a deeper personal commitment to make families closer and help build healthy communities.

On behalf of Silliman University, the oldest American school in the Philippines, I congratulate the members of the Asian American Pacific Islander Nurses Association (AAPINA) on your organizing your 9th Annual National Conference on March 22 to 24 at Las Vegas, Nevada!

Your theme, “Healthcare Reform: Impact on Research, Practice and Education”, echoes the need to reinforce the value of the healthcare profession. As well, the theme picks up on the growing need for continuing innovation in healthcare and wider reach of training to healthcare professionals across the globe, as the world’s population increases and related concerns put pressure on human and material resources. While there might be desire from many to become nurses, there might not be an equal supply of individuals who can undertake the rigors of the profession with equal amounts of competence character and faith.

Asian nurses are among the most sought after in the world. And, while there are many reasons for it, one stands out: they extend care in a way that respects patients much more than who they are in hospital records – as human beings who need as well an assurance of love, care and support.

May your 9th AAPINA Annual National Conference further strengthen the healthcare profession and yield results that are beneficial to both nurses and the communities that they serve and belong.

BEN S. MALAYANG III
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Associate Professor, University of Nevada, Las Vegas  

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Yu (Philip) Xu, PhD, RN, FAAN  
Professor, University of Nevada Las Vegas  

Jennifer Kawi, PhD, FNP-BC  
Assistant Professor, University of Nevada, Las Vegas  

Marianne Tejada, MSN, RN  
Instructor, University of Nevada, Las Vegas  

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Assistant Professor, University of Nevada, Las Vegas  

Alan Jauregui, MD, MSN, FNP  
Instructor, University of Nevada, Las Vegas  

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Associate Professor, University of Hawai`i  

Mahealani Suapaia,, MSN, RN  
Doctorate Student, University of Hawai`i  

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Assistant Professor, University of Nevada, Las Vegas  

Abstract Review Committee:  
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Assistant Professor, North Carolina Central University  

Jillian Inouye, PhD, RN  
Professor, University of Hawai`i
Sincere thanks to the following organizations that have provided financial assistance to the conference activities

**University of Nevada, Las Vegas**  
School of Nursing

**University of Hawaii at Manoa**  
School of Nursing & Dental Hygiene

School of Nursing and Dental Hygiene  
University of Hawai‘i at Mānoa

**St Jude Children’s Hospital**

**Maricopa Community College**

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ASIAN AMERICAN PACIFIC ISLANDERS NURSES ASSOCIATION
9TH ANNUAL CONFERENCE

SUCNAAI MEETING
MARCH 21-22, 2012

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<th>Wed., March 21, 2012</th>
<th><strong>SCHEDULE OF EVENTS</strong></th>
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<td>7:00-12:00 MN</td>
<td>SUCNAAI DINNER &amp; GALA NIGHT (Dinner &amp; Dance)</td>
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<td>Keynote Speaker: Ben Malayang III</td>
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<td>President Siliman University</td>
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<td></td>
<td>Dumaguete City, Philippines</td>
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<td>Venue: PARTAGAS of Tropicana</td>
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<th>Thurs., March 22, 2012</th>
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<tr>
<td>8:00-11:00 am</td>
<td>SUCNAAI BREAKFAST (General Meeting)</td>
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<td>Inspirational Speaker: Dr. Luz Sobong-Porter</td>
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<td></td>
<td>Professor Emeritus, Florida International University</td>
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<td>Venue: MONTECRISTO of Tropicana</td>
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# THURSDAY, MARCH 22, 2012
## SCHEDULE OF EVENTS

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<th>Time</th>
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<tr>
<td>1:00-5:00 PM</td>
<td>REGISTRATION (LOBBY IN FRONT OF MONTECRISTO 2-4)</td>
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<tr>
<td>12:00-1:00 PM</td>
<td>AAPINA EXECUTIVE BOARD MEETING (RESTAURANT)</td>
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<tr>
<td>1:00-3:00 PM</td>
<td>PRECONFERENCE WORKSHOP (MONTECRISTO 2-4)</td>
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<td></td>
<td>MENTORING: TEACHING, RESEARCH &amp; SERVICE: TIPS FOR TENURE &amp; PROMOTION</td>
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<tr>
<td>3:00-5:00 PM</td>
<td>AAPINA GENERAL BUSINESS MEETING (MONTECRISTO 2-4)</td>
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<td>5:15-6:30 PM</td>
<td>RECEPTION &amp; POSTER PRESENTATIONS 1 (PARTAGAS 1 &amp; 2)</td>
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<td>7:00-9:00 PM</td>
<td>DINNER (PARTAGAS 1 &amp; 2) SILENT AUCTION &amp; RAFFLE WINNERS ANNOUNCEMENT</td>
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## POSTERS

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<th>Presenter(s)</th>
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<tr>
<td>Jina Oh &amp; Jennie De Gagne</td>
<td>Evidence Review of Courses and Themes on Cinenurducation</td>
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<tr>
<td>Jennie De Gagne, Jina Oh &amp; Jeongae Kang</td>
<td>Promoting Active Learning with Clickers in Nursing Education</td>
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<tr>
<td>Sujayalakshmi Devarayamudram &amp; Jennie De Gagne</td>
<td>Synchronous Learning Through Skype: A Solution to the Present Economy</td>
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<tr>
<td>Jennifer Kawi</td>
<td>Self-Management and Self-Management Support on Functional Abilement in Chronic Low Back Pain</td>
</tr>
<tr>
<td>Nafanua Braginsky, Merle Kataoka-Yahiro &amp; Jillian Inouye</td>
<td>The Lived Experience of Pacific Island Women with a Large Body Size</td>
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<tr>
<td>Asako Katsumata, Laurie Glass, Shannon Lizer, Arlene Miller, Linda McCreary &amp; Mi Ja Kim</td>
<td>Women’s role in Development of Primary Health Care in Kumamoto, Japan</td>
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FRIDAY, MARCH 23, 2012
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8:00-9:00 am  Registration & Breakfast (LOBBY in front of Montecristo 2-4)
               Exhibits & Poster Presentations 2Continental Breakfast (Montecristo 2-4)

Welcome and Introduction
9:15-9:30 am  Yu (Philip) Xu, PhD, RN, FAAN
               AAPINA President
               School of Nursing, University of Nevada, Las Vegas

Keynote Presentation (Montecristo 2-4)
9:30-10:30 am Eun-Ok Im, PhD, RN, FAAN
               Marjorie O. Rendell Endowed Professor in Healthy Nursing Transitions
               School of Nursing, University of Pennsylvania

10:30-10:45 am  Break & Exhibits

Keynote Presentation (Montecristo 2-4)
10:45-11:45 am Melva Thompson-Robinson, DrPh
               Executive Director, Center for Health Disparities Research
               School of Community Health Sciences, University of Nevada, Las Vegas

11:45-1:30 pm  Lunch & Exhibits (Biscayne)
               Speaker: Kate Korgan, PhD
               University of Nevada, Las Vegas

1:30-3:50 pm  Concurrent Sessions (Podium Presentations)
               Session A :  (Montecristo 2-4)

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<tr>
<th>Youngmi Kang</th>
<th>Knowledge and Attitudes about Urinary Incontinence among Korean American Women</th>
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<tr>
<td>Reimund Serafica</td>
<td>Predictors of Anthropometric Indicators among Filipino Americans in the United States</td>
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<tr>
<td>Emerson Ea, Ida Danzey, Joyce Fitzpatrick, Susan Garbutt, Margaret Rafferty &amp; Michael Zychowicz</td>
<td>Doctor of Nursing Practice (DNP) Prepared Nurse Educators: Heading the Call to Transform Nursing Education and Practice</td>
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<tr>
<td>Jennie De Gagne, Jina Oh, &amp; Jeongae Kang</td>
<td>Movies in Nursing Education: Cinenurducation</td>
</tr>
<tr>
<td>Suk-Sun Kim &amp; Jennie De Gagne</td>
<td>Needs of Church based Health Interventions: Reducing Health Disparities among Korean Immigrants</td>
</tr>
<tr>
<td>Letha Joseph</td>
<td>The Tide of Healthcare Reform: The Tsunami of Chronic Disease: Nurses Leading the Battle against Chronic Disease: Are you Ready?</td>
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**Concurrent Sessions (Podium Presentations)**

**Session B: (Montecristo 1)**

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<tbody>
<tr>
<td>Alona D. Angosta</td>
<td>Tai Chi Exercise and Coronary Heart Disease</td>
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<tr>
<td>Maria Teresita Sy-Sinda, Florenda Ferrer-Cabatit, Evalyn Elardo-Abalos, Chanell Jan Carcallas-Concepcion, Grace Alcala-Gloria</td>
<td>What is Good Nursing: Perspectives from Experienced and New Filipino Nurses</td>
</tr>
<tr>
<td>Sun Ju Chang, Young-Ran Han, Wonshik Chee &amp; Eun-Ok Im</td>
<td>The Psychometric Properties of the Midlife Women’s Symptom Index in Multiethnic Midlife Women</td>
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<tr>
<td>Sun-Ju Chang, Wonshik Chee &amp; Eun-Ok Im</td>
<td>Predictors of Multiethnic Midlife Women’s Physical Activity: A Path Analysis</td>
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<tr>
<td>Rhodora Ursua, David Aguilar, Potri Ranka Manis Queanu Nur, Leonida Gamboa, Esperanza Perrella , Valdellon Mohammad Zebede Dimaporo, Laura Wyatt, Carina Katigbak, Ephraim Shapiro &amp; Mariano Rey</td>
<td>Community Health Workers’ Vital Role in Healthcare Reform</td>
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<tr>
<td>Luz Porter</td>
<td>Effects of a Blended Infant Massage-Parenting Enhancement Program (IMPEP) on Maternal Health Outcomes</td>
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**SYMPOSIA**

**Symposium (Montecristo 2-4)**

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<tr>
<td>Eun-Ok Im, Sun Ju Chang, Wonshik Chee, Eunjung Kim, Seung Hee Lee, Soon-Ok Yang &amp; Seon Ae Yeo</td>
<td>Asian Women’s Health Research Network (ASIA-WH): Current Research Studies and Future Directions for Research Collaboration</td>
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3:00-3:15 pm  Break (Montecristo 2-4)

**3:30-5:00 pm**

**SYMPOSIA**

**Symposium (Montecristo 2-4)**

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<td>Eun-Ok Im, Sun Ju Chang, Wonshik Chee, Eunjung Kim, Seung Hee Lee, Soon-Ok Yang &amp; Seon Ae Yeo</td>
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<tr>
<th>Title</th>
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<tr>
<td>Factors Associated with Nurses’ Intentions to Educate Women Patients on Heart Disease Risk and Prevention</td>
<td>Felella Kiamco-Millman &amp; Genevieve Pinto-Zipp</td>
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<tr>
<td>Self-Management Support in Chronic Illness Care: A Concept analysis</td>
<td>Jennifer Kawi</td>
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<tr>
<td>Cardiovascular Health of Filipino American Registered Nurses</td>
<td>Emerson Ea, Rhodora Ursua, Porti Ranka Manis &amp; Ryan Natividad</td>
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<td>Reflective Learning Using Voice Thread</td>
<td>Sujayalakshmi Devarayasadum &amp; Jennie De Gagne</td>
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<tr>
<td>The Relationship Between Menopausal Symptoms and Physical Activity</td>
<td>Sun Ju Chang, Eun-Ok Im &amp; Wonshik Chee</td>
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<tr>
<td>Evaluation of a Kidney Early Detection Screening (KEDS) Program in Hawai’I Utilizing Culturally Competent Grassroots Community Based Approaches</td>
<td>Merle Kataoka-Yahiro, Kamomilani Anduha Wong, Jill Tamashiro, Victoria Page, Julaine Ching &amp; Dongmei Li</td>
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### ASIAN AMERICAN PACIFIC ISLANDERS NURSES ASSOCIATION

**9TH ANNUAL CONFERENCE**

Las Vegas Tropicana Hotel

**SATURDAY, MARCH 24, 2012**

**AM POSTER SESSION MONTECRISTOL ROOM**

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<td>8:00-9:00 am</td>
<td>Continental Breakfast &amp; Poster Presentations 3 (Montecristo 2-4)</td>
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<td>9:00-11:30 am</td>
<td>Panel Speakers &amp; Questions/Answers (Montecristo 2-4)</td>
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<tr>
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<td>Healthcare Reform: Impact on Practice, Research and Education</td>
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<tr>
<td></td>
<td>Speakers: Ms. Pamela Windle (Practice)</td>
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<td></td>
<td>Dr. Jillian Inouye (Research)</td>
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<td></td>
<td>Dr. Emerson Ea (Education)</td>
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<td>Dr. Melva Thompson-Robinson (Policy)</td>
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<td></td>
<td>Dr. Ida Danzey (Leadership/Future of Nursing)</td>
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<tr>
<td>11:30-12:00 pm</td>
<td>Wrap-up, Announcements</td>
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<tr>
<td>12:00-1:30 pm</td>
<td>Conference Evaluation Meeting</td>
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<tr>
<th>Author/Speaker</th>
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<tbody>
<tr>
<td>Marianne Tejada</td>
<td>Structured Algorithm for Error Reduction in Chemotherapy Administration</td>
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<tr>
<td>Dianne Ishida, Jane Misola, Dongmei Li &amp; Marife Aczon-Armstrong</td>
<td>The Effect of Clinical Rotations to VA Nursing Academy Sites on Baccalaureate Students</td>
</tr>
<tr>
<td>Marife Aczon-Armstrong</td>
<td>Relation of Depression to Substance Use and Chronic Illness in Asian/Pacific Islanders</td>
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<tr>
<td>Lin Lin, Alvina Acquaye, Elizabeth Vera-Bolanos, Jennifer Cahill, Mark Gilbert, Terri Armstrong</td>
<td>Validation of MUIS-BT and Explore Uncertainty in Patients with Primary Brain Tumors</td>
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<tr>
<td>Melva Thompson Robinson &amp; Betty Jo Crawford</td>
<td>Nevada Native Hawaiian Pacific Islander Self-Reporting Health Survey - 2011</td>
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Abstracts

Podium Presentations
Knowledge and Attitudes about Urinary Incontinence among Korean American Women

Youngmi Kang, PhD, RN
Assistant Professor
The Carolyn McKelvey Moore School of Nursing
College of Health Sciences
University of Arkansas-Fort Smith
Fort Smith, AR
youngmi.kang@uafs.edu

Objectives: The objective of this study was to explore knowledge and attitudes about urinary incontinence (UI) among Korean American women with incontinence and provide initial information needed to design education programs and culture-specific interventions.

Methods: This study used a cross-sectional descriptive and community-based study design by means of interviews. One hundred eighty-two community-dwelling Korean American women who were 30 years and older and self-identified as having incontinent were invited to participate in the study. Data collection was conducted in 12 Korean religious organizations. The Incontinence Quiz was used to measure knowledge and attitudes about UI. Higher scores indicate greater knowledge and more positive attitudes.

Results: The mean Incontinence Quiz was 4.85 (SD=2.75) out of 14, which was much lower than midpoint of 7.0 indicating that respondents tended to have limited knowledgeable and negative attitudes toward UI. The number of correct responses to the items on the Incontinence Quiz in this sample was lower than that reported in other studies that sampled the general population.

Conclusions: Intervention to improve Korean women’s knowledge of, and attitudes toward, UI are needed. Wound, Ostomy and continence nurses should take an active role in educating women about the prevention and treatments of UI.

Keywords: Urinary incontinence, Knowledge, Attitudes, Korean American women
Predictors of Anthropometric Indicators Among Filipino Americans in the United States

Reimund Serafica, PhD, MSN, RN
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rserafica@gardner-webb.edu

The role of dietary acculturation and consumption of fat, sugar, fruits, and vegetables among Filipino-Americans (FAs) in the United States (US) remains unclear. Despite the growing numbers of FAs in the US, little is known about their dietary acculturation and fat, sugar, fruits, and vegetable consumption.

Objectives: The purposes of this study were to describe the relationship among demographic variables, level of acculturation, dietary consumption of fat, sugar, fruits and vegetables and dietary acculturation among FAs and to explore the predictors of their anthropometric measurements.

Methods: The study sample consisted of 128 FAs (N = 128) residing in US. Participants completed the demographics, the Block’s Short Food Frequency Questionnaire (SFFQ), a Short Acculturation Scale for Filipino Americans (ASASFA), and the Dietary Acculturation Questionnaire for Filipino Americans (DAQFA). Anthropometric measurements such as weight, height, waist and hip circumference were also taken from the participants. Partial Least Squares (PLS) path modelling was used to explore the predictive relationships between the latent variables constructed using principal components factor analysis and the indicator (manifest or variables measured by the researcher.

Results: The most important positive predictors of the anthropometric indicators were the Western Scale (path coefficient = .503, p < .05) and the intake of fats and sugars (path coefficient = .282, p < .05). Fruit and Vegetables (path coefficient = .034), Acculturation (path coefficient = .035), the Filipino Scale (path coefficient = .086) and Demographic factors (path coefficient = .133) were not significant predictors of the anthropometric measures at the .05 level.

Conclusions: The implications were that a high number of food items chosen from the Western Scale, in combination with an increased intake of fat and sugar, predicted a significant increase in BMI, WHR, and waist and weight circumference of FAs.

Implications for Nursing: FAs should be encouraged to decrease their fat and sugar consumption. Nurses and family nurse practitioners who take care of FAs may suggest alternative meal options who are not familiar with US food selections and choices. Nurses and other healthcare practitioners should consider the positive and negative influences of dietary acculturation in their dietary education for FAs.
**Doctor of Nursing Practice (DNP)-Prepared Nurse Educators: Heeding the Call to Transform Nursing Education and Practice**

Emerson Ea, DNP, RN; Ida Danzey, DNP, RN, CNE; Joyce Fitzpatrick, PhD, RN, FAAN; Susan Garbutt, DNP, RN, CIC, CNE; Margaret Rafferty, DNP, RN, MPH; and Michael E. Zychowicz, DNP, ANP-C, ONP-C, FAANP

In 2010 President Obama signed the Patient Protection and Affordable Care Act into law, which will have profound implications for nursing practice. Delivering effective and efficient health care will require thousands of additional skilled nursing professionals. A highly experienced and capable nurse faculty workforce will be essential to the success of this effort.

In the book, "Educating Nurses: A Call for Radical Transformation" Benner and colleagues (2010) highlight the need to change the way that we currently educate future nurses. Benner and her colleagues call attention to the factors that are currently shaping our health care system—an expectation that care be provided in a safe and effective manner, but within the context of increasingly limited resources. As frontline caregivers, nurses have the moral, legal and ethical obligation to meet these ambitious consumer and health care demands. The Institute of Medicine report on the Future of Nursing strongly recommends that awareness of this responsibility should start in nursing school. A sometimes overlooked, but nonetheless critical undercurrent in this ongoing discussion of the need to do more with less is a worsening nursing faculty shortage.

One viable solution to mitigate and perhaps reverse the current faculty shortage is to tap DNP graduates, especially those who are prepared as educators. The aims of this presentation are to discuss and highlight: 1) the specialized role of DNP graduates as educators and leaders in nursing education, 2) the potential contribution of DNP-prepared faculty in preparing safe and effective practitioners in an era of declining resources, and 3) the implications of the DNP for nursing scholarship.

The increase of DNP graduates presents an opportunity to resolve the crisis in the availability of trained nursing faculty and to narrow the gap between nursing education and nursing practice. DNP-prepared nurse educators could significantly contribute to reshaping nursing education and nursing practice in the ways called for by Benner and the Institute of Medicine.
Movies in Nursing Education: Cinenurdudcation

Jennie C. De Gagne, PhD, MSN, MS, RN-BC, CNE (presenting author)
Jina Oh, PhD, RN
Jeongae Kang, MS

Introduction: Although films have already been used as an instructional aid in nursing education, few studies have been made that demonstrate clearly which theories could be attributed to this field. The purpose of this presentation is to discuss the characteristics of cinenurdudcation along with its conceptual framework based on andragogical and constructivist methodologies.

Descriptions of the basic concepts: Compounding the words cinema, nursing, and education, cinenurdudcation is characterized as (a) student-centered, (b) experiential, (c) problem-based, and (d) collaborative learning. The difference between traditional and student-centered education is about redistribution of power in that while the former holds up the idea that instructors have all the knowledge and learners have little or none, the latter expects learners to take more responsibilities in monitoring and reflecting their own learning process. Experiential learning is considered as a strategy that increases empathy in students. Watching films provides a strong connection between the learners and the film characters, helping students clarify their experiences. Adult learners tend to be more pragmatic than younger learners and prefer learning that is problem-centered. Promoting critical thinking skills, problem-based learning allows the student to find, evaluate, and substantiate the information required to support conclusions for real-life situations. Adult learning is collaborative and participatory in nature, which calls for trust and partnership. Through a collaborative learning environment, learners create interactive learning communities, sharing emotional and social support while exploiting each other’s skills and contributions.

Implications for nursing: Refining Alexander’s notion of cinemeducation, we have introduced cinenurdudcation, specifically intended for nursing research, practice, and education. We propose that this new concept differs from cinemeducation in that cinenurdudcation refers to an instructional method based on a theoretical framework as well as to an instrumental strategy to attain competencies in nursing education. On the basis of andragogy and constructivism, cineducation can be systematically used in the nursing curriculum. Future studies may include instructional guides of sample movies that could be effectively used in various nursing domains to teach competencies as well as the development of evaluation criteria and standards to assess students’ learning outcomes.
Needs of Church based Health Interventions: Reducing Health Disparities among Korean Immigrants

Suk-Sun Kim, PhD, MSN, RN (presenting author)
Jennie C. De Gagne, PhD, RN-BC, CNE

**Introduction:** Korean immigrants (KIs) often feel that receiving medical care and utilizing US healthcare services (HCS) is difficult. The main reasons for such challenges were related to the language barrier (Blendon et al., 2007), the unaffordable health insurance (Jang, Kim, & Chiriboga, 2005; Sohn, 2004), and mistrust of the American healthcare system (Jang et al., 2005). After immigrating in the US, more than 80% of KIs began to attend Korean churches (Park & Bernstein, 2008). Korean churches have played an important role for many KIs in social networks when adjusting to their new country’s lifestyle. Therefore, the aim of this study was to examine the relationship between utilization and barriers of HCS and to explore the needs of church-based health interventions to decrease health disparities among KIs.

**Method:** This mixed method study used a stepwise multiple regressions and content analysis. Ninety-one KIs (35 males and 56 females) living in Raleigh, NC completed a questionnaire and two open ended questions.

**Results:** The majority of the participants (68.1%) reported that they utilized the US healthcare system poorly. In the final model of regression, knowledge of health insurance, family income, and English communication ability were accounted for 30.1 % of the variance in utilization of HCS (p=.043). These findings indicated that poor knowledge of health insurance, lower family income, and poor English speaking ability were related to lower utilization of HCS. Living longer in the US was not related to the utilization of HCS.

Four themes emerged: (a) dissatisfaction with the US healthcare system, (b) language barriers in utilizing medical resources, (c) the need for community-based educational programs about chronic disease management and disease prevention, and (d) the need for understanding the use of health insurance and the US healthcare system including delivery and payments methods.

**Implications for nursing:** Church-based interventions should be designed and tested toward increasing the use of HCS by KIs by improving the knowledge about how to use health insurance and the US healthcare system.
The Tide of Health Care Reform: The Tsunami of Chronic Diseases: Nurses Leading the Battle against Chronic Diseases: Are You Ready?

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Patient Protection and Affordable care act (PPACA) of 2010 proposes three significant policy recommendations to improve US health care system; ensure health care coverage for all Americans, reinforce affordable and accessible preventive health care, and improve health care efficiency and quality (Paradis, 2009). The title IV of PPACA is committed to preventing chronic diseases and improving public health (HealthCare.gov). Nurses in all practice settings, functioning at various scopes of practice have imperative role in global health promotion and disease prevention.

The World Health Organization (WHO) describes chronic disease as “diseases of long duration and slow progression”. Non communicable Chronic Diseases (NCD) are diseases, not typically caused by an infectious agent but from genetic susceptibility, lifestyle or environmental exposures. According to CDC, 7 out of 10 deaths among Americans each year are from NCDs. Heart disease, cancer and stroke account for more than 50% of all deaths each year. Substantial disparities exist among the population in mortality and morbidity related to NCDs. Culturally and linguistically diverse ethnic minorities face different challenges in the management of NCDs. Up to 80% of heart disease, stroke and type 2 diabetes and over a third of cancers could be prevented by eliminating or managing risk factors. The main shared behavioral risk factors are tobacco use, unhealthy diet, physical inactivity and the harmful use of alcohol. The associated biological risk factors include raised blood pressure, raised cholesterol, raised blood glucose and overweight/obesity (Chronic Disease Prevention and Health promotion, 2010).

In US, Dr. Wagner’s chronic care model (CCM) guides the management of NCDs. Research supports that nurses are in better position to be the part of ‘preparted, proactive practice team’ to manage the NCDs successfully at various levels of prevention (Boville, 2007). As the health care focus shift to health promotion and disease prevention, nurses, the first and consistent contact for patients, families and communities in all settings, need to function at their maximum potential to gather data on social, cultural and economic factors and develop patient centered interventions to render ongoing evidence based, cost effective, quality care, education and support.
Tai Chi Exercise and Coronary Heart Disease

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Purpose: a) to explore current studies on Tai Chi and its impact on coronary heart disease (CHD), b) provide critique of existing studies, and c) provide recommendations for clinical practice and future research.

Data Sources: Comprehensive review of the literature.

Conclusions: CHD is the leading cause of death of all Americans. Exercise has been shown to prevent the progression of CHD. One form of exercise, Tai Chi, is a safe alternative exercise for patients who are at risk of CHD or with existing CHD. Implementing Tai Chi exercise improves serum lipids, blood pressure, and heart rate.

Implications for nursing: With the new health care reform, Advanced practice nurses (APNs) need to know what kind of treatment and prevention interventions are effective to manage complex and/or chronic conditions such as CHD. APNs are in an ideal position to facilitate health promotion and disease prevention. APNs may prescribe Tai Chi as an alternative exercise therapy for their patients at risk for developing CHD and for those with existing CHD. Tai Chi exercise may help prevent and even reverse the progression of CHD.

Key words: “Tai Ji,” “Tai Chi,” “Tai Chi Chuan,” “lipids,” “hyperlipidemia,” and “coronary heart disease, exercise, physical activity.”
What is Good Nursing: Perspectives from Experienced and New Filipino Nurses

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INTRODUCTION: This qualitative study aimed to identify and compare new and experienced registered nurses’ perceptions of what is ‘good nursing’ in the Philippines.

METHODS: Purposive sampling was employed to recruit 30 nurses who composed four groups (2 groups of new nurses and 2 groups of experienced nurses). These nurses were recruited from the three local tertiary hospitals (2 privately-owned and 1 government-run). Nurse educators and administrators were excluded. Informed consent was obtained from the participants. Focus Group Discussion (FGD) was the method used to collect data. FGD proceedings were transcribed into verbatim narratives, coded and analyzed. Major themes were drawn and grouped into categories.

RESULTS: The following major themes were arrived at.

Experienced Nurses--Good nursing is:
- Good interpersonal relationships (IPR) with patients, family, and hospital staff
- Competent, humane, and holistic care guided by one’s Christian values and manifested by one’s character.
- Nursing not only for the patient but for the nurse as well.

New Nurses--Good nursing is:
- Performing quality nursing according to what is asked by the nursing profession, guided by and adhering to standards of nursing practice.
- Competent and professional performance of nursing skills, knowledge and attitudes (SKAs).
- Enhancing self-maturation, character-building and acquisition of people skills.

There are similarities in the definition and description of what good nursing is between new and experienced. Differences can be noted in the experienced nurses’ focus on treating patients as family members and how their care can have impact on others. New nurses’ on the other hand, are focused on the process and validation of their competence.

CONCLUSIONS: New and experienced nurses have similar definitions of good nursing. New nurses however, tend to see good nursing from a more self-focused perspective which is reflective of their transition from a novice to becoming proficient and competent nurses. Experienced nurses are more other-focused. If their experience was positive, they tend to see themselves as mentors of the young reflective of their role as models of nursing practice and having reached a level of expert practice. If their experience was negative, they tend to be hypercritical of how others do nursing.
The Psychometric Properties of the Midlife Women’s Symptom Index in Multiethnic Midlife Women

Sun Ju Chang, Young-Ran Han, Wonshik Chee and Eun-Ok Im

Objectives: Menopausal symptoms have been associated with midlife women’s quality of life and physical and psychological health. Health care providers need to assess menopausal symptoms of midlife women accurately to provide appropriate and adequate care for the women. Although a number of instruments have been developed and tested to measure women’s menopausal symptoms, psychometric properties of few instruments have been tested among multiethnic groups of midlife women. The purpose of this study was to evaluate psychometric properties of the Midlife women’s Symptom Index (MSI)—which was designed to measure menopausal symptoms for multiethnic groups of midlife women—in four ethnic groups of midlife women.

Method: This study was a secondary analysis of the data from a larger Internet survey study on menopausal symptoms of four major ethnic groups of midlife women in the U.S. Only the data on sociodemographic characteristics and menopausal symptoms (measured using the MSI) of 494 midlife women from four major ethnic groups - Hispanic, Asian American, African American, and White - were used for this secondary analysis. To evaluate reliability of the MSI, the Kuder-Richardson Formula 20 (KR-20) for the prevalence part of the MSI (dichotomous scales) and the Chrobach’s alpha for the severity part of the MSI (Likert scales) were used. Also, item-total correlation and inter item correlation analyses were used for the item analysis. Correlation analysis and ANOVA were used to evaluate convergent and discriminant validity of the MSI, respectively.

Findings: Coefficients of the KR-20 and the Chronbach’s alpha were larger than .90 across four ethnic groups. The item-total correlation coefficients ranged from -.07 to .73; the item of “lost weight” had a negative value. The inter-item correlation coefficients ranged from .13 to .15 across four ethnic groups. The result of correlation analyses between the total scores and the subscale scores of the MSI were statistically significant \((p<.01)\). There were significant ethnic differences in the total MSI scores among four ethnic groups \((F=5.01, p<.01)\).

Conclusions: This psychometric properties supported acceptable internal consistency reliability and validity of the MSI in multiethnic groups of midlife women. Although some items need further evaluation through future studies, health care providers could use the MSI to assess menopausal symptoms of diverse ethnic groups of midlife women.

Acknowledgement: This study was conducted as part of a large study funded by the National Institutes of Health (NIH/NINR/NHLBI)(R01NR010568).
Predictors of Multiethnic Midlife Women’s Physical activity: A Path Analysis

Sun Ju Chang, PhD, Wonshik Chee, PhD, and Eun-Ok Im, RN, MPH, PhD, CNS, FAAN

Objectives: Many beneficial effects of physical activity on health have been reported, but physical inactivity rates still remain high in midlife women. Although many intervention studies have been conducted to promote physical activity among midlife women, they have rarely succeeded in increasing physical activity. To develop effective physical activity promotion programs, it is imperative to understand the influencing factors of midlife women’s physical activity and the direct and indirect pathways through which the factors influence the women’s physical activity. The purpose of this study was to determine the pathways between midlife women’s physical activity and six influencing factors (acculturation, barrier, self-efficacy, social influence, menopausal symptoms and attitudes) among four major ethnic groups in the U.S. The influencing factors were determined based on the Midlife women’s Attitudes toward Physical Activity (MAPA) model.

Method: This was a descriptive study using a cross-sectional Internet survey. A total of 542 midlife women were recruited using a quota sampling method. Data were collected using questions on background characteristics, health and menopausal status, the modified Barriers to Health Activities Scale, the Physical Activity Assessment Inventory for self-efficacy, the Questions on Attitudes toward Physical Activity, Subjective Norm, Perceived Behavioral Control, and Behavioral Inventory, and the Kaiser Physical Activity Survey. The data were analyzed using path analysis.

Findings: The attitudes scores (β=0.31, p<.01), the self-efficacy score (β=0.26, p<.01), and the barrier scores (β=-0.11, p<.05) had a direct effect on the physical activity scores. The level of acculturation and the number of menopausal symptoms had an indirect effect through the self-efficacy score and the barrier scores on the physical activity scores. However, the social influence scores had no significant pathway. All variables explained 26.1% of the physical activity scores. The model for path analysis had good fitness indices: Goodness of Fit Index (GFI) of a .99 and the Normed Fit Index of a .97.

Conclusions: In order to promote physical activity of midlife women, health care providers need to consider the factors that have direct and/or indirect effects on physical activity in their development of future interventions.

Acknowledgement: This study was conducted as part of a large study funded by the National Institutes of Health (NIH/NINR/NHLBI)(R01NR010568).
Community Health Workers’ Vital Role in Healthcare Reform

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Objectives: By the end of this presentation, participants will have an improved understanding of the value of community health workers (CHWs) as key members of the health care workforce, based on lessons learned from a CHW intervention conducted with Filipino communities in New York and New Jersey. Several sections of the Patient Protection and Affordable Care Act (ACA) recognize CHWs’ crucial role in achieving important health care reform goals. For instance, with the ACA’s emphasis on community-based preventive care, community-based health teams, and patient-centered medical homes, CHWs become vital to the restructuring of the delivery of primary healthcare.

Methods: Project AsPIRE, an NIH-sponsored community-university partnership, provides culturally- and linguistically-appropriate CHW interventions to reduce the risk of cardiovascular disease and improve health access for Filipino Americans. CHWs who carry out this project are trusted members of the community who promote health through patient navigation, educating them on how to manage their health, and advocating to decision makers for improved health access.

Results: Based on a sample of 1005 hypertensive Filipino Americans screened at Project AsPIRE community-based health screenings, 52% were reported currently taking antihypertensive medication, among whom 68% remained to have uncontrolled hypertension. Based on AsPIRE’s pilot intervention, individuals who received the allocated intervention saw a decrease in systolic BP by 11 mmHg and diastolic BP decreased by 7 mmHg. Those in the comparison group saw a decrease in 3mmHG in systolic BP and diastolic BP remained the same between baseline and 4-months (p<0.05). Further results will be presented on the impact of the CHW intervention on health outcomes of study participants.

Conclusions: Utilizing CHWs is increasingly being viewed as a low-cost approach for improving community health and well-being and reducing health disparities. By bringing in individuals unfamiliar to the healthcare system, providing cultural linkages, overcoming distrust, contributing to building patient-provider communication, enhancing adherence to care, CHWs provide additional patient support, reinforcing the treatment they receive by clinicians such as nurses and physicians. Widespread incorporation of CHWs into the health care system offers unparalleled opportunities to improve the delivery of preventive and primary care to America’s diverse communities.
The purpose of this study is to determine the effects of a blended infant massage-parenting enhancement program (IMPEP) on parenting stress, depression, self-esteem, and maternal-infant interaction among recovering substance-abusing mothers (SAMs). The adverse effects of perinatal substance abuse are complex, including heightened maternal stress, depression, altered self-esteem, and limited parenting effectiveness. Impaired infant development can result from failure to establish positive mother-infant interactions. This study used a randomized, controlled three-group design with repeated measures over time, comparing the impact of 2 levels of treatment and control conditions on maternal and infant health outcomes. However, this paper addresses only the maternal health outcomes because of time constraint. The procedures sequenced as follows: a) informed consent and baseline assessment (T1); b) 4 weekly IMPEP or PEP intervention sessions; c) post intervention assessment (T2); and d) follow-up assessment (T3). The data, collected using Abidin’s Parenting Stress Scale (APS), Beck’s Depression Inventory (BDI), Rosenberg’s Self-Esteem Scale (RSE), Mueller’s Maternal-Infant Attachment Scale (MIA), and Background Information Questionnaire, were analyzed with descriptive statistics, Kruskall-Wallis ANOVA, and post hoc MANN-Whitney U tests. The sample was composed of 37% Black, 17% Hispanic, and 41% White; the majority being single and had completed 7-12 years of education. Study groups differed in PS, depression, and SE level in favor of the IMPEP. Both IMPEP and PEP groups showed significant within-group changes in parenting stress and depression as compared to the Control group. IMPEP SAMs showed more interactions with their infants at T2 and T3. However, the 3 study groups did not differ in maternal-infant attachment. The IM factor appears to have a value-added effect on certain maternal health comes. Incorporation of psychomotor activity, e.g., infant massage, in parenting skills enhancement programs may prove to be beneficial. It behooves health care professionals to develop cost-effective means of parenting skills enhancement, building upon the natural components of early mother-infant interactions. Global replication of the study merits consideration to establish the generalizability of the findings, and further promote evidence-based practice with mothers and their babies, toward achieving our national goal of maintaining healthy families and healthy communities across cultures.
Abstracts

Poster Presentations
Evidence Review of Courses and Themes on Cinenurducation

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Jeongae Kang, MS

**Introduction:** Teaching nursing to undergraduate students could be tedious and boring work, particularly if only a didactic teaching method is used to deliver lectures. In the past, films were only considered for commercial use, but now, they are used in classrooms. Teaching higher-level thinking ability such as synthesis of knowledge and clinical decision making cannot be accomplished wholly through traditional methods. Through the use of films, nursing students would gain knowledge and skills while increasing empathetic attitudes and professionalism.

**Objectives:** Innovative or non-traditional teaching methods should be used to stimulate the interaction between the lecturer and students and to increase information retention and interest in nursing. The purpose of this presentation is to analyze subjects, courses, and themes on research papers using cinemas in nursing education.

**Methods:** All the published articles that investigated the impact of using films as a teaching tool between January 1990 and September 2011 were included through searching computerized databases to locate the content of papers about the use of films in nursing education. Data were collected from a review of seven databases, using a combination of the terms ‘film, movie, or cinema,’ ‘nursing,’ and ‘education, learning, or teaching’ as keywords.

**Results:** The education level of the students participating in the studies varied as follows: undergraduate (500 and more), RN-BSN (32 and more), and graduate (33). The courses were fundamental nursing, nursing introduction, nursing ethics, nursing system, nursing education, advanced adult health nursing, pediatric nursing, as well as psychiatric and mental health nursing. The overarching themes in the courses included: empathy, ethical issues, palliative care, and communication skills.

**Conclusion:** Commercial films can be effectively used to engage students outside the usual classrooms, laboratories, or clinical sites. Future studies may include instructional guides of sample movies that could be effectively used to teach nursing competencies.
Factors Associated with Nurses’ Intentions to Educate Women Patients on Heart Disease Risk and Prevention

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Background: Heart disease is the leading cause of death in women in the United States. Literature indicates that despite aggressive educational efforts, only about 54% of women are aware that heart disease is their major health risk. Educating women about heart disease risk and prevention should be a focus of all health care professionals especially staff nurses.

Being the largest group of health care professionals, nurses can be in the forefront of this mission. With more than half working in the hospital setting, staff nurses can impact women’s awareness of heart disease. However, very little is known about factors associated with nurses’ intentions to educate women patients about heart disease risk and prevention.

Objective: This study examined factors including attitudes and perceptions associated with nurses' intentions to educate women patients about heart disease risk and prevention.

Methods: Using a descriptive - correlation design, 91 telemetry and medical –surgical nurses of a suburban acute care hospital completed the Nurses Educating Women about Cardiovascular Disease (NEWCVD) questionnaire, self-administered survey instrument (developed by the principal investigator) based on Ick Ajzen’s Theory of Planned Behavior (TPB). The questionnaire assessed nurses’ attitudes, perceptions of expectations from significant others (subjective norms), and perceptions of their abilities to educate women patients about heart disease risk and prevention. Selected professional attributes and their association with the target behavior were also explored using chi-square statistics.

Results: The study revealed significant associations between nurses’ attitudes, subjective norms and perceived behavioral control and nurses’ intentions for the target behavior with subjective norms scoring the highest.

Conclusion: Knowledge of nurses’ attitudes and perceptions can help guide health care organizations in mobilizing nurse-led initiatives in raising women patients’ awareness of heart disease as a major health risk.
Self-Management Support in Chronic Illness Care: A Concept Analysis

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Purpose. This paper reports on the concept analysis of self-management support.

Background. Self-management support is a concept in its early phase of development. It is becoming increasingly evident in the literature on chronic illness care. However, the definition has been varied and vague leading to variable self-management support programs and consequently inconsistent outcomes. Clarification of the concept of self-management support is necessary in chronic illness care.

Methods. Walker and Avant’s concept analysis method was used to examine the concept of self-management support. Data sources included systematic multidisciplinary searches of multiple search engines.

Results. Self-management support refers to sustaining approaches consisting of patient-provider attributes (patients as partners, provision of diverse and innovative education modalities, and individualized, patient-centered care), provider attributes (adequate knowledge, skills, and attitudes), and organizational attributes (putting an organized system in place, multidisciplinary team approach, and use of tangible/social support).

Implications. A well-clarified concept of self-management support provides necessary components in self-management support programs that can allow consistent implementation and evaluation. There is a great potential that self-management support can help improve outcomes of chronic illness care and reduce health care costs.

Keywords: concept analysis, self-management support, self-management, partnership, patient-centered care, multidisciplinary management, social support
Cardiovascular Health of Filipino American Registered Nurses
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Ryan Natividad, BA

Background: Filipino Americans (FAs) have the highest rates of hypertension among Asian Americans. Although they constitute one of the largest groups of immigrants in the United States (US), very little is known about them in the literature especially about their cardiovascular health. A significant number of FA professionals are licensed Registered Nurses (RNs). Owing to the nature of their work, anecdotal evidence indicates that many of Filipino RNs suffer from hypertension (HTN) and stress. Despite population growth and documentation of HTN among FAs in NY/NJ, no research has been published about their health status and needs, specifically those that explore FA RNs’ cardiovascular health in the Northeast.

Purpose: This pilot study aims to determine the level of acculturation and hypertension, and their relationship among FA RNs in NY.

Design, Setting and Methods: Using a community-based participatory research (CBPR) approach, a survey using a demographic and health history questionnaire, and A Short Acculturation Scale for Filipino Americans (ASASFA) was conducted. In addition, a blood pressure screening was also conducted. To be included in the study, Filipino RNs must be between the age of 30-65 years, must have obtained their initial nursing degree from the Philippines, and currently working in New York. Participants were recruited using data collectors from Philippine Nurses Association of New York and affiliates and IRB approval was obtained prior to data collection. Statistical analyses were conducted using SPSS version 18 software.

Research Findings: Results revealed that majority of the FA RNs surveyed (N=96) are women, married, work full-time, work in acute care settings, and earn between $75,000 to $100,000 per year. In addition, 46% were found to be hypertensive either by history or as a result of the screening, 26% were found to be pre-hypertensive during the screen and 24% were found to have either no history of HTN or found to have normal blood pressure reading during the screen. Further analysis revealed that the participants have an acculturation that leaned toward their adopted culture and that there was no relationship between hypertension and acculturation.

Implications for Nursing Research and Practice: The results of the study provide valuable information about the cardiovascular health of Filipino RNs surveyed specifically hypertension. Although there was no relationship found between the level of acculturation and hypertension in this sample, the high number of participants found to be either hypertensive or pre-hypertensive is a cause for concern. There is a need to further explore hypertension among this group of FA immigrants especially the factors that could contribute to hypertension.
Structured Algorithm for Error Reduction in Chemotherapy Administration

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**Purpose.** To develop an evidence-based structured algorithm tool that might be used by nursing leaders at a cancer center to decrease chemotherapy medication errors.

**Background.** In spite of available technology and known factors resulting in medication errors, chemotherapy errors remain the major cause of iatrogenic patient morbidity in hospitals (Gilbar, 2001; Heidt et al., 2001). A major risk factor for chemotherapy errors is lack of standardization in administration (ordering, dispensing, administration, monitoring). Failure to identify necessary staff skills/aptitude required to prevent errors may also be problematic.

**Significance.** Use of the developed algorithm may lead to development of evidence-based strategies to decrease errors in chemotherapy administration in cancer patients.

**Methods.** A comprehensive review of literature related to Chemotherapy Administration and medication errors was performed. Search included the following: Science Direct, CINAHL, Pub Med, MEDLINE, Expanded Academics. Search limits included publication within 10 years, peer reviewed journals, English. Primary key words: “chemotherapy process,” “medication error,” “error prevention,” “error rate,” “protocol violation.” Secondary search terms: “Medication Use Process,” “tumor biology and kinetics,” “protocol guidelines,” “risk management,” “prevention strategies,” utilization of “information technology systems.” Articles addressing error reduction and standardized verification of treatment/dosing were reviewed. Data sources examined reduced error rates, and consisted of books, articles, and abstracts from scientific conferences.

**Findings.** Several sources support chemotherapy error reduction is achievable through use of evidence based strategies. Standardizing formats through procedures/protocols reduces potential for medication errors. Integration of information systems elements such as Computer Prescribing Order Entry, Bar-coded medication administration, Electronic medication administration records, Automated dispensing machines and IV PumpGuardrails decrease errors in medication administration. Other strategies that enhance error reduction for chemotherapy were Standardized Ordering Forms, Infusion-related Hypersensitivity Reaction information and Adverse Reaction guidelines, Extravasation Management Protocols, Verification Grids, and Standardized Patient Identifiers. A decision-tree algorithm incorporating all aspects of this evidence was developed.

**Implications to practice.** The practical implication of this project is that standardized protocols for medication administration, information systems strategies, and a variety of other techniques aimed at specific points in the error process may reduce error rates and assist in improved outcomes related to medication safety, in particular, chemotherapy administration.

**Recommendations.** The utilization of an algorithm should be tested in clinical practice to determine the effect on chemotherapy error rates.
**Promoting Active Learning with Clickers in Nursing Education**

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Jina Oh, PhD, RN  
Jeongae Kang, MS

**Introduction:** Mastering the art of engaging students in the learning process is essential to successful learning outcomes. Clickers, also known as classroom response systems (CRS), are widely used across disciplines, and their effectiveness has been demonstrated in higher education. However, few studies have been conducted on clicker use in nursing education. The purpose of this poster presentation is to examine the literature on how clickers can best be used to promote learner engagement among undergraduate nursing students and to better classroom education.

**Method:** A search of the literature was conducted to locate published material relating to health-related disciplines: nursing, medicine, and allied health. Manually obtained, reference lists in the retrieved articles were also incorporated in this review. Included were studies of clicker use in the target domains, written in English, in peer-reviewed journals between 2003 and 2009.

**Results:** 15 original reports on teaching with clickers in the fields of nursing, medical, pharmacy, and paramedic education were included in the review. These reports totaled 1,215 participants in geographically diverse schools and counties. Critical reading of the 15 studies identified three key characteristics of clicker use in nursing, medical, pharmacy, and paramedic education found among fifteen empirical studies: (a) interactivity and participation; (b) satisfaction and learning outcomes; and (c) formative assessment and contingent teaching.

**Implications for nursing:** Competent nurse educators must understand the scope of available technologies and plan each course and session based on the instructional needs of the intended audience. Although clickers are not new to nursing education, they are one of the technology imperatives that can promote active learning and facilitate critical thinking of nursing students.
The Effect of Clinical Rotations to VA Nursing Academy Sites on Baccalaureate Students

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Introduction: With the past few decades of active U.S. military involvement in the Middle East and Asia, the health care needs of both active duty and veteran population has changed from past wars and requires health care professions to be cognizant of their unique needs. A tri-partnership with VA, DOD, and a school of nursing from a VA Nursing Academy (VANA) grant provided an opportunity for baccalaureate nursing students to have clinical experience with veterans and active duty military personnel (ADMP).

Study Aims: To compare students who had VANA clinical rotations with those who did not at the initial and second survey on: 1) students’ knowledge of health care needs of veterans and ADMP/family; 2) students’ interest to work with veterans and ADMP/family after graduation; (3) students’ interest in joining the military service after graduation and; 4) differences in knowledge, interest to work with veterans and ADMP, and interest in joining the military, among those who repeatedly had clinical rotations to VA and/or DOD clinical sites.

Methodology: The study was a cross-sectional design using 2 repeated measures. The sample size was 352 students. A 6 question likert scale tool addressed the study aims. Frequency distributions and chi-square tests were used to show the difference in proportion of interest in working with veterans and active duty military personnel after graduation and knowledge about them between students who had VANA rotations and who did not at both initial and second surveys.

Results: There were significant differences between the students who had VANA clinical rotations an those who did not in 1) good knowledge of health care needs of veterans, 2) good knowledge of ADMP, 3) interest in working with veterans, and 4) interest in working with ADMP. Repeated clinical rotations to VANA sites significantly increased interest in working with veterans. VANA clinical rotation was a significant predictor of increased knowledge and, knowledge was a significant predictor of interest in working with veterans and ADMP after graduation.
Relation of Depression to Substance Use and Chronic Illness in API

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The purpose of this study was to: a) identify the prevalence of current depression, substance use (cigarette smoking and alcohol use) and chronic illnesses (diabetes, cardiovascular diseases and asthma) among Asian/Pacific Islander (API) adults in Hawaii; b) determine if there are significant differences in the prevalence of current depression, substance use, and chronic illnesses between Asians and PI adults in Hawaii; and c) determine if there is a relationship between current depression, substance use, chronic illnesses and individual characteristics and selected social determinants.

Few studies have focused on API, even fewer reported findings for each subgroup separately despite the unique characteristics of each subgroup. As a result, little is known about the specific characteristics of API subgroups. Nationally minority health is emphasized in its Healthy People 2010 objectives relevant to the diverse ethnic group. One of the overarching goals of Healthy People 2010 was to eliminate health disparities among different segments of the population.

The study design uses descriptive statistical analysis of cross-sectional data collected by the Hawaii Behavioral Risk Factor Surveillance System (HBRFSS) in 2008. The initial analysis used univariate and bivariate analysis. In-depth analysis was conducted using the cumulative model of multiple logistic regression.

The sample for this study was 3,113 with a mean age of 51.5 years. More than one in four participants (26.1%) were 65 years or older. Three out of five participants were female (60.6%). The sample distribution by ethnic group was: Japanese (1,273; 40.9%), Hawaiians/part-Hawaiians (728; 23.4%), Filipinos (618; 19.9%), and Chinese (321; 10.3%). Significant differences in prevalence of depression between Asians and PI were found. PIs in Hawaii were two times more likely to have severe/moderately severe depression compared to the Asian group. Several factors affect these prevalence rates including selected social determinants.

The result of this study could serve as a guide for development of culturally sensitive interventions that will effectively improve assessment of early signs of depression in API with chronic illness and substance use. This was one of the few studies which described disaggregated information used to identify specific subpopulations who experienced high prevalence of current depression, substance use and chronic illness and identified the challenges that some API subgroups face.
Reflective Learning Using Voice Thread

Sujayalakshmi Devarayasamudram, M. Phil, MSN, RN (presenting author)
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**Introduction:** Voice thread is totally a web based application, allowing students’ to place collections of media. The media can be from various sources such as images, drawings, videos, documents, personalized voice messages and power point presentations. With voice thread, the instructors and students will have an access to innovative multimodal platform to share their reflections and dynamically engage with each other. It gives freedom to learner as well as teacher by providing an opportunity to work at own pace. Some of the benefits of voice thread are: creativity, active learning, collaborative learning, reflective learning, experiential learning, problem solving, critical thinking and verbal and nonverbal communication.

There are five different ways the students can leave their comments: using voice with a mike or telephone, text, audio file or video by web camera or video camera.

**Basic Concepts:**
What is voice thread?
The difference between voice thread and discussion thread
Benefits of using voice thread
Barriers in using voice thread
Global implications for use of voice thread

**Implications to nursing education**
Voice thread can be used in the nursing education in different ways.
Reflective journal: It provides an opportunity to students’ to reflect on their experiences in lab, classroom and clinical settings
Critical Thinking: Students can answer the critical thinking questions
Case study: Students can post their case studies to each other to work on
Simulation Lab: Students can share their simulation lab experience and complete their pre-conference exercises as well as debriefing activities.
Debates: The students can share their views on for and against on a given topic
End of course comments: Students can post their opinion and suggestions for improving the course.

**Review:** Students can review research articles/books and can critique

**Conclusion:** Voice thread meets the present generation of students’ digital learning style. It meets the needs of educators’ goal by providing a collaborative, challenging, stimulating learning environment for the students. It enhances the engagement of students by peer review. It helps in global learning.
**Synchronous Learning through Skype: A Solution to the Present Economy**

Sujayalakshmi Devarayasamudram, M. Phil, MSN, RN (presenting)
Jennie C. De Gagne, PhD, MSN, MS, RN-BC, CNE

**Introduction:** Visualization tools are making information more meaningful and develop insights more intuitive. Skype is one of such visual application tool, where the personal computer turns into the telephone and Television. It uses voice over Internet protocol [VoIP] technology. By using the Skype the multi-talented 21st century learner uses multi modal learning. The present economic hardships, increasing traffic and raising gas prices facilitates many student /faculty users. It engages students and instructors with synchronous communication by file transfer and chat.

**Basic Concepts:**
- What is Skype?
- Benefits of using Skype
- Hardships in using Skype

**Implications of Skype usage in nursing education**
Skype facilitates collaborative learning. It saves money and time for commuting. It provides the social networking, global learning, interactive learning and exposure to various cultures.

**Advising:** Students can meet their advisors through Skype and get the advising at their door step.

**Group study:** Students can study for their examination.

**Critical Thinking:** Students can answer the critical thinking questions.

**Story telling:** Students can share their personal videos and photos and give narrative description to others about their field trip or a visit to the offsite rotation.

**Simulation Lab:** Students can share their pre-conference exercises as well as debriefing activities with fellow students as well as with instructors.

**Debates:** The students can share their views on for and against on a given topic.

**End of course comments:** Students can share their opinions and suggestions for improving the course either by group conference or individual one on one conference with the instructor.

**Review:** Students can review research articles/books and share their views with others in the form of group presentation.

**Conclusion:** Higher education is facing a growing expectation to utilize mobile devices to deliver services, content, and media. Increasing globalization continues to affect the way we work, collaborate, and communicate. Skype helps us to meet the expectation of the higher education; digital learner’s learning needs, present economic challenges and meets the synchronous learning requirements.
Self-Management and Self-Management Support on Functional Ablement in Chronic Low Back Pain

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The pervasiveness of chronic low back pain (CLBP) is alarming in today’s health care. Although literature is beginning to explicate the impact of self-management (SM) and self-management support (SMS) in other chronic illnesses, these are yet to be clarified in CLBP. This study described the SM, SMS, and functional ablement in CLBP patients, examined whether SM mediated the SMS-functional ablement relationship, and described patient perceptions of their SM, SMS, and functional ablement. The adapted Chronic Care Model guided this study.

A non-experimental, cross-sectional, descriptive design utilizing mediation analysis and qualitative content analysis was utilized. Through convenience sampling, 110 participants were recruited from two pain centers employing multimodal pain management. Although findings showed lack of mediation, SM and SMS were found to be strongly correlated. Further, overall health was found to be a significant covariate to the functional ablement of CLBP patients.

Participant responses to the open-ended questions provided significant themes. Taking medications and maintaining physical activity were dominant SM activities. Major participant-perceived SMS activities were prescribing medications, providing treatments, and giving encouragement. Participants’ concerns regarding their functional ablement centered on anxiety and fear.

This study assisted in advancing knowledge and contributing towards understanding SM, SMS, and functional ablement in CLBP. It is important to engage patients and health care providers in SM and SMS. More exploration is necessary to assess the influences of SM and SMS, employ these interventions, and improve the complex care of CLBP patients.

Keywords: Low back pain, Self-management, Self-management support, Disability, Functional ability, Chronic illness
Validation of MUIS-BT and Explore Uncertainty in Patients with Primary Brain Tumors

Lin Lin, PhD, RN; Alvina A. Acquaye, MS; Elizabeth Vera-Bolanos, MS; Jennifer Cahill, MSN, RN; Mark R. Gilbert, MD; Terri S. Armstrong, PhD, ANP-BC, FAANP

OBJECTIVES: The Mishel Uncertainty in Illness Scale (MUIS) has been used extensively with other solid tumors throughout the continuum of illness. Patients with primary brain tumors (PBT) face uncertainty related to prognosis, symptoms and treatment response and toxicity. Managing uncertainty in other solid tumors has been shown to improve mood and symptoms. Modifying the MUIS for PBT patients to depict uncertainty in this patient group will help define this issue and allow for interventions to improve quality of life.

METHODS: 168 patients with PBT were accrued at various points in the illness trajectory. Data collection tools included a patient completed demographic data sheet, an investigator completed clinician checklist, the MUIS-BT, the M.D. Anderson Symptom Inventory-Brain Tumor Module (MDASI-BT), and the Profile of Mood States-Short Form (POMS-SF). Relationships among uncertainty, mood and symptoms based on diagnosis and treatment status were explored.

RESULTS: Participants were primarily white (80%) males (54%) with a variety of brain tumors, most commonly glioblastoma (41%). They ranged in age from 19-79 (mean=43.5). 31 of the 168 patients were newly-diagnosed, 58 were on treatment at the time of clinical visit with MRI evaluation, 16 were on treatment without MRI, and 63 were not on active treatment. Uncertainty was significantly correlated with mood states (p<.01) and symptom severity (p<.01) and symptom interference (p<.01). Uncertainty was also significantly correlated with symptom subscales of affective (p<.01), cognitive (p<.01), focal neurological deficit (p<.01), constitutional, generalized, and GI-related symptoms (all with p<.01). Scores of uncertainty and its four subscales were significantly different amongst the patient groups (p<.05). However, our data indicate that patients’ uncertainty during active treatment is as high as in newly-diagnosed period.

CONCLUSION: For patients with PBT, the illness trajectory remains ambiguous, complex, and unpredictable, leading to a high incidence of uncertainty. By evaluating patients’ uncertainty and its impact on mood disturbance and symptom distress, an uncertainty management intervention may improve the current symptom management paradigm and lessen the mood distress.
The Lived Experience of Pacific Island Women with a Large Body Size

Nafanua Braginsky, PhD, APRN RN, NP-C, Merle Kataoka-Yahiro, DrPH, APRN, RN-BC, & Jillian Inouye, PhD, APRN

**Objective:** This phenomenological study explored the lived experience and what it meant for Pacific Island women in Hawaii to live with a large body size. The study aimed at discovering and capturing the richness of the phenomenon as they experienced it.

**Method:** Phenomenological investigation seeks to reveal lived experience by describing and explaining the meaning of the experience. Giorgi’s descriptive approach was adopted to describe the participants’ experience in their own words. A purposive sample of six Pacific Island women ages 39 to 58 years, with a BMI of ≥ 30, was included in the study. Data collection and transcription of data were done by the first author. Categorizing of data into themes and subthemes were done independently by the three authors. NVivo 8 computer software program was used to manage the data.

**Findings:** There were four theme clusters identified - each with several subthemes. These were in the context of cultural influence and parental upbringing in native islands; challenges in trying to fit in a place where Western culture values thinness; changes in dietary patterns when migrated to Hawaii; and perceptions of health and changes in lifestyle to promote health.

**Conclusion:** Findings of this study provide a lens to understand the experience of these Pacific Island women living with a large body size. Having a large body size made them feel accepted in their culture and community. Being healthy meant that they were free of chronic diseases; and physical activity and balanced meals help reduce health risks. A significant finding of this study is the acknowledgement in the change in trends of body sizes preferred by the younger generation both in the native islands and in Hawaii. This opens a window of opportunity for nurses to educate the younger Pacific Islanders about lifestyle changes to promote health and maintain desired body sizes.

**Key words:** Phenomenology, Lived experience, Pacific Islands, Large Body Size; Body Image
The Relationship between Menopausal Symptoms and Physical Activity

Sun Ju Chang, Eun-Ok Im, & Wonshik Chee

Objectives: Although physical activity is one of the most widely used non-pharmacological methods to manage women’s menopausal symptoms, there is a paucity of clinical guidelines for women and their healthcare providers because of the inconsistent relationships between physical activity and menopausal symptoms. The purpose of this study was to explore the associations between diverse patterns of women’s physical activity and menopausal symptoms among four major ethnic groups of midlife women in the United States.

Method: This study was a secondary analysis using dataset of a nationwide Internet survey on attitudes toward physical activity among four ethnic groups of midlife women in the U.S. Data from a total of 481 midlife women (113 Hispanics, 114 Non-Hispanic Asians, 113 Non-Hispanic African Americans, and 141 Non-Hispanic Whites) who experienced menopausal symptoms were used for this study. The instruments included the Kaiser Physical Activity Survey and the Midlife women’s Symptom Index. Bivariate correlation analyses and hierarchical multiple regression analyses were used to analyze data.

Findings: The household/caregiving activity index was positively related with the prevalence score of the psychological menopausal symptoms (r=.28 in N-H Asians; r=.20 in N-H African Americans) and the sports/exercise activity index was negatively associated with the severity score of the physical menopausal symptoms (r=-.27 in Hispanics; r=-.24 in N-H Whites). The occupational activity index and the active living activity index were significant factors that influenced the severity score of the psychosomatic menopausal symptoms in Hispanics (β=-3.16, p=.01) and of the psychosomatic menopausal symptoms in N-H African Americans (β=-1.53, p=.04), respectively.

Conclusions: Health care providers and researchers who are interested in non-pharmacological therapies for menopausal symptoms should be aware of the pattern of the women’s physical activity within the cultural context.

Acknowledgement: This study was conducted as part of a large study funded by the National Institutes of Health (NIH/NINR/NHLBI)(R01NR010568).
Women’s Role in Development of Primary Health Care in Kumamoto, Japan

Asako T. Katsumata, PhD, ME, BA, RN, Laurie K. Glass, PhD, RN, Shannon, K. Lizer, PhD, APN, FNP-BC, Arlene Miller, PhD, RN, FAAN, Linda McCready, PhD, RN, & Mi Ja Kim, PhD, RN, FAAN

Purpose: This historical case study provides description of the Reverence for Life Movement (RLM) and women’s role in the development of a community-based comprehensive Primary Health Care (PHC) movement in Kumamoto, Japan, which originated in 1962.

Methods: Synthesis of historical documents and oral histories collected from individuals who had participated in the movement.

Results: The RLM was a social movement aimed to improve the health of citizens and the healthcare provision in Kumamoto, Japan. In the RLM, women played significant roles by initiating the movement; moving the agendas forward; and making the RLM thrive. In the 1960s, adult women in rural farming villages in Kumamoto were severely disadvantaged. However, through the RLM and rural farming women’s participation in the movement, long-ignored women’s health issues were brought to the forefront of healthcare issues in Kumamoto. The health status of women in rural communities has improved dramatically because Kumamoto has established annual health screening programs, community health services by public health nurses, a population that is aware and participates in health improvement, and socio-cultural changes over the three decades.

Women contributed in Primary Health Care in Kumamoto through:
1) Community mobilization by organizing over 200,000 women through local women’s groups to support the health-screening program for housewives, farmers, other self-employed individuals;
2) Making the largest financial contribution in establishing the Kumamoto Health Maintenance Association through the “pennies for the health maintenance center” fundraiser; and
3) Advocating political agendas such as an establishment of Kumamoto School of Public Health Nursing to increase the number of public health nurses who serve in the local municipalities.

Conclusion: Women played significant roles in establishing PHC infrastructure and facilitated public health nursing in Kumamoto.

Implications for nursing: Since the World Health Organization presented Primary Health Care in 1978, community participation and inter-sectoral engagement became the weakest strands in sustainable PHC. Current movement of revitalization of PHC makes it relevant to document and analyse RLM, which has successfully addressed every key element of PHC. The case could be used as an example of community mobilization strategy.
Evaluation of a Kidney Early Detection Screening (KEDS) Program in Hawai‘i Utilizing Culturally Competent Grassroots Community-Based Approaches*

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Introduction: In 2005, the National Kidney Foundation of Hawai‘i (NKFH) developed the KEDS program to raise greater awareness about individual risk for kidney disease and stimulate early screening of risk factors among people in Hawai‘i.

Objectives: The objective of this study was to collect formative program evaluation data and observe for trends in chronic kidney disease (CKD) prevalence and risk in selected communities in Hawai‘i.

Participants: The KEDS participants, regardless of health insurance or health condition, ethnicity, or gender, were encouraged to participate without a fee. Nine hundred twenty-one were included in this evaluation.

Setting: Of the 14 KEDS events, six were held in Honolulu County, six in Maui County, and two in Hawai‘i County. A variety of sites included shopping malls, community colleges, community health centers, hospitals, community centers, and the Hawai‘i State Capitol.

Methods: This is a descriptive formative program evaluation of the NKFH KEDS Program. The program evaluation was approved by the University of Hawai‘i at Manoa Committee on Human Studies.

Data Collection: KEDs program evaluations after each event and assessment forms were used as data collection methods.

Data Analysis: Data analyses included descriptive statistics and Pearson’s chi-square.

Results: Lessons learned related to marketing, training, and program implementation. Description of the Participants. The majority of participants were between the ages of 46 and 75 years of age, primarily women. The ethnic groups most represented were White, Japanese, Chinese, Filipino, and Hawaiian/Part Hawaiian. Significant results were found among selected demographic factors and vital signs, physiological measures, and lab values. Fourteen percent and 12% of KEDS participants, had an abnormal A:C ratio and GFR, respectively, requiring follow-up by a health care professional.

Conclusion: The program incorporated culturally sensitive values of collaboration, worked closely with key informants in the community, and partnered with community-based businesses and health care professionals throughout the State. Over a period of three years, the KEDS program reached out to over 1000 individuals at 14 events. This NKFH evaluation project is a model example of nursing’s role and contribution in inter-professional practice to provide and evaluate findings on early education and awareness about CKD detection.
The University of Nevada at Las Vegas (UNLV) School of Community Health Sciences’ Nevada Native Hawaiian Pacific Islander Self-Reporting Health Survey- 2011 is a community- driven needs assessment utilizing an online survey.

**Purpose:** The purpose of the survey is to acquire useful information to advocate for Nevada Native Hawaiian Pacific Islander (NHPI) community members and to direct programs or further research specific to the local needs, thereby reducing any health disparities.

**Methods:** The survey was developed based upon the CDC’s 2010 BRFSS questionnaire, included multiple reviews by NHPI researchers, leaders, and community members from local and national organizations, and was adapted for use on Survey Monkey.

The target population is adult (18 years or older) Native Hawaiian and other Pacific Islanders residing in Nevada. Recruitment of participants utilized only NHPI community organizations and members, and a local NHPI radio show on KUNV FM.

**Data Analysis:** Data is based upon participant responses from April 8 to October 2, 2011. Descriptive analysis methods were used and participant responses described. Consideration was given to the small sample size and confidentiality.

Strengths include:
- NHPI community involvement with planning and implementation of the survey
- Utilization of existing infrastructure
- Online survey- 508 compliant, convenient, cost-effective, with extensive reach throughout Nevada and within many diverse Pacific Islander groups
- Opened communication channels and development of collaborations between the community, KUNV, and the university.

Limitations include:
- It is an online survey
- Small sample size (62)
- Convenience sampling

**Results:** The study is an online survey with a small sample size so the results cannot be used to represent the Nevada NHPI community, as it may not accurately reflect the entire NHPI community.

Further studies are recommended with triangulation of data. Refinement of survey questions, design, and methods for data analysis is needed.

**Conclusions:** This project underscores the need for Native Hawaiians and all Pacific Islanders to be able to collect their health data in a timely manner, as suggested by Bill (S.71.IS) introduced by Senator Daniel Inouye. Nurses can use the collaborations and communication channel for further research or health initiatives.
Symposium
ASIAN WOMEN’S HEALTH RESEARCH NETWORK (ASIA-WH):
CURRENT RESEARCH STUDIES AND FUTURE DIRECTIONS FOR RESEARCH COLLABORATION

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With the health care reform focusing on uninsured underserved populations in the U.S., recent research efforts have been made to eliminate ethnic disparities in health care. To understand health care needs of ethnic minority women in the U.S. it is sometimes essential to compare ethnic minorities in the U.S. with those in their countries of origin through international collaborative research efforts. To encourage and facilitate international communication among researchers and provide opportunities for international research collaboration, an organization that promotes Asian women’s health research across three countries (the U.S., South Korea, and Taiwan) was developed in 2007. The purpose of this symposium is to present the current research studies conducted by the members of the organization, Asian Women’s Health Research Network (ASIA-WH), and to provide directions for future collaborative studies among researchers across the nations. This overview presentation will present the current status of the organization in each country and set a stage for the presentations on the members’ research studies. Each presentation will describe their current research studies, and make suggestions for future international collaborative research efforts. Currently, each country has developed its own body with different infrastructures and policies according to the related policies of each country. Also, each country has its unique needs to address, and has developed a different focus for the organization. The Korean side has already developed their by-laws and executive board, and had the fourth research conference to present their research findings. The Taiwan side has already developed their by-laws and executive board, and aims to have their first international research conference in 2012. The US side is in its planning stage of its first conference. The presentations included in this symposium showcase the research studies that are being conducted by the members of the ASIA-WH. The studies have showed diverse aspects of research studies conducted by the members of the ASIA-WH, and propose collective efforts for future research collaboration on international comparative studies on a similar topic or sub-population within the members from the three countries.

**Keywords:** International collaborative research, organizations, women’s health, health disparities, Asian women
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