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## From the President's Pen

Elizabeth W. Gonzalez, PhD, APRN-BC



As president of AAPINA, I want to invite you to reflect on what it means to be a member of the Asian American and Pacific Islander organization, individually and collectively.

- As an organization AAPINA's membership is in a tremendous growth mode. AAPINAs' membership has increased by 160% (N=43 to 114) from 2013 to 2015. Several factors account for AAPINAs' continuing growth. These include the use of an electronic system for membership and conference registration; delivering current, relevant content at the annual conferences; securing the Okura Leadership grant; providing greater networking opportunities, and having an official AAPINA Journal, just to name a few. I want to thank all AAPINA members and our friends for their commitment and support in making this organization relevant to its constituents and the populations we serve.
- As an organization, AAPINA is committed to policies that promote the health and well-being of underserved populations. We seek opportunities to have the voice of Asian American and Pacific Islander nurses represented at key policy forums by building collaborative relationships with other professional, government and consumer organizations. Some recent examples include AAPINA's involvement at the national level.



**Encourage your API colleagues to join AAPINA. Help keep our organization strong.**

AAPINA is a founding member of the Nurses on Board Coalition (NOBC), a group of national nursing organizations working together to increase nurses' presence on corporate and non-profit health-related boards of directors throughout the country. The coalition is developing a national strategy to bring nurses' valuable perspective to governing boards, as well as state-level and national commissions, with an interest in health for implementation. The goal is to put 10,000 nurses on boards by year 2020. The effort is supported by the Robert Wood Johnson Foundation and AARP as part of their collaborative effort to implement the recommendations of the IOM report through the Future of Nursing: Campaign for Action. To date, several workgroups have been formed that include creating effective Board placements, targeting key Board position, public relations, messaging, and communication, connecting education and preparation for Board service, and mentoring and support methods for Trustees. Dr. Melen McBride is AAPINA's representative to the NOBC and serves as co-chair in identifying core competencies and resources to connect to nursing education and preparation for Board service.

This year, AAPINA supported HR 379, The National Nurse Act of 2015, a legislation introduced in the House of Representatives and Congress, designating the Chief Nurse Officer of the US Public Health Service as the National Nurse for Public Health. The National Nurse Act provides an opportunity to bring forth the voice of nurses about health and healthcare in America; set a new standard for a realistic recognition of nursing importance to health and healthcare in the United States; and provide a national role model to inspire young Americans to a career in nursing at a time when the need for nurses in the U.S. is expected to grow greatly over the coming decades. So, as you become a member of AAPINA, I hope you will become actively involved in worthwhile projects such as these so that more people worldwide will learn what it means to be an Asian American or Pacific Islander nurse.

We are at a pivotal time in the history of U.S. health care as the Affordable Care Act (ACA, 2010) and the Mental Health Parity and Addiction Equity Act have provided or expanded health care services including treatment for mental health and substance abuse disorders to over 60 million Americans. We are grateful for the YEAR 2 funding from the Okura Foundation to build mental health leadership capacity among Asian American and Pacific Islander nurses through mentorship to improve the quality of life of Asian American & Pacific Islander populations. At the 12th Annual AAPINA pre-conference, Dr. Usha Menon (Professor, Ohio State University) delivered the keynote address on "*Mental Health among Asian Americans: Taboos, Myths, and Science.*" Ten Okura Mental Health Leadership Scholars were selected for 2015 that include Hyunhwa Lee, PhD, PMHNP-BC (*University of Nevada Las Vegas*); Jinjiao (Jasmine) Wang, PhD, RN (Vanderbilt University); Nafanua Braginski, PhD, DNP candidate, NP-C (*University of Hawaii*); Marife Armstrong PhD, RN (*The Queen's Medical Center, Honolulu*); Nada Lukkahatai, PhD, RN (*University of Nevada Las Vegas*); Sujayalakshmi Devarayasamudram, PhD, RN (*North Carolina Central University*); Randelle Sasa, MA, RN (*New York City, NY*); Ariane Man-Wilrich, BSN (*Drexel University*); Yvonne Yokono, BA, DNP student (*University of Hawaii at Manoa*); and Johnelle Chock, BS, MS, PhD student (*Department of Health, Public Health Nursing Branch in Kaneohe, HI*). Mentors include Dr. Yu Ping Chang, PhD, RN (*University of Buffalo*), Dr. Heeyoung Lee, PhD, CRNP (*University of Pittsburgh*), Dr. Mijung Park, PhD, MPH, RN (*University of Pittsburgh*), Dr. Jillian Inouye, PhD, FAAN, (*University of Nevada Las Vegas*), and Dr. Elizabeth W Gonzalez, PhD, PMHCNS-BC (*Drexel University*). The event provided networking opportunities for new Okura Mental Health Leadership Scholars. We hope that the Okura Mental Health Leadership Program sends a strong signal on the increasing need for mental health practitioners and scholars in leadership

roles in this field. The application period is now open for the Okura Mental Health Leadership Scholars for 2016.

The 12<sup>th</sup> Annual AAPINA conference on “*Protecting the Health of Diverse and Vulnerable Community: Self and Symptom Management*” held in Las Vegas, Nevada was a great success. The 2015 conference challenged researchers, clinicians, educators, and students to address the issue of preventing adverse symptoms across diverse and vulnerable communities. The conference also included a Gala event that offered cultural immersion among conference attendees, guests, and friends of AAPINA. Every year, AAPINA acknowledges the contributions of members with formal awards. The 2015 Scholarship award was awarded to Dr. Emerson Ea (*New York University*) who is completing his PhD at Duquesne University. I would like to thank Dr. Patricia Alpert, AAPINA’s president elect (University of Nevada, Las Vegas) for her leadership on the Planning and Program Committees.

It is with regret that I announce the cancellation of the plan to hold the 13th Annual AAPINA Conference at Duke University in 2016 due to conference cost. Instead, the conference on “*Global and Population Health*” will be held on a cruise ship from Long Beach, California to Mexico and back. Please watch for an announcement in AAPINA’s website. The Committee for Communication is now an official standing committee. The committee is chaired by Yu-Ping Chang, and vice-chair is Jing Wang. Through the efforts of this committee, a new website that is user friendly, informative, and organized is finally implemented.

It has been several years since AAPINA had a strategic plan. Good strategic plans are living documents, meant to be updated as goals are achieved and new goals are established. It is time now to take stock and reflect on our accomplishments and plan for the future, building capacity and momentum for the years ahead.

I invite you to share your vision for how AAPINA should move forward in the next five

to ten years, what should we strive to achieve, and what impact should we have on all those we serve. Watch out for the survey and I am looking forward to your input.

With best regards

Elizabeth W Gonzalez, PhD, PMHCNS-BC

## From the Editors’ Desk

**Co-Editors: Yu-Ping Chang, PhD, RN and Melen McBride, PhD, RN, FGSA**

We hope that you are all enjoying the early days of summer! We have several exciting news items that we would like to share with you.

The first item involves our AAPINA newsletter team. At the March 2015 annual meeting, the Ad-Hoc Communications Committee was approved by the general membership as a standing committee for AAPINA. We would like to thank you for your support in making this happen. We would also like to thank all of the Communications Committee members for their hard work on communication matters including the newsletter, the updated website and our social media presence. The current members of the Communications Committee include Yu-Ping Chang (Committee Chair and Co-Editor, AAPINA Newsletter, State University of New York at Buffalo), Emerson Ea (New York University), Du Feng (University of Nevada at Las Vegas), Heeyoung Lee (University of Pittsburgh), Melen McBride (Co-Editor, AAPINA Newsletter, Stanford University), Cristina Orbeta, (member Newsletter Team, University of California San Francisco Hospital), Reimund Serafica (University of Nevada at Las Vegas), Jing Wang (Vice Chair, University of Texas Health Science Center at Houston), Weiwen Wang (University of Pittsburgh), and Meng Zhao (Texas A&M University). Our committee members are tasked with publishing two newsletters annually. It is our hope that our newsletter will provide timely information about what is new and also be a venue for you to share news

about *your* research and practice. We look forward to hearing from you!

Another wonderful piece of news is that the new AAPINA website has been launched. The web address is <http://aapina.org/>. The Communications Committee met and worked hard to redesign the site. The AAPINA Executive Committee also contributed great ideas that were utilized on the website reconstruction. Our hope is that the new site will serve you better by providing clearer information and easier navigation. If you have any comments or suggestions, please pass them on to [aapina\\_newsletter\\_team@aapina.org](mailto:aapina_newsletter_team@aapina.org).

In addition, the AAPINA can now be found on several social media sites including Facebook, Twitter, Instagram, and LinkedIn so that members can more easily share their news and stories. All AAPINA social media links can be found on the AAPINA website homepage at <http://aapina.org/>. Simply click on the social media icon of the group that you have an account with. Alternatively, you can search for the AAPINA within each social media site.

Finally, the 2016 AAPINA annual conference information has been released! The conference will be a 3-day Baja Mexico Cruise taking place from March 4-7, 2016. The theme of the 2016 conference is "*Global Health & Nursing: Advancements through research, education and practice.*" More details regarding conference registration, cruise cost, cruise reservation, and other relevant information can be found at <http://aapina.org/conference/2016-aapina-conference-at-sea/>. Please join us for this wonderful annual event and remember to register early to attend the conference.

We hope you'll find this issue a pleasurable and informative reading and we wish everyone a safe and fun summer! Enjoy the sunshine!

*Yu-Ping & Melen*



## SPECIAL FEATURE

### My Lucky Stars are Perfectly Aligned!

**Yvonne Yokono, BA, RN**  
Okura Psychiatry-Mental Health Fellow  
DNP student, Adult/Gerontology Nurse  
Practitioner Program  
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It was a truly memorable experience, one that didn't come into fruition until I stepped foot in the famous McCarran Airport in stylish Las Vegas, Nevada. As an Okura Psych-Mental Health Fellow Scholarship recipient, I was honored to have received a travel stipend to attend the 2015 AAPINA conference, as well as have the opportunity of being paired with a faculty mentor and leader in Nursing.

Substance abuse is a major problem in the Hawaiian Islands, and I plan to use this research opportunity to identify correlates, treatment barriers, and other useful findings that can aid in eradicating this challenging issue. The topic that I have chosen to focus on relates to co-occurring mental health issues and substance abuse in Native Hawaiians. My mentor, Dr. Yu-Ping Chang (Associate Professor, The State University of New York at Buffalo), whom I had the pleasure of meeting at the conference, will provide guidance and support throughout the duration of the project. I also plan to present a poster of my literature review at the upcoming 2016 AAPINA conference.

As a Native Hawaiian and future adult/gerontology nurse practitioner, I am grateful to know there are organizations such as AAPINA that are dedicated to the improvement of health and eradication of

disparities in the Native Hawaiian population. It is through the efforts of AAPINA and programs such as the Okura mentorship program that I gained a larger perspective and appreciation for the power of networking and collaboration.

I want to send a special thank you to Dr. Merle Kataoka-Yahiro for her ongoing mentorship and introducing me to this wonderful organization and network of talented individuals. I am honored to be a member of AAPINA and the Okura mentorship program, and wanted to express my gratitude to all those involved. Our sharing of ideas, fostering of personal growth, and dedication to Asian American and Pacific Islanders, continue to promote better understanding of healthcare needs and services for these populations.

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### **An Overview of the 2015 AAPINA Conference**

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The Asian American Pacific Islander Nurses Association's 12th Annual Conference on *"Protecting the Health of Diverse and Vulnerable Communities: Self and Symptom Management"* was held in Las Vegas, Nevada on March 26-28, 2015 with a total of 78 in attendance. The attendees enjoyed excellent speakers, opportunities to network, and a fabulous Gala at Treasure Island to relax and play. Thank you to conference chair Dr. Patricia Alpert and AAPINA Program Committee for their extraordinary teamwork.

Okura Fellows and Mentors were welcomed with a keynote presentation "Mental Health Among Asian Americans: Taboos, Myths, and Sciences" by Usha Menon, PhD, RN, FAAN, Professor, Ohio State University. A dynamic and energetic Debra Toney, PhD, RN FAAN, Director of Operations at the Nevada Health

Centers opened with "Minority Nurses Leading Change". Followed by Dr. Usha Menon, keynote speaker, *"Self-Management of Chronic Conditions: State of the Science in Dissemination and Implementation"* with insight to success. The afternoon Panel Session was amazing with representation from six exceptional nurse leaders discussing "Author Blunders and Editor Challenges".

Friday's Gala at Treasure Island was the "hot" topic of the evening with Manny Pacquiao and Floyd Mayweather's signed boxing gloves, diamonds, and other luxurious items up for bid accompanied by amazing food and Asian Pacific Islander Entertainment. It was the place to be. The next morning, Margaret Heitkemper, PhD, RN, FAAN from the University of Washington highlighted *"Biological Measures: A Role in Nursing Self Management Research?"* with passion.

AAPINA held the Annual Membership Meeting to report a record high of attendees 78 and 114 active members. President Dr. Elizabeth Gonzalez encouraged eligible candidates to serve on executive boards and announced the Asian Pacific Nursing Journal as the official AAPINA nursing journal. The new journal is an outlet to disseminate information with the founding editor Dr. Jillian Inouye. The new AAPINA electronic membership and payment system is a welcomed addition to provide a convenient online service to members. New changes to the By Laws for lifetime members, AAPINA chapter formation, standing committees (Awards Committee and Communications Committee), and presidential position procedures were approved by vote. Members signed up for standing/adhoc committees. What a success!

I am the new AAPINA Secretary. It is a pleasure to expand on my 22 years of acute care nursing, 13 years as a clinical nursing faculty, and PhD doctoral studies in Diabetes Peripheral Neuropathy and Complementary and Alternative Medicine to serve as a

volunteer on the AAPINA Executive Board.  
Thank you AAPINA members.

## ART and SCIENCE SECTION 2015 ANNUAL AAPINA CONFERENCE



**The front row - mentors: (from left to right)**

Yu Ping Chang, PhD, RN (The State University of New York at Buffalo); Eunjung Kim, PhD, ARNP: University of Washington; Jillian Inouye, PhD, FAAN, (University of Nevada Las Vegas); Elizabeth W Gonzalez, PhD, PMHCNS-BC (Drexel University); Mijung Park, PhD, MPH, RN (University of Pittsburgh); Heeyoung Lee, PhD, CRNP (University of Pittsburgh)

**The back row - mentees: (from left to right)**

Jinjiao (Jasmine) Wang, PhD candidate, RN (Columbia University); Sujayalakshmi Devarayasamudram, PhD, RN (North Carolina Central University); Johnelle Chock, BS, MS, PhD student (Department of Health, Public Health Nursing Branch in Kaneohe, HI); Nafanua Braginski, PhD, DNP candidate, NP-C (University of Hawaii); Yvonne Yokono, BA, DNP student (University of Hawaii at Manoa); Ariane Man-Wilrich, BSN (Drexel University), Marife Armstrong PhD, RN (The Queen's Medical Center, Honolulu); Hyunhwa Lee, PhD, PMHNP-BC (University of Nevada Las Vegas); Marianne Bundalian Tejada, MSN, RN (University of Nevada Las Vegas); Nada Lukkahatai, PhD, RN (University of Nevada Las Vegas); Randelle Sasa, MA, RN (New York City, NY)



*As a hard worker, Dr. Menon has dedicated herself to her cancer research. For the success of junior faculty, Dr. Menon emphasized time management to focus on what we have to do and prevent our time. We also need to say "No" or "Stop" to manage your time and organize your life, although it is hard for us because of our cultural background.*



*The members of the conference planning committee spearheaded by Dr. Patricia Alpert while receiving their certificate of appreciation from the Office of Senator Harry Reid (D-Nevada).*



*AAPINA members and friends in their national attire as they welcome gala attendees.*



*AAPINA members enjoying the fabulous presentations from AAPINA members and friends.*



*The Gala Program: An evening of fun, celebration, and camaraderie!*

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## **Nursing Research Expands My Vision**

**Carrie Guan, RN, BS**  
 Class 2015 Graduate  
 2015 Hartford Institute for  
 Geriatric Nursing  
 Undergraduate Scholar  
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During my last semester of nursing school at New York University College of Nursing, I had a chance to do some research and performed a systematic literature review as part of my studies in the Hartford Geriatric Undergraduate Scholars Program. My research focused on interventions to increase adherence to antihypertensive medications among Asian Americans. It is an important topic in Asian American health which unfortunately is understudied as poorly controlled hypertension that has been the leading cause of cerebral vascular accidents in the United States (Center for Disease Control and Prevention, 2012). The review of literature that I conducted on adherence to antihypertensive medication revealed that a combination of education and behavioral interventions could lead to improvement of adherence to antihypertensive medication for this population (Kim, Han, Hedlin, Kim, Song, Kim, & Hill, 2011, Kim, Han, Park, Lee, & Kim, 2006, Kim, Kim, Han, Jeong, Lee, Park, Kim, & Hill, 2008, Han, Kim, Jeong, Levine, & Kim, 2010, Lam, 2008, Li & Leung, 2012, Ursua, Aguilar, Wyatt, Katigbak, Islam, Tandon, & Trinh-Shevrin, 2014).

I was ecstatic and so grateful to find out that I had a chance to present the results of my literature review at the annual AAPINA conference in Las Vegas in April 2015. It was a wonderful experience attending the event and meeting nurses around the world who are so passionate about changing healthcare for our

Asian American population through innovative research. Being able to present my research at this national conference for this group of nursing professionals was such a privilege and an unforgettable experience. As the only undergraduate student presenter, I was very nervous in front of so many professionals who already had their doctorates and masters. But I found that this group of professionals were truly interested in learning from one another and truly want to see young professionals further their careers in nursing research. I met nursing professionals and professors of different ethnic Asian American groups from all over the country and world who were so passionate and dedicated to the world of nursing, education, and healthcare.

I am very grateful for the people I met at this conference. I've made connections with professionals from different parts of the country and hope that one day we could potentially collaborate and work together towards the goal of furthering the nursing field through research in Asian American health. Having this experience early in my nursing career really has opened my eyes to the different possibilities and vast world of nursing. I am more interested in pursuing higher education, and performing and applying research in my work. It has helped me gain confidence in knowing that even though I may be young and inexperienced in my career, it is never too early to start doing research. Our nursing careers are essentially a lifetime of research dedicated to improving patient outcomes through research and quality improvement. We need more nurse researchers to continue to expand the world of nursing especially in the Asian American population. I would highly recommend for my colleagues to have this experience so that they can also be inspired to be a part of research. It is also very beneficial for those who want to explore the realm of doctoral study.

*Editors' Comments: Welcome to the world of Nurses; the most trusted health professionals.*



**Carrie Guan giving her presentation**

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## **Dreams Can Come True .....**

**Mijung Park, PhD, MSN, MPH, RN**  
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Dr. Mijung Park was featured recently in the New York Times in connection with her published paper on "Bad Neighborhoods May Be Bad for Your DNA". Here's a brief excerpt from the news item.

It has long been known that people who live in unsafe neighborhoods suffer poorer health and increased risk for death. Now researchers have found that living in these areas is associated with shorter telomere length, a marker of aging cells. Telomeres, which lie at the ends of chromosomes, are structures involved in the replication of DNA molecules. Each time a cell divides, telomeres become shorter, a process associated with aging, illness and death. Researchers studied 2,981 Dutch people aged 18 to 65, measuring telomere lengths in their white blood cells. They assessed neighborhood quality by asking residents about high noise levels, vandalism in the neighborhood, and feeling unsafe when walking alone.



The study can be accessed in PLOS One <<http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0128460>>.

After controlling for a range of socioeconomic, health and lifestyle characteristics, the researchers found that the greater the residents' degree of unfavorable perceptions about their neighborhoods, the shorter the average telomere length is in their cells. The lead author, Mijung Park, an assistant professor of nursing at the University of Pittsburgh, said the results should be interpreted cautiously — it is an observational study, and does not prove cause and effect. Still, she said, "When we look at two people of the same age and gender and other characteristics, we find that those who live in bad neighborhoods are biologically older than those who do not by about 12 years. Use this link to access the news item - <http://well.blogs.nytimes.com/2015/06/24/bad-neighborhoods-may-be-bad-for-your-dna/>

A major breakthrough in Dr. Park's career is described in this announcement on the University of Pittsburgh School of Nursing website "Mijung Park Wins Research Scientist Development Award"

Dr. Mijung Park has been awarded the prestigious K01 grant from the National Institute of Nursing Research (NINR). The grant for \$280,000, a Mentored Research Scientist Development Award, will support her work on "FACE-PC: Family-centered Care of Older Adults with Multiple Chronic Conditions." The overall goal of the NIH Research Career Development program is to help ensure that a diverse pool of highly trained scientists is available in appropriate scientific disciplines to address the Nation's biomedical, behavioral, and clinical research needs. The objective of the K01 program is to provide salary and research support for a sustained period of time for intensive research career development under the guidance of an experienced mentor, in the health sciences. The expectation is that through this sustained period of research

career development and training, awardees will launch independent research careers and become competitive for new research project grant (e.g., R01) funding.

Dr. Mijung Park's career goals are to improve the quality of care for older adults with multiple medical and psychosocial comorbidities and become an independent researcher with expertise in comparative effectiveness trials conducted in "real-world" health care settings. Comorbid depression and multiple medical conditions in older adults are a serious public health problem. As an important facilitator of health-related activities, families are already involved in various aspects of self-management of chronic disease in older adults. Such informal caregiving activities currently are organized outside the medical system, which potentially creates redundant or misaligned efforts. Dr. Park's research targets patient-family dyads in order to examine the feasibility and acceptability of the FACE-PC, a theory-driven, multi-component, technology-assisted interdisciplinary team-based care model that systematically involves family in chronic disease care and treatment. It aims to optimize the patient and family's collective ability to self-manage chronic disease.

Source: <http://www.nursing.pitt.edu/news/mijung-park-wins-research-scientist-development-award>

Mijung, our colleague and AAPINA member says " *My K, entitled FACE-PC: FAMILY-CENTERED CARE FOR OLDER ADULTS WITH MULTIPLE CHRONIC CONDITIONS IN PRIMARY CARE, will help me transition to become an independent researcher with expertise in developing, testing, and implementing family-centered care program for older adults with complex health issues and their family caregivers. It is funded by NINR.*"



*We salute you Mijung...  
let the fireworks begin! ☺*

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## FOR IMMEDIATE RELEASE

January 6, 2015

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## NEWS RELEASE



### The Year of Ethics Commences with First Revision of Code since 2001

*ANA Plans Ethics Educational Activities for 2015 to Highlight Importance in Nursing Practice*

SILVER SPRING, MD – Making decisions based on a sound foundation of ethics is an essential part of nursing practice in all specialties and settings. In recognition of the impact ethical practice has on patient safety and the quality of care, the American Nurses Association (ANA) has designated 2015 as the “Year of Ethics” highlighted by the release of a revised code of ethics for the profession.

“The public places its faith in nurses to practice ethically. A patient’s health, autonomy and even life or death, can be affected by a nurse’s decisions and actions,” said ANA President Pamela F. Cipriano, PhD, RN, NEA-BC, FAAN. “ANA believes it’s important that all nurses practice at the highest ethical level, and therefore, we will be offering a full range of activities to inform and support nurses to achieve that goal in a stressful and ever-changing health care environment.”

A December [Gallup survey](#) ranked nurses as the top profession for honesty and ethical standards for the 13th consecutive year. The foundation of the 2015 ethics initiative is the revised [Code of Ethics for Nurses with Interpretive Statements](#), which was released Jan. 1. Several thousand registered nurses submitted comments during a four-year revision process for the new *Code of Ethics*,

which was last updated in 2001. The update ensures that the Code reflects modern clinical practice and evolving conditions, and fully addresses transformations in health care. Activities emphasizing the importance of ethics in nursing practice include:

- A Jan. 21 live webinar, “[Keeping the Code: Every Nurse’s Ethical Obligation](#),” with other webinars planned throughout the year.
- The National Nurses Week theme, “[Ethical Practice. Quality Care](#),” May 6-12.
- The [2015 ANA Ethics Symposium](#) designed to facilitate dialogue across the nursing spectrum, June 4-5 in Baltimore.
- **Publication of the *Guide to the Code of Ethics for Nurses*, scheduled for a July release.**

In 2014, ANA participated as a strategic partner in the National Nursing Ethics Summit convened by the Johns Hopkins University’s Berman Institute of Bioethics and School of Nursing to strengthen ethics in the profession. The summit resulted in the [Blueprint for 21st Century Nursing Ethics: Report of the National Nursing Summit](#). Summit leaders are encouraging individuals and organizations to adopt and implement the ethics blueprint to “create and support ethically principled, healthy, sustainable work environments; and contribute to the best possible patient, family and community outcomes.

*ANA is the only full-service professional organization representing the interests of the nation’s 3.1 million registered nurses through its constituent and state nurses associations and its organizational affiliates. ANA advances the nursing profession by fostering high standards of nursing practice, promoting the rights of nurses in the workplace, projecting a positive and realistic view of nursing, and by lobbying the Congress and regulatory agencies*

on health care issues affecting nurses and the public.

<http://www.nursingworld.org/FunctionalMenuCategories/MediaResources/PressReleases/The-Year-of-Ethics-Commences-with-First-Revision-of-Code-since-2001.html>

## GERO-SECTION

### Participate in Creating Public Policy for an Aging America

The 2015 White House Conference on Aging (WHCOA) will be held on July 13, 2015. This year, marks the 50th anniversary of Medicare, Medicaid, and the Older Americans Act, as well as the 80th anniversary of Social Security. The 2015 WHCOA is an opportunity to recognize the importance of these key programs as well as to look ahead to the next decade.

*How are issues being selected for the 2015 White House Conference on Aging?*

Conference Planners are engaging with stakeholders and members of the public about the issues most important to older individuals, their caregivers, and families. To listen and learn from key aging leaders and older Americans, the Administration is participating in listening sessions with older Americans and advocates across the country. These listening sessions began in July 2014 and will continue up to and during the Conference.

The 2013 Conference has been collecting input and feedback from Americans about how to shape the aging policy landscape through a number of venues, including the website [www.WhiteHouseConferenceOnAging.gov](http://www.WhiteHouseConferenceOnAging.gov), social media, listening sessions with stakeholders and by hosting regional forums across the country including in Tampa, Florida, Phoenix, Arizona, Seattle, Washington, Cleveland, Ohio, and Boston, Massachusetts. While listening to aging leaders and older Americans, some of the common themes heard include:

**Retirement security** is a vitally important issue. Financial security in retirement provides essential peace of mind for older Americans, but requires attention during the working years to ensure that older people are well prepared for retirement.

**Healthy aging** will be all the more important as baby boomers age. As medical advances progress, the opportunities for older Americans to maintain their health and vitality should progress as well and community supports, including housing, are important tools to promote this vitality.

**Long-term services and supports** remain a priority. Older Americans overwhelmingly prefer to remain independent in the community as they age. They need supports to do so, including a caregiving network and well-supported workforce.

**Elder justice** is important given that seniors, particularly the oldest older Americans, can be vulnerable to financial exploitation, abuse, and neglect. The Elder Justice Act was enacted as part of the Affordable Care Act, and we need to realize its vision of protecting seniors from scam artists and others seeking to take advantage of them.

This Spring, policy briefs for each issue area were prepared. The briefs define and frame each issue and reflect the most current evidence-based information on the issues. Each brief concludes with a series of discussion questions, and the public is encouraged to comment on the WHCOA website

<http://www.whitehouseconferenceonaging.gov/issues/index.html> or to e-mail comments to [policy@whaging.gov](mailto:policy@whaging.gov). Comments are being displayed in the policy briefs section of the website.

By giving input, individuals are participating in the 2015 Conference in a meaningful and concrete way. The Conference is intended as a national conversation, and the people's voice is as part of the discussion.

How can AAPINA members participate?  
Go to this site  
<http://www.whitehouseconferenceonaging.gov/submissions/register.aspx> and choose a suggested innovative approach to participate.  
Source:  
<http://www.whitehouseconferenceonaging.gov/>



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## MEMBERS NEWS

**Marife Aczon-Armstrong**, PhD, MSN, MSCP, RN, Assistant Professor at the University of Hawaii at Manoa, School of Nursing & Dental Hygiene is happy to share about her Fulbright Journey teaching at Uganda Christian University last summer 2014. Dr. Aczon-Armstrong was selected for a Fulbright Specialists project in Uganda, Africa at Uganda Christian University during 2014, according to the United States Department of State and the J. William Fulbright Foreign Scholarship Board.



Dr. Aczon-Armstrong (third from right) with her colleagues in Uganda, Africa.

**Yu-Ping Chang**, PhD, RN, Associate Professor, The State University of New York at Buffalo School of Nursing  
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Dr. Chang was elected the President Elect for Sigma Theta Tau Gamma Kappa Chapter.

Dr. Chang also received two grants to conduct two research projects: one is to examine the impact of behavioral intervention on individuals with substance abuse and the other one focuses on examining the effect of person-centered care on nursing home resident outcomes.

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**Jennie De Gagne**, PhD, DNP, RN-BC, CNE Assistant Professor  
Duke University School of Nursing  
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*Jennie is a professional On the Go! Here's some of her awesome accomplishments.*

Academic Award: Jennie received Teaching Fellowship award (2015-2017) from Duke University School of Nursing, Institute for Educational Excellence. The grant will enable her to work on "Cyber-Civility in Online Education", exploring the nature of nursing student and faculty incivility in an online learning environment to develop strategies that cultivate a healthy and safe online learning/teaching environment for quality nursing education.

International Presentation: She co-presented at the Athens Institute for Education and Research (ATINER) International Conference on Nursing in Athens, Greece on "Practicing Inter-professional Care of Elders: Utilizing Videoconferencing and a Virtual Environment".

Publications:

**De Gagne, J. C.**, So, A., Wu, B., Palmer, M. H., & McConnell, E. S. (2015). The effect of a urinary incontinence self-management program

for older women in South Korea: A pilot study. International Journal of Nursing Sciences, 2(1), 33-46. doi: 10.1016/j.ijnss.2015.01.00

McCalla-Graham, J. A., & De Gagne, J. C. (2015). The lived experience of new graduate nurses working in an acute care setting. Journal of Continuing Education in Nursing, 46(3), 122-128. doi: 10.3928/00220124-20150220-17

Park, S-A., De Gagne, J. C., So, A., & Palmer, M. H. (2015). Knowledge, attitudes, beliefs, and practices in registered nurses and care aids about urinary incontinence in Korean nursing homes: A cross-sectional survey. Journal of Wound, Ostomy, and Continence Nursing, 42(2), 183-189. doi: 10.1097/WON.0000000000000095

De Gagne, J. C., So, A., Park, S-A., Wu, B., Palmer, M. H., & McConnell, E. S. (2015). A urinary incontinence online continuing course for community health nurses in South Korea. Journal of Continuing Education in Nursing, 46(4), 171-178. doi: 10.3928/00220124-20150320-02



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**Jaibun K. Earp**, Ph.D., ARNP, FNP-BC, CNE  
Professor & Associate Dean  
Florida A&M University (FAMU)  
Graduate Program, School of Nursing  
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Dr. Jaibun Earp, received a research grant from the Research Centers in Minority Institutions Program (RCMI) of NIH, National Institute on Minority Health and Health

Disparities (NIMHD). Her study relates to: Predicting Complementary and Alternative Medicine Use: The Interactions of Health Locus of Control Beliefs.

The RCMI

(<http://www.nimhd.nih.gov/programs/extra/rcmi.html>)

develops and strengthens the research infrastructure of minority institutions by expanding human and physical resources for conducting basic, clinical, and translational research. It provides grants to institutions that award doctoral degrees in the health professions or health-related sciences and have a significant enrollment of students from racial and ethnic minority groups that are underrepresented in biomedical sciences. The RCMI program serves the dual purpose of bringing more racial and ethnic minority scientists into mainstream research and promoting minority health research because many of the investigators at RCMI institutions study diseases that disproportionately affect minority populations.

*Great scholarship, Dean Jaibun! When results are ready to share, consider a future AAPINA annual meeting.*

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**Gail D'Eramo Melkus**, EdD, C-NP, FAAN  
Associate Dean for Research  
Florence & William Downs Professor in Nursing Research  
Director of the Muriel & Virginia Pless Center for Nursing Research  
New York University, College of Nursing  
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Dean Gail is one of nineteen researchers who will be inducted into the Sigma Theta Tau International Nurse Researcher Hall of Fame at the honor society's congress in Puerto Rico on July 25, 2015. The hall of fame recognizes nurse researchers who have achieved significant and sustained national or international recognition and whose research has improved the profession and the people it serves.

*We applaud your contributions and dedication to excellence in science and healthcare.*

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*Hi-Fives* to Mahealani Suapaia who received the Ke Ola Mau Research Scholarship for 2014-2015 and a 2015 Research Grant from Sigma Theta Tau Gamma Psi at Large Chapter. Also, she received the Queen's Medical Center Float Star Award in recognition of her awesome service, professionalism and dedication as expressed below in the Queen's Medical Center email announcement to all registered nurses:

*"As our list of floating stars continues to grow, we are happy to add this month's award winner, Mahealani Suapaia, of the critical care float pool!! Mahealani, a native of Kamuela Hawai'i has been with QMC for a total of 23 years! Beginning her journey at our hospital as a Student Nurse Intern, Nursing Assistant and then RN (22 years), Mahealani brings to the table a broad spectrum of experience from different areas such as medical surgical nursing, cardiac intensive care, outpatient surgical centers, nurse educator, esthetic laser nurse, ED, pre/op and recovery and even a pediatric school nurse. And while Mahealani has been working within our critical care float pool, she is also endeavoring on a journey through her PhD in nursing and is conducting clinical research to explore diabetes and complementary alternative medicine. Our float pool is not the only lucky group to have Mahealani around as she also has a "very*

*handsome husband" with whom she just celebrated her 9<sup>th</sup> anniversary, and their "princess" at home. Mahealani also noted that her husband recently received Advertising Man of the year 2015, so one can imagine all the celebrating between two awards and an anniversary! And, of course, a princess as the honorable guest. Well deserved celebration! Congratulations, Mahealani!!"*

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**Melen McBride, PhD, RN, FGSA**  
Associate Director Emerita  
Stanford Geriatric Education Center (SGEC)  
Stanford University School of Medicine  
Email: [mcbride@stanford.edu](mailto:mcbride@stanford.edu)

Dr. Melen McBride celebrated the May 2015 Older Americans Month with two webinar presentations on the following dates:  
May 7, *Individualized Music Intervention for Agitation in Dementia Care and Disaster Resilience*, with co-presenter Linda Gerdner, PhD, RN, FAAN, Ethnogeriatric Clinical Specialist at SGEC sponsored by the American Society on Aging, Constituent Group – the Network for Environments, Services and Technologies (NEST).

May 27, *The Importance of Gap Analysis in Improving Geriatric Disaster Preparedness and Resilience*, with co-presenter Paula Scalingi, PhD, Executive Director for the Bay Area Center for Regional Disaster Resilience (BACRDR) and President of The Scalingi Group, LLC. The program was part of the 2015 Webinar Series on Disaster Preparedness for Older adults co-sponsored by SGEC and the Geriatric Emergency Preparedness and Recovery (GEPR) Collaborative of the National Association of Geriatric Education Centers (NAGEC). A videorecording of this session can be accessed free at <http://sgec.stanford.edu/events.html> .

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**Sujaya Devarayasamudram, PhD, MSN, MPHil, RN**  
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Nursing Department of Nursing

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*Thumbs Up and celebrate an impressive year with 6 more months of 2015!!*

Dr. Sujaya sends her greetings from North Carolina and is excited to share her achievements with colleagues.

#### Fellowship:

2015 Okura Fellowship in Psychiatry-Mental Health from the Asian American/Pacific Islander Nurses Association at the 12<sup>th</sup> Annual AAPINA Conference held in LAS Vegas, NV.

The Donald W. Reynolds FD~AGE Mini-Fellowship in Palliative Care in Geriatrics Palliative Care Mini fellowship from Duke Geriatric Education Center, June 1- June 6, 2015.

iSAGE Internet based Successful Aging End-of-Life Mini-Fellowship from Stanford University, May- August 2015

#### Induction to an Honor Society

On March 28, 2015, Dr. Sujaya was inducted to the Pi Sigma Chapter (400) of the Sigma Theta Tau International (STTI) Society.

#### Professional Presentations

**Devarayasamudram, S.** (March 2015). Poster Session, Remote technology usage in chronic disease management of vulnerable communities. Asian American/Pacific Islander Nurses Association's 12<sup>th</sup> Annual Conference, Las Vegas, NV.

Kukkala, S.J., & **Devarayasamudram, S.** (March 2015). Poster Session, The Role of E-Health Solution in achieving Breastfeeding goal of healthy people 2020. Asian American/Pacific

Islander Nurses Association's 12<sup>th</sup> Annual Conference, Las Vegas, NV.

**Devarayasamudram, S.** (March 2015). Poster Session, Asynchronous learning by VoiceThread. 19<sup>th</sup> Annual Helen S. Miller Lectureship and Luncheon, North Carolina Central University, Durham, NC.

Kukkala, S.J., & **Devarayasamudram, S.** (March 2015). Poster Session, E-Health solution in achieving the Healthy People 2020, Breastfeeding Goals. 19<sup>th</sup> Annual Helen S. Miller Lectureship and Luncheon, NCCU, Durham, NC

## ANNOUNCEMENT

### 2016 13<sup>th</sup> Annual AAPINA Conference at Sea

Attention members, **we now have** cruise information for the upcoming 2016 AAPINA conference.

You are being invited to the 2016 AAPINA Conference at Sea! This is a 3-day Baja Mexico Cruise through Carnival Inspiration (Port: Los Angeles [Long Beach]) to be held on March 4-7, 2016. [Please click here for cruise information](#). Note that it is required to register for the AAPINA conference first before booking for the cruise.

The theme for the 2016 conference is "Global Health and Nursing: Advancements through Education, Research, and Practice." Free CEUs up to 8 hours approximately will be provided depending on the number of continuing education hours attended. Stay posted through the AAPINA website regarding abstract submission. Please contact Dr. Patricia Alpert at [patricia.alpert@unlv.edu](mailto:patricia.alpert@unlv.edu) for any questions.





Asian American Pacific Islander  
Nurses Association's  
13<sup>th</sup> Annual Conference

*Global Health And Nursing:*  
Advancements through  
Research, Education and Practice



**SAVE THE DATES:**

**March 4 -7, 2016**

AAPINA Conference at Sea

Carnival Inspiration: 3-Day Baja Mexico Cruise

Departure Port : Los Angeles

[www.aapina.org](http://www.aapina.org)

*Get Ready for 2016.*

*Be With Friends Again.*

*Meet New Friends.*

*Start The Countdown.*



## RESOURCES

### The Global Korean Nursing Foundation



OiSaeng Hong, RN, PHD, FAAN, FAAOHN  
Past President of AAPINA  
President, Global Korean Nursing Foundation  
(GKNF)-United States (US)

The Global Korean Nursing Foundation (GKNF) is a non-profit organization incorporated in the State of Illinois, USA. It was established in 2003 on the 50th anniversary celebrating the immigration of Korean nurses to the United States. The GKNF has offices in the US (GKNF-US) and in Korea (GKNF-Korea), each led by a president and both presidents serve under one Chair of the Board of Directors.

The GKNF is a lead organization advancing the Korean nursing profession for global leadership. The mission of the GKNF is to support capacity building of Korean nursing leaders for advancing nursing science, clinical practice, and policy, facilitate networking of Korean nurses worldwide to foster their leadership in global health, and broaden knowledge exchange with global leaders.

To achieve its mission, the GKNF supports a variety of activities which include:

- Post-doctoral fellows and Nurse Practitioners (NP) fellows for training in U.S. institutions.
- Pilot research projects.
- Korean doctoral students' dissertation projects in the U.S.



- Collaborative research and clinical projects among nurse scientists in Korea and abroad.
- Manuscript preparation for international journals
- Collaborative agreement between colleges/schools of nursing in Korea and in the U.S. for scholarship.
- Improving quality of nursing practice in Korea by facilitating Korean hospitals to attain Magnet status.
- Increasing visibility of Korean nursing leadership in research, education, and practice worldwide.

Over the past decade, the GKNF has provided financial support for a total of 147 nurses and nursing scholars. In collaboration with the New York Korean Nurses Association and the Chicago Korean Nurses Association, the GKNF hosted major conferences in New York (2010) and Chicago (2012).

## ..... PERSPECTIVES

### Never Let Your Struggles Intimidate You

**Subha Kukkala, DNP, MSN, PGDHE, RN-CLC**

Class 2015, Doctor of Nursing Practice, Rutgers University

Life is full of challenges. But I believe every challenge will teach you something and prepare us for success. Challenges will do one of two things to a human being: they might overwhelm a person to the point of accepting defeat or serve as motivation to rise above his/her adversities. Without my adversities, I would never have been able to achieve everything I had been able to do. Reflecting back at my life today, I remember feeling hopeless, defeated and exhausted by every hardship but without these challenges I never would have realized my strength, resilience and courage and my capability.

My life is a tale filled with many challenges, scattered dreams and emotionally turbulent

years. I will begin my story after the birth of my first child. She was a cute and adorable child with multiple birth defects. My life turned around in an instant. Physically and emotionally, I was in terrible agony. I blamed God for his injustice. I felt angry and depressed and completely withdrew from people/friends. Years passed while I drowned in tears, and despair. My husband and families around me tried to comfort me and bring me out of that chaotic situation. One day my husband surprised me with a big gift. It was a stack of books. I did not understand why he gave me a bunch of books. It was his way of diverting me from painful thoughts and he motivated me to pursue my masters program. At that point, I knew I had a choice to remain paralyzed and waste my years away in tears or I could pave a way to provide a better future for my daughter.

From that point on I became proactive and consciously tried to identify opportunities among my struggles to better myself and my children. My daughter underwent three surgeries by the age of three, and our finances have been exhausted because of the ongoing treatment. I moved on from denial, and started accepting the reality. I was filled with hope after a long time. She became the center and strength of my life. I accomplished my master's and post master's program to improve my financial situation and to provide better treatment for my daughter even when the doctors have given up on her.

I explored every opportunity in the world and decided to come to the USA for her treatment. While working two jobs, I studied for my required examinations such as TOFEL, TSE, IELTS, CGFNS and completed them within three years and applied for jobs in the United States. I took the NCLEX exam and obtained an RN position in upstate New York. God opened doors for me and my family and brought us to the USA. Through everything I felt drained from the ups and down of my life. But God had renewed my strength, and drew me close to him.

Reestablishing my life in a foreign place has been another struggle on its own. Success comes through persistence. Sixteen years of my persistent struggle, my daughter underwent six more surgeries and is now leading an independent life with strong will power. She is exceptional in her ways; the past painful experiences taught her additional skills to be joyful and cheerful all the time.

At this point, I knew I had abandoned my dream of long ago. At age eighteen I desired to become a doctor. Due to poor financial situations and the societal pressure on a woman to begin a family life, I had put my dream on the back burner.

In 2013, I began Rutgers Doctor of Nursing Practice program and tackled yet another challenge. I was debating whether to continue the program due to an 18-year gap from academic activities. Additionally, the time was crucial as I had to pay attention to my son's academic endeavors as he was heading off to college. But my son reassured me he would do his level best to get good grades and this motivated me to obtain the doctoral degree. I trusted his sincere promise and continued to pursue my doctorate program. I am so proud of my son for keeping his promise; working hard to be an excellent outstanding student standing among the top in his academic program. I couldn't have accomplished my goal without my son's reassurance.



*Congratulations graduate!  
A toast to one solid rock!*

To attain my doctoral degree this year is truly a dream come true. I thank my family who gave me incredible support and encouragement in all my academic endeavours. I never thought that my little children to whom I taught reading and writing when they were younger would one day become my great teachers. I can proudly say that they are loving children and my best friends who support me with endless supplies of smiles and hugs. All the glory belongs to my God who strengthened me throughout my journey and I thank him for every challenge that has propelled me up to this point today.

*The AAPINA  
Communications Committee  
and the Newsletter Team  
wishes you  
an awesome, fun and safe  
Summer 2015!*

