



AAPINA

ASIAN AMERICAN / PACIFIC ISLANDER NURSES ASSOCIATION, INC.

Organization identifying the health care needs of Asian Americans / Pacific Islanders

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President’s Message: Patricia T. Alpert, DrPH, MSN, APN, FNP, PNP, FAANP, CNE



The Executive Council just completed their evaluation of the 14th Annual Conference: “East Meets West in Global Health Nursing Research, Practice, and Leadership” which was held on the University of Hawaii, at Manoa campus from March 24-26, 2017. This conference was very successful on many levels; including the largest attended conference in the history of the organization. We had participants from several countries including Japan, Korea, New Zealand and Thailand in addition to the multiple states that were represented. For the first time AAPINA conference attendees were able to attend a pharmacology pre-conference session. Okura funding was awarded to three mentees wanting to develop their leadership skills in psychiatric-mental health nursing during the first afternoon of the conference. The Okura awards were made possible from a grant written by several AAPINA members. This Okura Mental Health Leadership Foundation Scholarship Development grant began in 2014 and have since been awarded to 22 nurses who are interested in meeting the mental health needs of Asian American (AA) and Native Hawaiians/other Pacific Islanders (NHOPi).

The conference keynote speakers were: (1) Dr. Eun-Ok Im and (2) Dr. Wipada Kunaviktikul. Dr. Im is the Mary T. Champagne Professor of Nursing at Duke University School of Nursing. Dr. Im is an established researcher in cross-cultural women’s health issues. She has to her credit written 350 papers, abstracts and chapters related to gender and ethnic differences in cancer pain, menopausal symptoms and physical activity. Our second keynote speaker was Dr. Wipada Kunaviktikul, a professor and the Dean of Chiang Mai University, Thailand. She is recognized in the areas of administration, leadership, policy, health care systems, and quality of care. She is also the Director of Nursing Policy and Outcome Center (NPOC), the Head of WHO Collaborating Center for Nursing and Midwifery Development. Both are nationally and internationally recognized as accomplished leaders. For those unsuspecting participants who declared they had no talent were in for a surprise during the gala event. Many did not bring their dancing shoes with them but nevertheless they all got up and participated in the traditional Bon Odori or simply Bon Dance. This is a style of dance performed

during Obon in Japan. Originally a Nenbutsu folk dance to welcome the spirits of the dead. The festival of Obon traditionally last for three days, but for this conference it lasted for about 20 minutes. The attendees were also treated to the hula by Mahealani Suapaia (our AAPINA secretary) and her sister and daughter. The hula is a Polynesian dance form accompanied by chant (oli) or song (mele, which is a cognate of Fijian language “meke”). It was developed in the Hawaiian Islands by the Polynesians who originally settled there. The hula dramatizes or portrays the words of the oli or mele in a visual dance form. Those who witnessed this performance will attest to this truth.

This conference would not have been as successful as it was without the countless number of volunteer hours and leadership by the conference co-chairs. I would like to thank Dr. Merle Kataoka-Yahiro and Dr. Alona Angosta, conference co-chairs for their dedication and hard work.



AAPINA 2017 conference in Hawaii

Dr. Angosta and her conference committee is currently working on the 15th Annual conference which will take place from March 28-April 2, 2018 aboard a cruise liner headed for the West Caribbean. Conference attendees will board the cruise liner in Galveston, Texas and will spend five days on the beautiful blue Caribbean waters enjoying the warm balmy sunny weather and or sitting on the beautiful white sandy beaches while on shore excursions. I encourage everyone to plan to attend the 15th Annual Conference to network and share vital information of your research, education and or practice with peers.

Patricia T. Alpert

From THE EDITOR’S DESK

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

We hope you all are enjoying the Summer!

This issue provides timely information regarding a new clinical practice guideline for the pharmacologic treatment of hypertension in older adults, excerpted by Dr. Melen McBride. In the Arts and Sciences Section, important information about the overall demand for RNs in California and two depression screening tools are described.

We also celebrate many successes of our AAPINA members. Specially, we highlight Dr. Junxin Li’s K99/R00 award from the National Institute of Nursing Research, which focuses on personalized behavioral intervention to improve physical activity, sleep, and cognition in older adults, as well as congratulations to Dr. Letha Joseph’s DNP on her graduation from UNC Chapel Hill in May, 2017.

Finally, there are many more photos of AAPINA 2017 conference in Hawaii. Please visit AAPINA Facebook: <https://www.facebook.com/groups/aapina/>

Have a wonderful summer!

Yu-Ping and Melen



GERO SECTION: Hypertension treatment in older adults: a new clinical practice guideline

Clinical Advisor Newslines Release, January 19, 2017, by [Lauren Grygotis](#)
<http://www.clinicaladvisor.com/newsline/printsection/232/0/>.

Excerpt by **Melen McBride, PhD, RN, FGSA**, Stanford Geriatric Education Center, School of Medicine, Stanford University, Associate Director Emerita, May 10, 2017

The American College of Physicians (ACP) and the American Academy of Family Physicians (AAFP) published a new clinical practice guideline for the pharmacologic treatment of hypertension in older adults, age 60+ (includes antihypertensive medications such as thiazide-type diuretics, angiotensin-converting enzyme inhibitors, angiotensin-receptor blockers, calcium-channel blockers, and beta-blockers. Several nonpharmacologic treatment strategies are also available for consideration (lifestyle modifications such as weight loss, changes in diet, and an increase in physical activity). The agencies reviewed randomized, controlled trials for primary outcomes and observational studies through January 2015. Target outcomes were all-cause mortality, morbidity and mortality related to stroke, major cardiac events, and harms. The evidence was evaluated using GRADE (Grading of Recommendations Assessment, Development, and Evaluation) Method. Read the full report by Qaseem A, Wilt TJ, Rich R, et al. Pharmacologic of hypertension in adults aged 60 years or older to higher versus lower blood pressure targets: A clinical practice guideline from the American College of Physicians and the American Academy of Family Physicians. *Ann Intern Med.* 2017.
[doi:10.7326/M16-1785](https://doi.org/10.7326/M16-1785)

MEMBER SPOTLIGHT

Junxin Li, PhD, RN – Lecturer – University of Pennsylvania, School of Nursing
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Dr. Junxin Li received her PhD from University at Buffalo School of Nursing in 2014, and pursued her postdoctoral fellowship at the Center for Sleep and Circadian Neurobiology, University of Pennsylvania (2014-2017). Dr. Li recently received her Pathway to Independence Award (K99/R00) from the National Institute of Nursing Research for her research on personalized behavioral intervention to improve physical activity, sleep, and cognition in older adults (06/01/2017-05/31/2022).

She is also an Okura fellow for the year of 2015-2016. The Okura fellowship has helped direct her career path through individualized interactions with her Okura mentor Dr. Yu-Ping Chang, Associate Dean for Research and Scholarship at the University at Buffalo School of Nursing.

Dr. Li's research involves improving health, wellness and quality of life of older adults, specifically on 1) examining associations between daytime activities (including physical activities and napping), nocturnal sleep and cognitive function; 2) exploring biological mechanisms for these associations; and 3) promoting sleep and cognition using non-pharmacological interventions. She has more than 10 publications from her research in high impact, peer reviewed journals including Journal of the American Geriatrics Society and Journals of Gerontology: series A.

Congratulations, Junxin!!



Letha Joseph, DNP, APRN, AGPCNP-BC, Durham VA Healthcare System



As an Asian American nurse, I am excited to see our organization's impact on nursing education and practice in the United States and abroad. With diverse cultural and educational background, we meet at the AAPINA platform for professional networking and support. We motivate each other. Also, we get motivated from each other. My desire to pursue doctoral education was kindled at the 2013 AAPINA conference held at the University of Nevada Las Vegas when I was a direct care nurse enrolled in the MSN program at UNC Chapel Hill. I appreciated nurses' scholarly contributions to the international nursing community. Also, it reminded me of the potential opportunities.

Upon graduating with DNP from UNC Chapel Hill last May, I felt indebted to our organization, not only for the motivation and networking opportunities but also for the 2017 graduate education scholarship. The scholarship helped with various expenses related to the DNP project.

My DNP project aligns with AAPINA's efforts to improve mental health. Through the Okura Mental Health Leadership Program, AAPINA illustrates its interest in preparing nurses to meet the mental health needs of people. Co-morbid depression is a growing concept that is gaining attention in the management of chronic diseases. Diabetes is a common chronic disease in my patient population. Diabetes increases the risk for depression (Naranjo, Fisher, Areán, Hessler, & Mullan, 2011; Siddiqui, Jha, Waghdhare, Agarwal, & Singh, 2014). Depressive symptoms in adults with diabetes negatively affect their self-management and adherence to treatment, leading to poor glycemic control, and microvascular and macrovascular complications ((Cummings et al., 2016; Singh et al., 2015). The American Diabetes Association's (ADA) foundations for diabetes management include routine depression screening and management of depression symptoms using a stepwise collaborative care approach (ADA, 2016). Despite these recommendation, routine depression screening is not part of basic in-patient hospital care for adults with diabetes. This clinical demonstration project titled "Management of Comorbid Depression in Veterans with Diabetes" examined the feasibility of depression screening and initiation of treatment in patients with diabetes who are admitted in medical units at a local VA hospital. An evaluation was made on the effect of depression symptom management, health related quality of life, diabetes self-management and 30-day re-admission rates. Outcomes from this clinical demonstration project supported the feasibility of doing depression screening on patients with diabetes during hospitalization for medical illness and enabling improvement of depressive symptoms, health related quality of life and 30 day re-admission rates when depressive symptoms are managed while in the hospital. The facility had been practicing annual depression screening in out-patient setting. Now with the results of this project, efforts are underway to incorporate depression screening information in the patient admission documents.

As an AAPINA supported project, the organization can take pride in this practice change. We, the AAPINA nurses continue to influence other nurses of similar background while being active in the main stream professional organizations. Let us continue to strive for professional excellence.

Letha Joseph, DNP, APRN, AGPCNP-BC is the recipient of AAPINA 2017 Scholarship for graduate studies. She completed BSN from Rajkumari Amrit Kaur College of Nursing, Delhi, India, MSN and DNP from University of North Carolina Chapel Hill. She is a nurse practitioner at the Durham VA Health Care System, North Carolina. Ms. Joseph is the secretary for the National Association of Indian Nurses of America.

RESOURCES SECTION

Below are top CDC-authored (names in bold) scientific articles on the basis of publication potential for population impact and practical implementation. Source: <http://www.cdc.gov/library/sci clips/issues/>

Communicable Diseases: [**“We deserve better!”: Perceptions of HIV testing campaigns among black and Latino MSM in New York city**](#) Drumhiller K, Murray A, Gaul Z, Aholou TM, Sutton MY, Nanin J. Arch Sex Behav. 2017 Apr 25.

Disease Reservoirs and Vectors: [**Conservation of biodiversity as a strategy for improving human health and well-being**](#) Kilpatrick AM, Salkeld DJ, Titcomb G, Hahn MB. Philos Trans R Soc Lond B Biol Sci. 2017 Jun 05;372(1722).

Health Economics: [**Medical expenditures associated with diabetes among youth with Medicaid coverage**](#) Shrestha SS, Zhang P, Thompson TJ, Gregg EW, Albright A, Imperatore G. Med Care. 2017 Apr 21.

Injury and Violence: [**Changes in motorcycle-related injuries and deaths after mandatory motorcycle helmet law in a district of Vietnam**](#) Ha NT, Ederer D, Vo Ha VA, Van Pham A, Mounts A, Nolen L, Sugerman D. Traffic Inj Prev. 2017 Apr 27:0.

Maternal and Child Health: [**Preventing alcohol and tobacco exposed pregnancies: CHOICES Plus in primary care**](#) Velasquez MM, von Sternberg KL, Floyd RL, Parrish D, Kowalchuk A, Stephens NS, Ostermeyer B, Green C, Seale JP, Mullen PD. Am J Prev Med. 2017 Apr 17.

ART AND SCIENCE OF NURSING

Topic 1: Overall demand for RNs in California

Bates, T., Chu, L., Spetz, J., (2016) California Employer Report: Survey of Nurse Employers in California, Fall 2015. University of California San Francisco.

Findings from the sixth annual survey of general acute care (GAC) hospital employers of registered nurses (RNs) in California conducted in Fall 2015. Purpose: to evaluate overall demand for RNs in the state, and changes that have occurred as the economy in California recovered from the economic recession starting in late 2007.

Source: <http://rnworkforce.ucsf.edu/publications/california-employer-report-survey-nurse-employerscalifornia-fall-2015>

Topic 2: Assessment Tools for Depression

Depression (PDQ®)–Patient Version
<https://www.cancer.gov/about-cancer/coping/feelings/depression-pdq>

Depression (PDQ®)–Health Professional Version
<https://www.cancer.gov/about-cancer/coping/feelings/depression-hp-pdq>

The Physician Data Query (PDQ) is a service of the National Cancer Institute (NCI). It is a comprehensive database of current published information about cancer prevention, detection, genetics, treatment, supportive care, complementary and alternative medicine at NCI. Most summaries are available in a professional version (technical language) and a patient version (easy to understand, non-technical language) and versions in Spanish. This PDQ is a trademark and summaries for cancer-related depression and suicide risk for the adult and the pediatric population is intended to inform and help patients, families, and caregivers. It does not give formal guidelines or recommendations for making decisions about health care. Experts in cancer treatment and cancer-related specialties comprise the Editorials Boards who write the PDQ cancer information summaries and keep them current. NCI recommends the best way to cite this PDQ summary is: PDQ® Supportive and Palliative Care Editorial Board. PDQ Depression. Bethesda, MD: National Cancer Institute. Updated <MM/DD/YYYY>. Available at: <http://www.cancer.gov/about-cancer/coping/feelings/depression-pdq>. Accessed <MM/DD/YYYY>. [PMID: 26389474] Please direct your questions to Cancer.gov through the website's [E-mail Us](#).

AAPINA's 2018 Conference –SAVE THE DATE

March 28 – April 2, 2018



Royal Caribbean's Vision Of The Seas®

Cruise Itinerary

DATE	PORT OF CALL	ARRIVE	DEPART
28 March	Galveston, Texas	-	4:00 pm
29 March	At Sea	-	-
30 March	Yucatan (Progreso), Mexico	7:00 am	4:00 pm
31 March	Cozumel, Mexico	9:00 am	6:00 pm
01 April	At Sea	-	-
02 April	Galveston, Texas	7:00 am	-



Conference and program details to follow

ANNOUNCEMENT:

Publication Opportunity from *Asian/Pacific Island Nursing Journal*

AAPINA members who presented posters and papers are encouraged to consider submitting for the special issue on “Global Health” – contact Kirsten Connelly, Managing Editor – kirsten.connelly@unlv.edu

CALL FOR PAPERS

Deadline: August 2017

ASIAN/PACIFIC ISLAND NURSING JOURNAL *Global Health*



Special Issue: Asian/Pacific Island Global Health

Guest Editor: SeonAe Yeo, WHNP-BC, PhD, FAAN
Co-Editor: Jillian Inouye, Ph.D., FAAN

For more information: <http://aapina.org/asian-pacific-island-nursing-journal/> or contact Kirsten Connelly (Managing Editor) Kirsten.connelly@unlv.edu

MEMBERS' NEWS

May Kealoha, RN, MPH, MSN, PhD, Faculty/Professor, Nursing Department, Kapi'olani Community College; email: kealohab@hawaii.edu

Dr. Kealoha published three books that are easy to read, understand, beautifully illustrated, and have been well received by the community.

- Ke Olakino Maika'i: Good Health (2016) is about health promotion in both the Hawaiian and English languages.
- Plants for our Healing (2016) is a compilation of plants used in herbal remedies known as lā'au lapa'au in Hawaiian medicine. Large and small classroom pictures of the plants are available.
- Living Well by Breathing Better (2017) is an asthma resource book for families and health care professionals.

More information about the books such as previews can be found in web site:

<http://www.kealohapublishing.com/>

