



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: Dr. Alona D. Angosta



It has been an honor and a great opportunity to serve you. Overall, it has been an amazing journey and I have certainly learned from the best. Thanks to each and every one of you, especially the Board of Directors for your dedication and commitment. Together, we have achieved a lot. Also, many thanks to our collaborative partners and sponsors who have continually supported AAPINA. Without each and every one of you, AAPINA would not have been where it stands.

During the past two years of my term, key strategic priorities have been accomplished through your support and efforts. These key initiatives contributed to the mission and vision of AAPINA. We began operationalizing our Strategic Plan. The standard procedures were established outlining the roles and responsibilities of each elected

officer and standing committee and implementation and outcomes of our **five objectives**:

Objectives 1, 4, and 5. We have networked, promoted leadership, and established a collaborative partnership with national and international organizations:

- Initiated collaborative partnerships with the AARP and Robert Wood Johnson Foundation's Future of Nursing *Campaign for Action* so that Asian Pacific Islander (API) nurses have an equal voice in decision-making in creating a *Culture of Health*.
- Developed our very first *webinar* with *Campaign for Action* in July 2019 and disseminated nationally and internationally through the campaign's website, campaignforaction.org
- Partnered with the National Association of Pediatric Nurse Practitioners to be an advocate to protect the health of the vulnerable API youths
- Partnered with the Taiwan Nurses Association (TWNA) during this year's conference to promote our mission that impact nursing and health globally and network with international nurse experts.

- Worked with the National Coalition of Ethnic Minority Nurse Associations (NCEMNA)'s first summit in March 2019 (see Obj. 2) <https://ncemna.org/>
- Our membership has expanded to three state chapters. In 2018, two state chapters (North Carolina and Nevada) were formed, in addition to Hawaii chapter. The first ever student nurses' association of AAPINA was also formed through the Nevada chapter and almost doubled their initial chapter membership. The AAPINA website was enhanced so it can be user friendly, highlight AAPINA's mission and objectives, awards and grants, conferences, publications and newsletters, and other membership benefits.

Objectives 2, 3, and 4. We have addressed the health care needs of APIs and implemented strategies related to issues affecting the health of APIs. These initiatives were accomplished through education and research, and forming collaborative partnerships with national and international leaders to support AAPINA's mission:

- Published articles in our APIN journal during 2018-2019 touched on topics of health care needs and health issues of API nurses and communities.
- Placed AAPINA in the national and global spotlight through our educational presentations by international and national speakers, researchers, educators, and clinicians at our 2018 and 2019 conferences. Changes and future directions of research that impact the health care needs of APIs, health disparity in Asian countries, issues, and key strategies to help meet the needs of APIs nationally and globally were addressed.
- Participated in the president panel speakers with the National Black Nurses Association, Philippine Nurses Association of American, National Association of Hispanic Nurses, and National Alaska Native American Indian Nurses Association during the NCEMNA 2019 summit and addressed the goals, current initiatives, and challenges that nurses and Americans' health face today, including policy issues, equity, diversity, and key solutions.
- Developed affiliation with the *Campaign for Action's Diversity Steering Committee* serving as the voice for API nurses and communities.

Objective 5. Professional development and leadership were implemented and accomplished through the following:

- Our 15th Annual National Conference in Durham, NC was successful despite the challenging experience with Hurricane Florence, our International key note speakers as well as researchers, educators, clinicians, and students attended the conference and presented their evidence-based works. Continuing education was provided to our nursing attendees.
- Our first international conference held in Taiwan in partnership with TWNA was also successful. According to the conference chair, the joint conference had about 700 attendees from several countries. The President of the International Council of Nurses (ICN) was the keynote speaker.
- As mentioned previously, our first ever webinar on building a *Culture of Health* in partnership with the *Campaign for Action* was developed and disseminated publicly (see Objs. 1-4).
- Published six articles in *Women's Leadership in Asian Cultures* in APIN journal in 2018.
- We awarded scholarship grants to AAPINA members through our Okura Foundation Grant at our 15th Annual Conference.
- Our APIN journal was indexed in *DOAJ*, *PMC*, and *EBSCO*. For more information, visit: <https://kahualike.manoa.hawaii.edu/apin/>

Thank you for your hard work, dedication, and contribution to AAPINA. Although there have been some challenging times, let us see them as opportunities for growth. Let us continue to work together in a respectful and professional way to meet the mission of AAPINA. I am confident that AAPINA will achieve greater successes and bolder accomplishments in the future. My heartfelt thanks to you all. Have a Merry Christmas and a Wonderful New Year!

Sincerely,

Dr. Alona D. Angosta, PhD, APRN, FNP-C
President, AAPINA (Jan. 1, 2018 - Dec. 31, 2019)
Associate Professor & Director of MSN Program
University of Nevada, Las Vegas School of Nursing
National Center of Excellence for Nursing Education

*****Pr

President-elect's Message: Dr. Eun-Ok Im



Greetings from North Carolina, all my friends~

Hope all of you are having a highly productive and happy year so far. Winter is already approaching to us, and the beginning of the next year will come to us very soon. In other words, my term as the president will start very soon, which is the reason that I was asked to write this message.

First of all, I want to say thank you to Dr. Alona Angosta for her outstanding leadership in leading the AAPINA for the past 2 years as the president. She has been a strong leader and supporter to make AAPINA highly visible in nursing academia throughout her presidency. With all our legendary former presidents, she has also written a great history for the AAPINA. As some of you might have already heard, the

AAPINA had two historical records during the past 2 years. In 2018, we had the highest profit from our annual conference through the North Carolina conference. In 2019, we jointly hosted our first international conference outside the U.S. with the Taiwan Nurses Association, and we had a record breaking number of participants (over 700 participants from over 10 countries) at the joint conference. These two conferences are examples of our successful growth as an international organization.

As the new president of the AAPINA, my vision for the AAPINA is to make the AAPINA a trustable and supportable home organization for Asian American Pacific Islander nurses. You may have heard terrible stories on stereotypes and microaggression toward Asian American Pacific Islander Nurses. As the home organization to support Asian American Pacific Islander nurses, we should become stronger and more visible to mainstream nursing communities. As the first step, I will make all efforts to make the AAPINA more visible to nursing communities inside and outside the U.S. and make our voices heard in national and international nursing communities. For instance, in recent years, at the American Academy of Nursing annual conferences, I have witnessed that an increasing number of Asian American Pacific Islander nurses, including our AAPINA members, were inducted as new fellows. Through the increasing membership in the most honorable society of nursing, we could show our collective power and make us more visible and have our voices reflected in future policies and

regulations related to nursing. Of course, I have sponsored some of the new fellows throughout the years, and many of our members have sponsored other members to get inducted. As the new president, I will promote these kinds of efforts to make us highly visible to mainstream nursing communities.

I will also continue our excellence in international efforts to make AAPINA more visible to international nursing communities. As mentioned above, we successfully held our first international conference outside the U.S. this year, and we are currently working with Yonsei University, one of the top nursing schools in South Korea, to jointly host our 2020 conference in Seoul, South Korea. As I heard, international colleagues in Taiwan are working on development of the Taiwan Chapter of the AAPINA, and other colleagues in South Korea are also developing the Korean Chapter of the AAPINA. Although the chapters could be a small group at the beginning, I bet they would grow fast and we will also grow fast with them.

To conclude this message, I want to say thank you to all for all your continuous great efforts and supports for the AAPINA. We will continue our tradition of excellence inside and outside the U.S., and we shall prosper.

Eun-Ok Im, PhD, MPH, RN, CNS, FAAN

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From THE EDITOR' DESK

Yu-Ping Chang, PhD, RN, FGSA, FIAN, FAAN, Associate Dean for Research and Scholarship, The State University of New York, University at Buffalo

Melen McBride, PhD, RN, FGSA, Associate Director, Emerita, Stanford Geriatric Education Center, Stanford University

We hope that you all are enjoying the winter! This issue provides critical and valuable information from Dr. Alona Angosta regarding achievements during her term as president as well as Dr. Eun-Ok Im regarding her goals and vision for her presidency. We thank Dr. Angosta for her excellent leadership in advancing the AAPINA on many levels and we look forward to Dr. Im's visionary leadership. You will find both messages very inspiring!

Finally, we celebrate the many successes of our AAPINA members!!

Yu-Ping and Melen



Many thanks to our newsletter team members: Dr. Weiwen Wang from University of Pittsburgh School of Nursing and Dr. Meng Zhao from Texas A&M University at Corpus Christi College of Nursing & Health Sciences.

GERO SECTION:

Most seniors with dementia live at home, despite pain, poor health.

A new study at UC San Francisco found most seniors with advancing dementia live in their own home, they endure more pain and have more complex or unassessed needs compared to similar group in a nursing home. The medical characteristics of 728 older adults age 65 + with moderately severe dementia were in three settings: the participants' own home; residential facility and nursing homes. The home-based participants who were four years younger (mean age-82) than the nursing home residents had more chronic conditions, experienced more pain and in the previous month had fallen or expressed concerns about falls. They are likely to have anxiety and are in fair or poor health.

The authors cautioned that the results should not necessarily lead to nursing home placement for the older person with moderately severe dementia. First author, Krista Harrison, PhD, Division of Geriatric at UCSF said that nursing homes “. . . are expensive and people generally prefer the familiarity of home.” She emphasized the “benefit from consistent and predictable environments and caregivers” in dementia care. Moreover, she noted that “home-based primary, geriatric care or palliative care” is a service that some live-at-home seniors with advance dementia are receiving, however many more of them are not.

Harrison emphasized “. . . an urgent need for these services – as well as home health aides and other social supports – to become widely available to those families providing home care for loved ones with dementia.”

Excerpt from New Dimensions, November 2019, Vol. 36, No.4, p.3.

www.ucsf.edu/news/2019/08/415106/most-seniors-dementia-live-home-despite-pain-anxiety-poor-health

RESOURCES SECTION

- WHO creates new free pre-quantification program to increase access to insulin.

The World Health Organization has created a pilot prequalification program specifically for insulin manufacturers to provide greater access to the medication for those with type 2 diabetes around the world. The products to be considered in the program must have been approved by a regulatory authority and been commercialized in that country, or insulin products that have been registered by a non-stringent authority that will be evaluated under the WHO's full assessment pathway.

Source; ANA Smart Briefs: [Regulatory Focus](https://www.raps.org/news-and-articles/news-articles/2019/11/who-seeks-to-expand-access-to-insulin-with-prequal) (11/13)/2019) <https://www.raps.org/news-and-articles/news-articles/2019/11/who-seeks-to-expand-access-to-insulin-with-prequal>

- Free Tools to Improve Nurse staffing: (1) E-Book: Principles for Nurse Staffing, 3rd Edition; (2) What's Happening with Nurse Staffing? White Paper from a webinar on how optimal staffing is essential to providing quality patient care; and (3) Nurse Staffing Infographic. Contact: ANA <enterprisemkt@ana.org>

MEMBERS' NEWS

Alona Angosta, PhD, APRN, FNP-C, President, Asian American Pacific Islander Nurses Association (AAPINA); Associate Professor & Director of the MSN Program at University of Nevada, Las Vegas School of Nursing Email: alona.angosta@unlv.edu

Dr. Alona Angosta recently received the prestigious 2020 AANP Advocate State Award for Excellence from the American Association of Nurses Practitioners (AANP) <https://www.aanp.org>. This award is given to an individual in each state **who has made a significant contribution towards increasing awareness and recognition of Nurse Practitioners**. She will be honored at the 2020 AANP National Conference in New Orleans in June 2020.



Dr. Angosta also completed her research project related to cardiovascular disease knowledge and risk factors among veterans during their transition from the military funded by the Sigma Theta Tau International Honors Society of Nursing Zeta Kappa Chapter. She also co-authored articles titled, Is Intimate Partner Violence a Risk Factor for Cardiovascular Disease in Women? A Review of the Preponderance of the Evidence published in Health (11), 841-854 and The Energy Expenditure of Tinikling: A Culturally Based Physical Activity published in International Journal of Exercise Science, 12(4): 111–121.

Sujayalakshmi Devarayasamudram, PhD, RN, Assistant Professor at Department of Nursing, North Carolina Central University Email: sdevarayasamudram@nccu.edu

Dr. Devarayasamudram is the vice president of Indian American Nurses Association of North Carolina (IANA-NC) and the counsellor of Pi Sigma chapter of Sigma Theta Tau International Society.



She had two international podium presentations in India in 2019. Devarayasamudram, S (October 28, 2019). Joy at Workplace. Sree Vidyanikethan College of Nursing, Tirupathy, Andhra Pradesh, India. Devarayasamudram, S (November 1, 2019). Nightingale Challenge and Joy at work place. Madras Medical Mission, College of Nursing, Chennai, Tamil Nadu, India.

Picture showing Dr. Devarayasamudram with Nursing students from NCCU and IANA –NC leaders in a community outreach program

Xiaopeng Ji, PhD, MSN, MA, RN, Assistant Professor at University of Delaware School of Nursing
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Dr. Ji published two articles:

Ji, X., Saylor, J., & Liu, J. (2019). The interactive effect of habitual midday napping and nighttime sleep duration on impaired fasting glucose risk in healthy adolescents. *Sleep medicine*, 64, 77-84.

Ji, X., Cui, N., & Liu, J. (2019). Using propensity score matching with doses in observational studies: An example from a child physical abuse and sleep quality study. *Research in nursing & health*.

Podium presentation: Impaired Fasting Glucose in Early Adolescents: The Interaction between Daytime Napping and Nighttime Sleep Duration. Sigma 45th Biennial Convention.

Hyunhwa 'Henna' Lee, Ph.D., MSN, APRN, PMHNP-BC, Assistant Professor at the University of Nevada, Las Vegas, School of Nursing. Email: hyunhwa.lee@unlv.edu

Dr. Lee is an awardee of the 2020-2023 Top Tier Doctoral Graduate Research Assistant (TTDGRA) program at the University of Nevada, Las Vegas, which has an approximate value of \$800,000 for 3 years. She is one of 45 awardees selected from 115 applications total. She was also a previous awardee of the 2017-2020 TTDGRA, which supported the standard doctoral student GA stipend and benefits for her program of research. Dr. Lee's research program combines advances in epigenetics and the use of comprehensive clinical and neuropsychological measures in collaboration with multi-disciplines to investigate how to address how all these are related to recovery from concussion or mild traumatic brain injury (mTBI).



Connie Kim Yen Nguyen-Truong, PhD, RN, (Alumnus PCCN), Assistant Professor at Washington State University College of Nursing Email: c.nguyen-truong@wsu.edu

Dr. Nguyen-Truong worked with Dr. Jacqueline Leung, JD, MS, CHW, Chair/Director of Programs, and Ms. Kapiolani Micky, BA, CHW, Program Coordinator at the Micronesia Islander Community (MIC) organization on several grants that helped to expand the MIC-WSU Health & Education Program in the U.S. Pacific NW region. They promoted the voices of the often underserved Micronesia Islander community regarding prenatal care and education programs. Dr. Nguyen-Truong secured a new contract to facilitate undergraduate and graduate students' learning experience in practice and research.

- “When Community Action Moves with Policy within the Micronesia Islander Community”, Health & Education Fund Impact Partnerships: Northwest Health Foundation, Meyer Memorial Trust, Kaiser Permanente Northwest, Care Oregon, and Oregon Community Foundation, \$125,000, Implementation R03 Equivalent Grant (2019-2021).
- “The Road to Leadership: Preparing Micronesia Islanders/Pacific Islanders for Civic Engagement”, Asian Pacific American Network of Oregon Communities United Fund through Wallace H. Coulter Foundation. \$20,000, Civic Engagement and Policy Research Grant (2019-2020).

- “Enhancing Cancer Genomic Best Practices through Education, Surveillance, and Policy: Academic and Community-Engaged Research” (Family Health History Genetics Cancer Screening Postcard for Community Outreach), Nguyen-Truong, C. (PI), Leung, J., (Co-PI), & Davis, A. (Co-PI). Centers for Disease Control and Prevention. \$13,722, Research Grant.

¹Nguyen-Truong, C. K. Y., ¹Leung, J., & Micky, K. (Accepted for pub 11/2019). Cultural narratives of Micronesian Islander parent leaders: Maternal and children's health, the school system, and the role of culture. *Asian/Pacific Island Nursing Journal*. [¹Co-first authors].

¹Nguyen-Truong, C. K. Y., ¹Leung, J., Micky, K., & Nevers, J. I. (Accepted for pub 8/2019). Building safe didactic dialogues for action model: Mobilizing community with Micronesian Islanders. *Asian/Pacific Island Nursing Journal*. [¹Co-first authors] [Special Issue Educational Innovations].



Dr. Nguyen-Truong also received the 2019 Washington State University Vancouver Nursing Excellence in Research Award.

Randelle I. Sasa, MA, RN-BC, CMSRN, CCRN, Assistant Professor of Nursing at Queensborough Community College E-mail: RSasa@qcc.cuny.edu

Randelle Sasa recently published his concept analysis on **male nurse**. In this paper, Sasa argued that “the concept of *male nurse* preserved gendered work with its inherent inequities, which ultimately hurts both men and women in nursing.”

Read about it here: <https://onlinelibrary.wiley.com/doi/pdf/10.1111/nuf.12374>

You Lee Yang, PhD, RN, Research Professor at Yonsei University College of Nursing, Seoul, South Korea. Email: youleeyang@yuhs.ac

Dr. Yang presented 2 posters and 1 symposium at 2019 AAPINA & TWNA Joint Conference with Dr. Eun-Ok Im and her research team. These studies were conducted during her stay at Duke University School of Nursing as a Visiting Associate (postdoctoral).

She recently moved her position to Research Professor at Yonsei University College of Nursing in August, 2019.

CONGRATULATIONS!

