



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. Eun-Ok Im



Dear AAPINA Colleagues,

Greetings from Atlanta, GA~.

With the COVID19 situation, all of us here are working at home right now except the essential personnel designated by schools and health care systems. I guess our situations across the nation would be similar. Maybe, our situation across the globe would be similar. I hope all of you and your loved ones would stay safe and healthy during this tough pandemic.

As I stated in our early message, with this pandemic, we are experiencing a number of issues and concerns that were never expected to happen in the year of 2020, which includes racial/ethnic disparities in the COVID19 morbidity and mortality and micro-aggression toward racial/ethnic minorities, specifically toward Asian Americans. As you have heard over and over again, racial/ethnic minority communities have been hit harder by this pandemic compared with their counterparts due to multiple causes. During this difficult pandemic crisis, we should stay strong and support each other.

Through this message, I want to emphasize that AAPINA is here to support all of us. First of all, AAPINA wants to send our heartfelt thanks to all of us who have been on the frontline of this battle with the pandemic. Also, we want to send our deep empathy to those of us who are affected by this pandemic directly. Also, as the AAPINA aims to provide the unified voice for Asian American Pacific

Islander (AAPI) nurses around the world, we will continuously discuss what we could do as the unified voice for our members. If you are having any issues/concerns, please don't hesitate to share with us.

Despite this difficult pandemic, AAPINA should keep moving forward. Since I started my presidency this January with new officers in place, AAPINA has diligently worked on systematically reorganizing our infrastructure. As you may know, AAPINA is currently growing with a large number of incoming members from across the nation and across the globe. We are also adding several new chapters to our organization, and there are a few organizations who want to join as organizational members. With an increasing number of individuals, chapters, and organizations, this is the time to reorganize and strengthen our infrastructure.

During the past months, we have invited new board of directors and have appointed the new members and officers of standing committees. Also, we have been dealing with a few structural and functional issues/concerns to make the organization transparent, systematically organized, and optimally function. For instance, with an increasing number of inquiries on announcements on the AAPINA website, we are currently discussing about a new section on announcements on the AAPINA website. More changes are coming. Please be patient with this major transition of AAPINA. We may experience growing pain, but we will move forward with our collaborative efforts with all of you. If you want to join our efforts in any aspects, please don't hesitate to contact us.

As we announced previously, we cancelled our 2020 conference due to this COVID19 pandemic, but we are diligently working on the next conference. Hopefully, this crisis would be resolved soon so that we could move forward with our plan for the next year's conference and we could get together as a group soon. We will keep you posted.

During this difficult time, please stay strong and patient.
We will prosper no matter what!

My best wishes for your safety and health.

Sincerely,

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

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PRESIDENT-ELECT’S MESSAGE: Dr. Hyeoneui Kim



Update on the Annual APPINA Conference

I hope you and your loved ones are staying safe and healthy during this unprecedented time. As a president-elect, I am working closely with the president and the other executive committee members to bring meaningful benefits to our members. Especially, we are striving for organizational growth, increased visibility in the broader healthcare community, and modernizing AAPINA's business operation. These changes take long and steady efforts. I hope that you are willing to stay with us and watch the organization grows. Also, I hope you are ready to provide constructive feedback and suggestions on various areas of the AAPINA's activities.

Speaking of the AAPINA activities, the annual conference is one of the most significant AAPINA events. Unfortunately, we had to cancel this year's Annual AAPINA conference, which we were initially planning to hold in mid-September, due to COVID-19. We are carefully monitoring the ever-changing COVID-19 situations, as well as related regulations and best practice guidelines on mass gathering. We will resume this conference next year with the regular schedule of early spring. Although our preference is to have a face to face conference, we may need to consider a virtual option if the COVID-19 situation does not improve safe enough for a large gathering by then. Indeed, many academic and professional conferences are being held virtually this year when cancelation is not feasible. We will learn from their experience and make next year's AAPINA conference successful in the case that we need to hold it as a virtual event. We will share more details during this summer with a call for abstracts announcement.

Hyeoneui Kim, PhD, MPH, RN, FAAN
President-elect, APPINA

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EDITOR’S MESSAGE: Dr. Kunsook Bernstein, PhD, RN, PMHNP-BC, FAAN

Recently, the US Centers for Disease Control and Prevention has found in its first look at the issue that more than 9,200 health care workers have been infected with Covid-19. The number is likely an underestimate, as information on occupation was available for fewer than 20% of cases analyzed. Since I am retired since January 2020 from my faculty position in the City University of New York, I consider myself fortunate not working during this tumultuous time with the COVID pandemic crisis. However, what individual New Yorkers including myself have experienced since last February with sharply surging COVID-19 cases and related death, and its impact on not only the health care system but also economy and individual/family lives are indescribable in word. Many working clinical nurse

colleagues are totally stressed out and exhausted with no relief. I often hear from them saying, "We feel like fighting an invisible enemy without weapons and gear to protect ourselves while trying to save lives." The circumstances are so horrific that many of them have experienced a state of constant anxiety and tension. At the same time, one of my best friends was infected with the COVID-19 while working in a hospital as a nurse practitioner; and her husband also contracted it while caring for her. Luckily, both of them recovered after over a month of suffering. During that time, I feared for the worst while staying in contact with her via daily text messaging. and witnessed every and each unbearable symptom this virus caused.

I was compelled to do something as a retired individual nurse and a nurse leader in the professional nursing community. I am a chair of the Board of Directors, New York Korean Nurses Association (NYKNA) and a president of Global Korean Nursing Foundation-USA (GKNF-USA).

As a retired psychiatric nurse practitioner, I responded to the NYS governor's call to all retired health care professionals to volunteer to help with the shortage of nurses. Additionally, I personally reached out to the nurses who are sick at home with COVID-19 with support and encouragement.

As a nurse leader, I proudly share what the NYKNA has done for the Korean nurses working in New York City. The NYKNA recognized a terrible shortage of face-masks in the hospitals, nursing homes, and other health care facilities where a large number of the Korean nurses are working. The NYKNA organized a "Mask for Korean American Nurses" campaign and with support of the Korean American community, newspapers, individuals, and Korean American business owners, the association was able to raise approximately 14000 masks and distributed them to over 700 Korean nurses in the NYC. This action is not just providing masks, its message is telling them, "We care and you are not alone."

As a president of the GKNF-USA, I would like to share that the foundation launched a COVID-19 Task Force addressing urgent clinical matters and develop a plan for prioritizing from immediate intervention to long-term plans of actions. The Foundation aims to delegate this urgent critical health and nursing issues by empowering clinical leaders and researchers to lead around a common purpose of developing data that could provide evidence-based care for COVID affected people in the global community.

In summary, nurses are known for resilience. We will not only endure this crisis with compassionate care for the COVID patients and their families, we will come out stronger and even better prepared to face such a crisis in the future.

I personally feel this pandemic crisis is an awakening experience, and appreciating life. I am humble and more respectable of nature's way of challenging the mankind.

From the Editor's Desk:

I hope that you all are staying safe and healthy during COVID 19 Pandemic crisis! This issue provides a new vision and future plans of the AAPINA from Dr. Eun-Ok Im as a new president, and Dr. Hyeoneui Kim, newly elected president -elect sharing the unfortunate cancellation of the 2020 AAPINA conference due to the COVID 19 Pandemic crisis, and future plan.

As a newly appointed chair of the communication committee and editor of the newsletter, I am also very excited to share that addition to individual membership, the AAPINA expanded its membership categories: Organizational and Chapter memberships. Please join us to welcome our organizational member- **Vanderbilt University School of Nursing**- joined on November 7, 2019, and **AAPINA Korea Chapter**, our first international chapter- approved by the Executive Committee on March 30, 2020. Special thanks goes to all Newsletter team members who made this publication possible.

Newsletter Team Members:

Dr. Sangmi Kim from Nell Hodgson Woodruff School of Nursing, Emory University;
Dr. Jinyoung Kim from School of Nursing, University of Nevada, Las Vegas (UNLV);
Dr. Meng Zhao from Texas A&M University at Corpus Christi College of Nursing & Health Sciences;
Ms. Kristine Lim – AAPINA IT support member

SPECIALTY REPORT:

COVID-19 Pandemic Crisis and Its Impact on Mental Health

The mental health effects of the coronavirus disease 2019 (COVID-19) pandemic might be profound and there are suggestions that suicide rates will rise, although this is not inevitable. Suicide is likely to become a more pressing concern as the pandemic spreads and has longer-term effects on the general population, the economy, and vulnerable groups. Preventing suicide, therefore, needs urgent consideration. The response must capitalize on, but extend beyond, general mental health policies and practices. There is some evidence that deaths by suicide increased in the USA during the 1918–19 influenza pandemic and among older people in Hong Kong during the 2003 severe acute respiratory syndrome (SARS) epidemic. The current context is different and evolving. A wide-ranging interdisciplinary response that recognizes how the pandemic might heighten risk and applies knowledge about effective suicide prevention approaches is key. Selective, indicated, and universal interventions are required. The likely adverse effects of the pandemic on people with mental illness, and on population mental health in general, might be exacerbated by fear, self-isolation, and physical distancing. Suicide risk might be increased because of stigma towards individuals with COVID-19 and their families. Those with psychiatric disorders might experience worsening symptoms and others might develop new mental health problems, especially depression, anxiety, and post-traumatic stress (all associated with increased suicide risk). These mental health problems will be experienced by the general population and those with high levels of exposure to illness caused by COVID-19, such as frontline healthcare workers and those who develop the illness. The consequences for mental health services are already being felt (e.g., increased workloads and the need to find new ways of working). Some services are developing expertise in conducting psychiatric assessments and delivering interventions remotely (e.g., by telephone or digitally); these new working practices should be implemented more widely, but with consideration that not all patients will feel comfortable with such interactions and they may present implications for privacy. Making evidence-based online resources and interventions freely available at scale could benefit population mental health.

Excerpt from Lancet Psychiatry 2020 Published Online April 21, 2020 [https://doi.org/10.1016/S2215-0366\(20\)30171-1](https://doi.org/10.1016/S2215-0366(20)30171-1)

Managing mental health during COVID-19

During a crisis such as the COVID-19 pandemic, it is common for everyone to experience increased levels of distress and anxiety, particularly as a result of social isolation. Physicians and other frontline health care professionals are particularly vulnerable to negative mental health effects as they strive to balance the duty of caring for patients with concerns about their own well-being and that of their family and friends. Use the strategies and resources on this page to manage your own mental well-being while also caring for patients during the pandemic or any other crisis.

Take care of yourself

- Feel free to feel your feelings
- Intentionally employ coping strategies
- Perform regular check-ins with yourself
- Take breaks from the news and social media
- Be fortified by remembering the importance and meaning of your work

Take care of your staff

Leadership should strive to maintain critical infrastructure and have other support in place for staff during this time.

- Adjust staffing procedures and schedules (where possible)
- Offer access to psychosocial support
- Monitor and review staff member well-being
- Create an environment of open communication

Take care of your patients

Mental health and psychosocial considerations should be integrated into all response activities.

- Establish a system to identify and provide care for mental health conditions
- Facilitate additional training for frontline staff
- Verify referral pathways
- Provide clear understandable communication to patients
- Incorporate guidance about stress into general care practices

Excerpt from <https://www.ama-assn.org/delivering-care/public-health/managing-mental-health-during-covid-19> Updated April 24, 2020

MEMBER NEWS:

A. Individual member's news

Dr. Rose Constantino was inducted to the ANA Hall of Fame 2020



Rose Constantino, PhD, JD, RN, FACFE, FAAN, was selected for **American Nurses Association (ANA) 2020 National Award - Hall of Fame Award**. She was one of three outstanding nurses and champions whose dedication and achievements have contributed significantly to the nursing profession and health care.

ANA established the nursing Hall of Fame Award to recognize individual nurses' commitments to the nursing field and their impact on the health and social history of the United States.

ANA is honored to induct three individuals to the Hall of Fame Award in 2020: *Dr. Rose Constantino* is an outstanding teacher and a powerful role model. She has engaged in local, state, national and international nursing organizations and other health-related organizations through direct patient care, impactful committee service and program development. Dr. Constantino's distinguished service and exceptional leadership have guided and inspired peers and students.



Dr. Rose Constantino is an Associate Professor and Fulbright Scholar, University of Pittsburgh School of Nursing, Department of Health and Community Systems.

Dr. Junko Imaiso was awarded Grant-in-Aid for Scientific Research

Junko Imaiso, Ph.D., RN, PHN, Professor, Kansai University of Social Welfare, School of Nursing, Hyogo, Japan. Email: imaiso@kusw.ac.jp

Dr. Imaiso is an awardee of Grant-in-Aid for Scientific Research (C) in Japan Society for the Promotion of Science (JSPS), the research title: The development of global evaluation items for the outcome of community-based care focusing on social function of the elderly in urban and rural, which has an approximate value of 4,000,000 JPY for 3 years, 2020-2022. Her research program is to develop evaluation items in global standard, particularly focusing on social aspects, in order to explore how to construct effective integrated community-based care for people's health from the perspective of the community characteristics. Her specialization is community-based nursing.

Dr. Nguyen-Truong received Sigma Theta Tau Scholar Award and published several research articles

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

- “**Academic-Community Engagement: Storytelling Journey with Doctor of Nursing Practice Student Scholars and Micronesia Islander Community Leaders**”, Sigma Theta Tau International Delta Chi Chapter-at Large. Scholar Award, 5/2020 – 5/2021.
- ¹Nguyen-Truong, C. K. Y., ¹Leung, J., & Micky, K. (accepted Apr 8, 2020). Development of a culturally specific leadership curriculum through community-based participatory research and popular education. *Asian/Pacific Island Nursing Journal*. [¹**Co-first authors**]. *Forthcoming*.
- ¹Nguyen-Truong, C. K. Y., ¹Fritz, R. L., Lau, C., Lee, J., Le, C., Kim, J., Wong, K., Leung, J., Nguyen, T. H., Le, T. V., *Nevers, J. I., & +Truong, A. M. (2020, in press). Older Asian immigrants' perceptions of a health-assistive smart home. *Gerontechnology*. [¹**Co-first authors**].
- Nguyen-Truong, C. K. Y., & Eti, D. U. (2020). Naming and addressing racism: Culturally responsive communication. *Nurse Educator*. Advanced to Online. https://journals.lww.com/nurseeducatoronline/Citation/9000/Naming_and_Addresssing_Racism_Culturally.99341.aspx

Dr. Young-Me Lee presented in RCMAR

Young-Me Lee, Ph.D., R.N., Associate Professor, School of Nursing, DePaul University, Chicago, Illinois. Email: ylee23@depaul.edu.

Dr. Young-Me Lee was an invited speaker to the Webinar Education hosted by the Resources Centers for Minority Aging Research (RCMAR) Center (NIH-Funded P30 Grant). (February 24, 2020). Her lecture topic was “*Research Education Activates: How to Develop Concepts for Pilot Intervention.*”

Dr. Lee also published the following 3 manuscripts in 2020;

- Lee, E.K., **Lee, Y. M.**, & Rische, L. (2020, Online). Factors affecting depression in high school students with chronic illness: A nationwide cross-sectional study in South Korea. *Archives of Psychiatric Nursing*. <https://doi.org/10.1016/j.apnu.2020.01.002>
- Bernstein, K., Shin, H., **Lee, Y. M.**, Park, G. K., & Hong, O. S. (2020, Online First). Evaluation of physical and mental health literacy among Korean Americans. *Health Education and Behavior*. <https://doi.org/10.1177/1090198120907887>
- Lee, E. K., Park, S. K., **Lee, Y. M.**, & Rische, L. (2020). Factors associated with maintaining smoking cessation in adolescents after implementation of tobacco price increase policy in South Korea: Using the 11th youth health behavior online survey conducted in 2015. *Research in Nursing and Health*, 43, 40–47. doi.org/10.1002/nur.21996

Dr. Lee’s research Grants currently under review are;

- **Lee, Y. M.** (PI), Simon, M. (consultant), Lee, M. K. (consultant), & Lee, H. (consultant). *HPV awareness education project for preventing cervical cancer and other HPV-related cancers in Korean-American communities*. Prevent Cancer Foundation (\$25,000). Submitted in April, 2020.
- Webber-Richey, K. (PI), Carter, J. (Co-PI), **Lee, Y. M.** (primary mentor), & Holm, K. (secondary mentor). *Physical activity practices of African American parents of young children*. Early Career Development Award by American Heart Association: \$221,000 for three years (April 2020–March 2023). Submitted in October, 2019.

B. New Organizational Members’ News

[Organizational Member; Vanderbilt University School of Nursing](#)

We would like to welcome our organizational member- Vanderbilt University School of Nursing- joined on November 7, 2019. A special thanks to Dean Linda Norman and Assistant Dean of Diversity and Inclusion, Dr. Rolanda Johnson, for their vision for fostering advancement and respect for equity, diversity, and inclusion for all students, faculty, and staff. Dr. Ginny Moore also played a crucial driver for this new membership.

[AAPINA Chapter Member; AAPINA Korea Chapter](#)

We would also like to welcome a new AAPINA chapter- our first international chapter- approved by the Executive Committee on March 30, 2020.

Goal Statement: The goals of the AAPINA Republic of Korea chapter are to facilitate research collaboration among the AAPI nurses in Korea to better understand unique challenges that AAPIs face with and to identify evidence-based solutions to them.

Our strategies to achieve this goal are:

- a. Providing an online and offline venues where nurse researchers at Korea can network and share research collaboration opportunities
- b. Recognizing and disseminating research that concerns the health topics pertinent to AAPIs
- c. Advocating and raising awareness of the health issues pertinent to AAPIs through the presentations and publications of the related research works in various scholarly venues
- d. Actively engaging in training of future nursing scholars by providing mentorship and opportunities to participate in research projects involving AAPIs

Founding members and leadership:

- Ok kyung Ham (President)
- Young ran Lee (President-elect)
- Young Ko (Secretary)
- Yaelim Lee (Treasurer)
- Soukyoung Kim (communication trustee)
- Hung sa Lee (chair of nominating committee)

MEMBER'S SCHOLARLY AND PROFESSIONAL PROJECTS

DFW CARE (Chinese American Relief for Epidemic)

Dr. Fuqin Liu, PhD, RN; Associate Professor at Texas Woman's University

Email: fliu@twu.edu

Dr. Fuqin Liu, an associate professor at Texas Woman's University College of Nursing in Denton, has founded a grassroots donation organization—DFW CARE—to help collect and distribute personal protective equipment (PPE) for health care professionals who are responding to COVID-19 at the forefront. DFW CARE's activities have been sponsored by the Ramunion USA and the J Angel Foundation and concluded on April 25, 2020. For 40 days, the organization has raised a total of \$239,500 and delivered \$30,000 worth of equipment, including donated items: 26,000 pairs of gloves,

4,500 masks, 1,000 face shields, and more. DFW CARE has delivered the PPEs to 81 hospitals, medical institutions, 18 nursing homes, and 10 police department/fire brigade.

This success was possible because of many donors and volunteers who devoted their money, time, and effort in order to protect the health and safety of front-line healthcare providers. More information can be found on the website: www.dfwcare.org



SOURCE: DFW CARE
([HTTPS://SITES.GOOGLE.COM/VIEW/DFWCARE/MEDIA/PHOTO-VIDEO-GALLERY](https://sites.google.com/view/dfwcare/media/photo-video-gallery))

COVID-19 Working Group Includes CHPDP Researchers

Dr. Angela Chia-Chen Chen, PhD, RN, PMHNP-BC; Associate Professor and Barrett Honors Faculty at Arizona State University; Affiliate Faculty, Southwest Interdisciplinary Research Center & Asian Pacific American Studies Program <https://nursingandhealth.asu.edu/directory/angela-chen>
E-mail: Angela.CCChen@asu.edu

A new team of researchers from the United States, Canada and Kenya, have received an award for the COVID-19 Working Group for Public Health and Social Sciences Research. The working group will be co-led by Dr. Angela Chia-Chen Chen at ASU Center for Health Promotion and Disease Prevention, and Dr. Mamuji at York University in Canada. This Working Group is interested in issues of stigma, fear, discrimination and backlash in light of COVID-19, as well as social countermeasures and emergency management actions that can be taken to address them. The group's broad scope includes research interest in Sinophobia, stigma faced by frontline workers and those that have tested positive, compounded discrimination as experienced by those already marginalized, and the role played by culture and social media. "This award provides a timely opportunity to advance our collective efforts to address key ethical, methodological, and empirical gaps related to COVID-19," stated Chen. "We are thrilled by this unique opportunity to work with transdisciplinary scholars across countries and begin to understand the complex phenomena with a cross-national angle." This work is supported by the National Science Foundation-funded Social Science Extreme Events Research (SSEER) Network and the CONVERGE facility at the Natural Hazards Center at the University of Colorado Boulder. Congratulations to the entire working group for this award and opportunity!

Study Invitation Message from Dr. Chen:

Dear colleagues,

As the COVID-19 pandemic affects the United States, nurses are especially at risk on the frontlines. Nurses risk becoming infected themselves or infecting their loved ones as they care for patients. Another result of the pandemic is that Asian Americans and Pacific Islanders (AAPIs) report increased experiencing racial profiling, hate incidents and violence.

Our multidisciplinary team at Arizona State University is conducting a project about AAPI nurses facing anti-Asian American discrimination while also working on the frontlines against COVID 19.

Please share your story and help us circulate the survey to other AAPI nurses! Your insights will help us predict problems, identify solutions and shape responses to the current crisis. We hope that this study will contribute to better support and resources for AAPI nurses.

We have received institutional review board approval. All information shared is anonymous without personal identifiers. The aggregated information will be used for advocacy, research, and education.

You can **participate via the QR code on the right** or click <https://redcap.link/aapifightcovid19>

If you have any questions, please feel free to contact us at fightcv19@gmail.com.

Thank you in advance for sharing your valuable insights!

WE NEED YOU!

Are you a nurse of Asian or Pacific Islander (AAPI) descent?

We are a multidisciplinary team at Arizona State University. We would like to learn how AAPI nurses are managing both risk factors: serving as frontline defenders against the pandemic while also knowing that AAPIs have been attacked because they are associated with COVID-19.

It takes about 10 minutes to complete the online **anonymous** survey. The participation is totally voluntary.

You can participate via QR code



QR code : Line up the camera on your device with the QR code you want to scan, and hold the device steady until the app can read the code in front of it.

or via <https://redcap.link/aapifightcovid19>

Questions or comments? Please contact us at fightcv19@gmail.com

