

# IHNA QUARTERLY

Illinois Hispanic Nurses Association

Winter 2012

Volume I, Issue 4

## Message from the President



**Happy New Year!** At our last meeting of the year on Thursday, December 29, 2011, we recognized the importance of mentorship and advocacy. I can personally recall the trusted individuals who have helped guide my career, and I would like to extend my support to any individual who may be in need of guidance. As Latino/a nurses, we have many skills that are valuable to our peers and I welcome everyone to share their skills and experiences with your fellow IHNA members.

In addition, we highlighted the achievements of our fellow nurses and extended opportunities for additional involvement within the organization. By working together and advocating for our

advancement as nursing professionals, can we have a stronger voice as an organization and ultimately as a profession.

In closing, I would like to share a recent experience with you which broadened my view of health care from a national issue to a global one. I was invited by Casa Mexico in Chicago to be apart of a Medical Tourism group of 12 professionals. We toured five of Mexico City's top health care facilities. I was amazed to see such medical advancement, quality and professionalism. As a healthcare professional, I was unaware of the opportunities available outside the U.S. borders for healthcare services and the number of individuals who were interested in traveling in order to have access to affordable healthcare.

The trip was highlighted in the Chicago Tribune and the link can be found below. Our healthcare system is in the state of transformation and I encourage all members to remain well informed and to continue to advocate for the best interest of our patients, families, communities and profession.

[http://articles.chicagotribune.com/2011-12-15/health/ct-met-mexico-medical-tourism-20111215\\_1\\_health-care-access-community-health-network-medical-tourism](http://articles.chicagotribune.com/2011-12-15/health/ct-met-mexico-medical-tourism-20111215_1_health-care-access-community-health-network-medical-tourism)

-Adrianna Nava, BSN, RN ☆

## New Clorox Spokesperson



The National Association of Hispanic Nurses (NAHN) has announced that The Clorox Company has joined the NAHN Family as a Corporate Member.

Clorox believes that nurses are often the frontline of healthcare for Hispanic families and have created the Hispanic Nurse



Network. Select nurses will serve as ambassadors to the Hispanic community and disseminate health and wellness messages.

Congratulations to Secretary, **Elizabethette Nava, BSN, RN** who was selected to serve as the new Clorox Spokesperson for the 2012-2013 year. ∞

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### Special points of interest:

- Interested in becoming a member? Visit us at [www.nahnnet.org](http://www.nahnnet.org)
- Interested in advancing the nursing profession? Become a corporate sponsor today!
- Have an idea? Let us know!



## NURSES ADVANCING THE PROFESSION



Special Thanks to Isis Reyes, RN, BSN for leading the Chicago Region in Summit III.

## Nursing Education Summit III

Written by:  
Adrianna Nava, BSN, RN

Nurses account for the largest healthcare profession in the nation, with over 3.1 million registered nurses licensed to practice in the United States. As the healthcare environment begins to undergo dramatic changes, the nursing profession faces new challenges. The Illinois Hispanic Nurses Association (IHNA) along with the Illinois Nurses Association (INA) and other nursing stakeholders came together on Friday, December 2, 2011 to discuss the educational advancement of registered nurses in the state of Illinois. The summit was held at Heartland Community College in Bloomington, IL.

Focus is placed on the advancement of the profession so nurses are prepared to serve to their full potential at a time when a multidisciplinary approach is necessary to address the needs of an increasingly aging and ill population. Advanced education is key to ensuring that nurses of the future are fully engaged and prepared to address the diverse needs of families, communities and populations across the country.

To learn more about the movement to advance the nursing profession, please visit The Center to Champion Nursing in America website at:

<http://championnursing.org/>

## NURSES IN THE COMMUNITY



The Illinois Hispanic Nurses providing Diabetes education to families in Cicero.

## Diabetes Health Fair

Written by:  
Rosario Suarez, RN

On Saturday, November 12, 2011, I participated in the Diabetes from head to toe Health Fair in Cicero, IL. The event was free for all families and provided health screenings, educational sessions, cooking and dance demonstrations and resources and services for persons without medical insurance. The event was sponsored by Por tu familia, Univision Chicago and the American Diabetes Association.

Volunteering for the diabetes health fair was a great opportunity for me because my passion is to educate patients on diabetes. It was great to see the various organizations present. I had the opportunity to talk to

patients with diabetes and provide education and information on eating healthy, the importance of following up with their providers, and encouraging them to take control of their health.

I have only been a member of IHNA since passing my NCLEX in July of 2011. I joined this organization because I have a strong desire to serve the Hispanic population. I truly enjoyed the experience. ∞



## NURSES MAKING HEADLINES

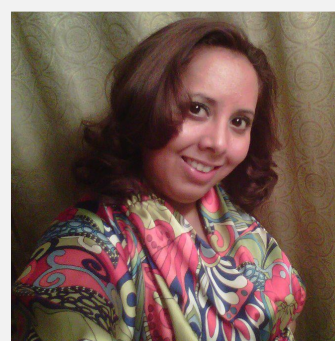
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**Susana Gonzalez** graduated with a dual degree, MHA/MSN, from the University of Phoenix in Dec.2011.



**Raquel Sanchez** graduated from NIU with a MSN, FNP-BC in May 2011.



**Patricia Ramirez** graduated from NIU with a BSN on December 11, 2011.

**Save the date!**  
**National Association  
of Hispanic Nurses (NAHN)**  
**37th Annual Conference**  
**July 17-20, 2012**  
**Caribe Hilton,**  
**San Juan, Puerto Rico**

Photo Source: Caribe Hilton



## Illinois Hispanic Nurses Association



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**Find us on the web!**

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## IHNA BOARD MEMBERS

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Elizabeth Nava, BSN, RN

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Nancy Naranjo-Garcia, BSN, RN

## NURSES IMPACTING HEALTH POLICY

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**IHNA discussing the mental health needs of the Hispanic community at UIC.**

## Essential Benefits in Healthcare

Written by: Isis Reyes, RN, BSN

The US Department of Health and Human Services (HHS) hosted a listening session in Chicago on November 4, 2011 to receive public input from stakeholders across the region on the topic of Essential Health Benefits (EHBs). Several organizations attended, such as the Illinois Department of Insurance, Delta Dental of Illinois, and State Representative May E. Flores.

My contribution to this discussion addressed the need for viable resources in the Hispanic community which would disseminate current updates to the Patient Protection and Affordable Care Act. Policies affecting our community must be comprehensible and easily accessible. In addition, I mentioned

the importance of including registered nurses when addressing EHBs. EHBs should cover Nurse Practitioner (NP/DNP) and nurse (RN) visits. Flexibility in choosing a health care provider, including having the choice to have a Nurse Practitioner provide direct care, should be included in an EHB package.

IHNA has assisted in developing a wiki page in collaboration with the National Association of Hispanic Nurses, Pfizer and four other NAHN chapters. IHNA is focusing on the mental health needs in the Hispanic community.

To learn more about the Essential Health Benefits, please visit the National Association of Hispanic Nurses website at [www.nahnnet.org](http://www.nahnnet.org) ∞