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ihna

Illinois Hispanic Nurses Association

EMPOWERING NURSES TO IMPROVE THE HEALTH OF THE LATINO COMMUNITY AND BEYOND

In focus

IHNA Members had the pleasure of welcoming Illinois' 1st District State Representative Susana Mendoza to their October 17th meeting. Representative Mendoza was the guest speaker for the night.

IHNA meets with State Rep. Mendoza

At 27, Representative Mendoza was elected to represent the Little Village neighborhood; as well as parts of Brighton Park, Gage Park and Back of the Yards. Representative Mendoza is currently serving her fifth term as Illinois State Representative. Today, she seeks to appear on the ballot for Chicago City Clerk in the February 22nd, 2011 election.

During her visit with IHNA, she shared her personal experiences being an elected official of Illinois. Her passion and motivation is extremely admirable. In addition, she

discussed how health care reform will affect the work we as nurses do and how it will affect the people we serve. As nurses, we play a vital role in the health of our communities. With over 3 million nurses nationwide, IHNA realized that it is imperative that we not only become aware of policy issues affecting the lives of the people we serve, but also the policy issues that affect our own profession.

IHNA looks forward to expanding our role within policy and thanks Representative Mendoza for her continued leadership.



Photo Courtesy of: www.staterepsusanamendoza.com



LEADERSHIP OPPORTUNITES

This upcoming year is an election year for our Illinois Chapter. Our organization has been committed to improving the quality of health of the Latino Community and empowering Hispanic Nurses to further their education and emerge as future leaders. Our Board, lead by IHNA President, Loraine Castro Moreno, RN has done an outstanding job this year promoting the growth of the Illinois Chapter of the National Association of Hispanic Nurses! Remember to let your voice be heard this year and fully support those who are running...VOTE!

Haiti's Cholera Outbreak: A Nurse's Tale



"My calling was to reach out to those in need. I was in Haiti, and I made a difference!"

-ELIZABETTE NAVA, RN, BSN

IHNA Member, Elizabette Nava, RN, BSN spent over a week in Haiti providing direct care to Haitian residents, even during the Cholera outbreak in St. Marc.

Eagle Rock Christian Center out of Peru, IL set up a mission trip to Haiti from October 21st-29th. Elizabette, 2 other registered nurses and 7 spiritual leaders embarked on a medical mission to Haiti. On their first full day, they were notified of the Cholera outbreak in Haiti and were requested to aide in St. Marc for additional assistance in the area. According to the Centers of Disease Control and Prevention (CDC), Cholera is an acute, diarrheal illness caused by the bacterium *Vibrio cholerae*, which infects the intestine causing rapid loss of body fluids leading to severe dehydration

and shock in those without adequate treatment.

In the affected area, the nurses and spiritual staff assisted Saint Nicholas Hospital with controlling the flow of patients, initiating IV therapy and promoting patient comfort. Sadly, the hospital could not keep up with the increased demand for supplies and all that was left to treat the patients affected by cholera was prayer. Although difficult to communicate effectively, the missionary members and the patients bowed their heads together in prayer.

The next four days Elizabette

and the missionary staff spent their time in Port-au-Prince, Haiti, providing services for Granny Bin's Place Clinic for the Butte Boyer Community. Over their four days, they provided physical assessments and screened adults and children for blood pressure and pain. The individuals who needed to be seen immediately by a physician were sent to a Haitian doctor. The most common conditions seen over the four days included intestinal worms and scabies in children. The missionary staff served over 600 people on the clinic days and donated 22 large suitcases filled with medicinal supplies consisting of over the counter medications for adult and children.

This was Elizabette's first medical mission serving as a Registered Nurse. The hardest part of her journey was seeing the children suffer from the lack of medical resources and services. In addition, communication was difficult as the spoken language was Creole. However, this experience remains embedded in her heart and she is ready to continue serving communities in need.



SAVE THE
DATE!



JULY 19-22, 2011
NAHN ANNUAL
CONFERENCE

HOST HOTEL:
FLAMINGO/HARRAH'S
LAS VEGAS HOTEL
LAS VEGAS, NEVADA

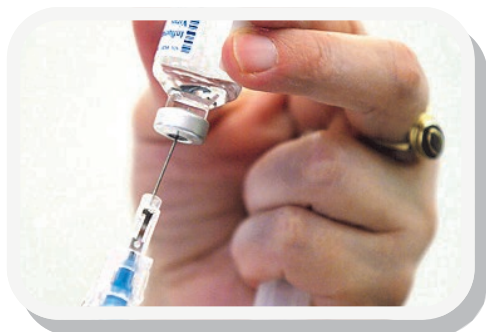
**REGISTRATION BEGINS
DECEMBER 1, 2010**

NAHN is thrilled to continue to work with the Huggies® Every Little Bottom program. Did you know that 1 out of every 3 moms struggle to provide diapers for their babies? Help NAHN and Huggies diaper Every Little Bottom.



**FIND A LOCAL DIAPER
DRIVE NEAR YOU!**

www.EveryLittleBottom.com



New Facts about the 2010-2011 Flu Season

'Tis the season for scratchy throats and runny noses. Make sure you are up to date!

This season, the Center for Disease Control (CDC) has recommended that all individuals 6 months of age and older receive the flu vaccine. This year the flu vaccine was developed to also help protect against last year's H1N1 strain as well as an H3N2 virus and an influenza B virus. This time around, only one vaccine is needed. There is an exception; children aged 6 months to 8 years of age who have not had a flu vaccine should receive 2 doses at least 4 weeks apart. Children who received 1 dose in their first year of vaccination should receive 2 doses as well.

It is important to receive this year's vaccine. The 2010-11 vaccine provides protection against 3 viruses. The vaccine you received last year will likely not be as effective this year as your immunity lessens over time. Annual vaccination is even more so important for the elderly population because seniors are at a higher risk due to comorbidities, accounting for greater than 90% of deaths due to the flu. Of course with

this year's flu vaccine complications may occur in some people.

This year patients who are morbidly obese, defined as Body Mass Index (BMI ≥ 40) were added to the higher risk for complications group. Last season it was found that American Indians and Alaskan Natives were found to have a greater risk. Vaccines are currently available at community clinics, healthcare providers and participating retail pharmacies. Additional info can be found at www.lungusa.org.

For a list of public locations to receive your annual flu vaccination visit: www.flu.gov or call 1-800-CDC-INFO

M.A. ZAMBRANO, PHARMD.

Submit articles, job announcements, special events, etc. that you want included in the next issue by February 1st, 2011 to:



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IHNA NEWS!!!

ISIS REYES, RN, BSN HAS BEEN VOLUNTEERING AT ALVIO MEDICAL CENTER IN CHICAGO. INTERESTED IN HELPING? LET US KNOW!

IHNA NEEDS YOUR HELP! PLEASE SUBMIT ANY FUNDRAISING IDEAS YOU MAY HAVE TO THE BOARD.

CONGRATULATIONS TO **NANCY NARANJO-GARCIA, RN** ON HER NEW POSITION AS MANAGER OF PATIENT CARE OPERATIONS AT CHILDREN'S MEMORIAL HOSPITAL!



DONATE TODAY!



IHNA continuously collects new & gently used nursing scrubs.

Bring your donation to the next meeting!

Thanks for helping your fellow colleagues!



"Be the change you want to see in the world..."

-Mahatma Ghandi

Become a Member of IHNA Today!