

FUTURE OF NURSING™

Campaign for Action

AT THE CENTER TO CHAMPION NURSING IN AMERICA



The Asian American Pacific Islander Nurses Association – Supporting and Mentoring the Next Generation of Nurses to Promote a Culture of Health

Webinar Summary July 11, 2019

This webinar highlights the work of the Asian American Pacific Islander Nurses Association (AAPINA) and features the current president and past president of the organization who share the history, mission and vision of AAPINA. Additionally, they discuss how the organization is working to address the Culture of Health and health equity.

AAPINA is a member of the *Campaign's* Equity, Diversity and Inclusion Steering Committee, which advises the *Campaign* on diversity and equity issues.

Objectives

- Discuss the health needs of Asian American Pacific Islander (AAPI) communities.
- Learn about AAPINA efforts throughout the nation to promote a Culture of Health and health equity by mentoring and supporting nurses and students through research, practice, policy and education.
- Learn how AAPINA members and chapters can collaborate with the *Campaign's* state-based Action Coalitions to promote the health and well-being of AAPI communities.

Presenters



Winifred V. Quinn, PhD, FAANP (H),
Director, Advocacy & Consumer Affairs,
Center to Champion Nursing in America

Across the country, there is a movement to advance the field of nursing so that all Americans have access to high quality, patient-centered care in a health care system where nurses contribute as essential partners in achieving success. This national level [Future of Nursing: Campaign for Action](#) is a result of the Institute of Medicine's landmark 2010 report on the [Future of Nursing: Leading Change, Advancing Health](#).

The *Campaign for Action's* field-based teams, the [Action Coalitions](#), are leading this movement and are equipping themselves with knowledge gained from technical assistance provided by the Center to Champion Nursing in America (CCNA), a joint initiative of AARP, the AARP Foundation, and the Robert Wood Johnson Foundation. Such technical assistance comes in the form of webinars, face to face interactions, and other facilitated engagements with public policy leaders, content experts, consultants, and Action Coalition peers across the country.



Adriana Perez, PhD, CRNP, FAAN

Assistant Professor of Nursing and Senior Fellow, Leonard Davis Institute of Health Economics, University of Pennsylvania School of Nursing



Alona D. Angosta, PhD, APRN, FNP-C

President, AAPINA; Associate Professor & Director of Graduate Program (MSN), University of Nevada Las Vegas School of Nursing



Patricia Alpert, DrPH, MSN, FAANP

Immediate Past President, AAPINA; Past Dean, Arizona College School of Nursing

Introduction

Winifred Quinn, PhD, FAANP (H), shares the objectives for the webinar and introduces the facilitator, Adriana Perez PhD, CRNP, FAAN, assistant professor of Nursing and senior fellow, Leonard Davis Institute of Health Economics, University of Pennsylvania School of Nursing.

Perez reiterates that the Asian American Pacific Islander Nurses Association is a member of the *Campaign for Action's* Equity, Diversity and Inclusion Steering Committee, which advises the *Campaign* on diversity and equity issues.

She shares the definition of health equity from Paula Braveman's brief "*What is Health Equity?*" which means "that everyone has a fair and just opportunity to be as healthy as possible. This requires removing obstacles to health such as poverty, discrimination, and their consequences, including powerlessness and lack of access to good jobs with fair pay; quality education and housing; safe environments; and health care."

Additionally, Perez reviews the Culture of Health framework and the four Action Areas, and she notes that the presenters will discuss how their work fits into the Culture of Health framework, including sharing examples of how AAPINA is advancing health equity by creating healthier, more equitable communities.

Perez then shares RN workforce statistics which show an increase in Asian RNs with the trend continuing upwards.

In May, the U.S. Department of Health and Human Services Office of Minority Health celebrated Asian American and Pacific Islander Heritage month. The focus for 2019 was staying active and healthy, and diabetes prevention and management. While life expectancy for Asian Americans is one of the highest in the country, living longer does not always equal living healthier. There are many negative factors that contribute to health issues in the Asian community, including infrequent medical visits, language barriers, access to health insurance, and more.

Perez introduces the speakers for the webinar: Alona Angosta, PhD, APRN, FNP-C and Patricia Alpert, DrPH, MSN, FAANP.

Presentation Summary

Angosta begins by providing an overview of Asians in the United States:

- 22 million Asian Americans live in the U.S. (2017 census).
- many different subgroups of Asians live in the country, with Chinese and Asian Indians being the two largest.
- 1.6 million Pacific Islanders and Native Hawaiians live in the U.S. or U.S. territories.

Overview of AAPINA

AAPINA's logo represents waves, oceans and the yin and yang representing values within the Asian community.

History: The organization was formed in the early 1990s, and they held their first conference in 2004. They were invited to attend the First Invitational Congress of Minority Nurse Leaders and are a founding member of the National Coalition of Minority Nurses Association.

Vision: To serve as a unified voice for Asian American Pacific Islander (AAPI) nurses around the world

Mission: To strive to positively affect the health and well-being of AAPIs and their communities by:

- supporting AAPI nurses and nursing students.
- facilitating and promoting networking and collaborative partnerships.
- influencing health policy.

AAPINA is a nonprofit organization with the central role of helping its members become leaders in nursing education, practice and research. At the annual conference, members showcase their research and innovative works, and network with other members. The organization also has a leadership mentoring program; provides awards, scholarships, and grants; and serves as a public forum to share findings and research relevant to the AAPI community.

Competencies include training and encouraging members to advocate for AAPIs on key policies and legislative issues.

Membership, Grants, and Partnerships

AAPINA consists of 488 contact members:

- 56 percent employed in academia.

- 22 percent employed in the hospital setting.
- 38 percent possess a PhD.
- 8 percent have a doctorate of nursing practice/doctorate of nursing science.
- 20 percent have a master's degree.
- 19 percent possess a bachelor's degree.

Member benefits include access to grants, scholarships, awards; opportunities to publish in the *Asian Pacific Island Nursing (APIN)* journal; discounted conference rates; and more.

The **Okura Mental Health Leadership Scholars** grant is a mentoring program funded by the Okura Foundation with the goal of developing AAPI nurse leaders interested in mental health research and practice.

AAPINA also provides a research grant; the Ethnic Minority Nursing Award; the Geropsychiatric Award; the AAPINA Scholarship Award; and the Yu (Phillip) Xu Mentoring Award.

Some of AAPINA's **partnerships** include:

- Robert Wood Johnson Foundation and AARP via the Future of Nursing: *Campaign for Action*
- National Coalition for Ethnic Minority Nurses Association (NCEMNA)
- Asian Community Development Council
- National Association of Pediatric Nurse Practitioner's Partnership for Vulnerable Youths
- American Association of Colleges of Nursing's Graduate Nursing Student Academy

Objectives, Chapters, and Conferences

Some of the organization's objectives are as follows:

- 1) Network and address the health care and nursing concerns of AAPI nurses in the U.S, its territories, and other countries.
- 2) Identify the health care needs of AAPIs (often via educational training for members focusing on best practices).
- 3) Formulate and implement strategies to act on issues, legislation, and public policies affecting the health of AAPIs.
- 4) Collaborate with other health and professional organizations that support the mission of AAPINA.
- 5) Promote professional development of members through training and education.

Its **three chapters, located in Hawaii, Nevada, and North Carolina, advance objectives.**

The Nevada and North Carolina chapters were established in 2018. The three chapters extend the organization's work and serve as conduits of the national organization, with AAPINA NV promoting the Culture of Health within the state; AAPINA NC focusing on expanding membership; and AAPINA HI involved in many community activities that promote health and wellness among the local AAPI community.

AAPINA's **annual national conference** generates funds for their scholarships and grants programs, provides professional development opportunities; and allows members to share their scholarly research and findings. For the first time in AAPINA's history the 2019 conference will be held in Taiwan as a joint venture with the Taiwan Nurses Association (TWNA).

AAPI Health Profile

Asian Americans and Pacific Islanders have common health conditions and risk factors, such as heart disease, stroke, diabetes, cancer, liver and pulmonary diseases, tuberculosis, suicide, and unintentional injuries (Asians), and obesity, diabetes, heart disease, stroke, cancer, liver and pulmonary diseases, HIV/AIDS, and tuberculosis (Pacific Islanders).

Several factors impacting the health of AAPIs include lack of access to health care, infrequent medical visits due to language and/or cultural barriers, lack of insurance, and fear of deportation.

As the past-president of AAPINA, Alpert helped spearhead efforts to promote health equity.

- At the 2007 national convention, AAPINA leaders realized that most of their membership base consisted of educators and researchers. They began working to increase their membership to include nurses in the practice setting in order to get research and information to the bedside more quickly.
- Several years later, they realized the importance of further expanding their membership base to include other health professionals in order to work toward the goal of promoting health equity among the AAPI community.

Angosta concludes her presentation and introduces Patricia Alpert.

Health Equity

Angosta begins her presentation by sharing that health equity means that everyone has a fair and just opportunity to be as healthy as possible. In order to achieve that, obstacles such as discrimination and poverty must be removed.

Some ways that AAPINA is promoting health equity is through mentorship.

- **Okura Mental Health Leadership Foundation Scholarship Development Grant**
As previously mentioned by Angosta, AAPINA received a grant from the Okura Foundation Grant to develop a mentoring program for AAPINA members interested in serving in the mental health field. More than 20 nurses and students were awarded the grant and paired with AAPINA members with mental health expertise. At the project's completion, the mentees will have developed professional and leadership skills to advance in the mental health field.
- **Yu (Phillip) Xu Mentoring Award**
This award was created to recognize AAPINA members who have mentored and impacted the professional development and/or personal growth of another AAPINA member. Some of the awardees include Jillian Inouye, Pat Alpert, and Leorey Saligan.

Research, Practice, Policy and Education

AAPINA strives to meet its objectives through:

- education on how to improve health amongst AAPI communities, and
- by providing multiple streams that allow members to share their research, best practices, and accomplishments related to AAPI health issues.

- One avenue is through presentations at the annual conference.
- Another way for members to feature their work is via the quarterly newsletter or through the *APIN* journal.

AAPINA is developing strategies to advocate for legislation and policies that impact the AAPI community. They partner and network with other organizations and, at times, advocate for members to move into leadership positions. Some examples include:

- partnering with nonprofits to get AAPI nurses on boards,
- being a member of NCEMNA to push forward an agenda to benefit all minority populations; and
- offering professional development training to promote leadership.

Alpert concludes her presentation and turns the floor over to Perez for questions and answers.

Questions and Answers

Q: Are there efforts/interests to increase the number of AAPINA chapters? With the growth of the Asian American population, is AAPINA considering targeting other states to create chapters?

A: There has been interest in other states, such as California, Washington, and New York. However, many times the issue is finding additional members to form an official chapter. The organization continues to work with the interested parties on specific challenges.

Q: What are some specific initiatives each chapter is working on?

A: Nevada is the most active chapter with a good membership base. Their priorities include holding a chapter conference that will focus on advancing nursing practice and research. Additionally, they have a weekly radio show called “Healthy Mondays” where they reach out to AAPI communities to discuss relevant health topics. They also formed a student nurses association; partnered with the Asian Community Development Council and Civic Club to promote all AAPI communities; and participated in a roundtable with Nevada and California senators to discuss legislative initiatives to help the AAPI community.

The North Carolina chapter began in 2018; the current focus is on mentoring students and faculty as well as expanding their membership.

Hawaii is involved in many activities that promote health and wellness in the local AAPI community.

Q: Why are AAPIs at risk for some of these health issues? Does the experience of being an immigrant affect their health?

A: Angosta: Sometimes genetics plays a role. Other reasons include the environment and lack of access to health care. My original research focused on women and heart disease. A literature review for my PhD showed there was a lot of research in this area but not amongst Filipino Americans in particular. She says that lifestyle, culture, tradition as well as genetics contribute to health conditions and risk factors.

For Filipinos, their immigrant status does affect their health. In their home country, they consume more vegetables and fish. However, when they migrate to the Western world, they are exposed to other dishes. AAPINA members look at diverse topics particular to different subgroups.

Alpert: foods works both ways. There are certain cultural things in a diet that contribute to heart disease and high blood pressure. However, when you look at studies, especially amongst Japanese compared to Japanese Americans, the Japanese Americans tend to be taller and bigger. Often, as clinicians, we use standards of practice (BMI, waist circumference, etc.). However, that does not always fit for Asian Americans as a smaller waist circumference does not eliminate heart disease risk factors.

Q: What are some of the policy changes that AAPINA is advocating for at the local, state, or national level?

A: We don't really have any strict policy initiatives at the moment but are working at the grassroots level first to get politicians involved and aware of issues faced by the AAPI community. The Nevada chapter works with the Asian Community Development Council, and we inform them of issues we are seeing in hopes to push some of these initiatives through. The council is also putting together a clinic for the local Asian Americans.

One of the main issues AAPINA faces that was brought up during the March 2019 NCEMNA summit, is that we don't have representation in Washington, DC. Through our partnership with AARP, we hope to bring the organization to the spotlight and have other organizations, like AARP, assist us in not only representing the community but spreading awareness as well.

Due to a lack of time, the webinar concluded. However, several additional questions were posed for the audience and presenters to consider.

Q: Are there unique social deterrents for men in Asian communities for accessing health care and caring for their families that could affect quality outcomes for the overall community? If so, what are they? For example, men in general in the US do not access health care as much as females and traditionally in many generations have not been the primary caregiver for children. Sometimes they are thrown into caregiving situations as health system models move to outside acute settings. What can we do to help with this?

Q: How will you integrate what you learned from this webinar into your work?

Q: What are additional resources or nursing-led initiatives that can help promote health equity in Asian American Pacific Islander and other diverse communities?

The IOM's recommendations include: the need for more advanced education of registered nurses; nurses leading innovations in health care and being appointed to decision making bodies; all nurses practicing to the full extent of their education and training; a more diverse nursing workforce and faculty; and more interprofessional collaboration among nurses, physicians, and other members of the health care team in the educational and clinical environments.

CCNA Contact Information

For more information about this webinar, technical assistance questions, or questions related to the Future of Nursing: *Campaign for Action*, contact wquinn@aarpp.org at the Center to Champion Nursing in America.

Visit us on the web at www.campaignforaction.org.

Follow us on Twitter:

- www.twitter.com/championnursing
- @Campaign4Action
- @FutureofNursing
- #futureofnursing

Join us on Facebook:

- www.facebook.com/championnursing
- www.facebook.com/campaignforaction