CANA Global CONNECT

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Chief Editor's Note

Sleep: An Essential Nursing Focus
Mei R. Fu, PhD, RN, FAAN
Chief Editor

"Sleep is the single most effective thing you can do to reset your brain and body for health," stated Dr. Matthew Walker, professor of neuroscience and psychology of University of California, Berkeley during his interview with TIME Magazine of February 27-March 6, 2017. As we all know, sleep is nonnegotiable that every human being has to sleep in order to survive. Numerous research has found that sleep deprivation is strongly linked to disease and premature death. While sleep presents itself being a very passive state in which the body appears to rest, science has revealed that sleep is actually very active state in which the body is recuperating on cellular and molecular level to ensure that we have physical and mental health.

Read more of the Chief Editor's Note »

President's Message

Dear distinguished members and friends,

On behalf of CANA, let me start by wishing everyone a Happy Lunar New Year for the year of the Rooster! Also, Nurses Week will be from May 6 to May 12, 2017 and Mother's Day is on May 14th, 2017. Good wishes all around!

As you know, nurses have many roles beyond that title, many nurses are mothers. Let's take the time to celebrate the mothers on Mother's Day and nurses during Nurses Week at the CANA Annual Gala. This year, the gala will be held on Friday, May 12, 2017 in Flushing, Queens.

Read more of the President's Message »

You're Invited!

Chinese American Nurses Association
美國華裔註冊護士協會

19th Annual
CANA Fundraising Gala

Honoree Ceremony • Dinner • Entertainment • Dancing

Celebrate National Nurses Week with CANA!

Mudan Banquet Hall • Queens Crossing
136-17 39th Ave, 2nd Floor
Flushing, NY 11354

Friday, May 12, 2017
6:00 pm • 11:00 pm

Ticket Price: **$40 per person *(Active CANA Member Price)***
$80 per person *(Non-member Price)*
Free for Active CANA Nursing Students

Also See Attached *Sponsorship Form

To RSVP, please contact us by:
Emailing us at cananursing1997@gmail.com
Or calling:
Theresa Chan at (510) 220-1797
Christine Lee at (646) 546-2676
Or
Write to us/Send payment to:

Chinese American Nurses Association
P.O. Box 527652
Flushing, NY 11352

The Caring Hearts of Nursing
Chinese American Nurses Association

Research Highlights

Dr. Lichuan Ye's Program of Research on Sleep

Sleep is underrated. In hospitals, on college campuses, and across our fast-paced society, sleep's vital role in health is generally minimized and misunderstood. Obstructive sleep apnea (OSA), the most common sleep disorder, affects nearly one in five adults, making it a major public health problem on par with smoking. Yet much remains undiscovered about OSA and its effective management. I have made it my goal to research sleep and sleep disorders, spread awareness, and ultimately improve health outcomes. With the commitment to promoting health through better sleep and better management of sleep disorders, my program of research has progressed towards meeting this goal, with three major aims:

Read more about Dr. Ye's research »

Clinical Narrative

Relationship-based care in the fast-paced setting of the OR

Catherine Holley, BSN RN
Main Operating Room
Massachusetts General Hospital

My name is Catherine Holley and I am an operating room nurse on the Surgical Oncology/Trauma team. Each shift, I'm assigned to a specific operating room (OR). On this particular morning, I had the role of circulating nurse, responsible for managing all nursing care within the OR. As the circulating nurse, I have duties outside the sterile field, affording me a 'big-picture' view of the surgical process while assessing, observing, and assisting the team in creating and maintaining a safe environment for the patient. The first scheduled surgery that day was 'Betty,' a breast-biopsy patient.

Read more about Catherine's story here »

CANA Scholarship Application

In 2011, CANA established its first Scholarship Awards to inspire and encourage the next generation of Chinese American nurses. The application for the 2017 CANA Scholarship is now open! Application deadline is August 31, 2017. Any inquiries can be directed to cananursing1997@gmail.com.

APPLY HERE »

CANA Community Connect

Blood Pressure and BMI Screenings
January 21-22, 2017
New York Presbyterian-Queens

CANA volunteered with New York Presbyterian-Queens at the World Journal New York's 2017 Lunar Festival to do blood pressure and BMI screenings.

Over two days, our CANA member volunteers took over 250 participants' blood pressure and BMI, and provided health education. It is always a pleasure to meet and provide services to the community!

Chinese New Year Luncheon February 25, 2017
Jin Cheng Restaurant
Flushing, Queens, NY.

Thirty CANA members, ranging from friends of CANA, nursing students, new nurses and seasoned nurses came out to enjoy a delicious lunch, and receive community health education for #Narcan Training.

Our longtime supporter, former CANA Board Member, and last year's 2016 CANA Honoree for Outstanding Professional Mentor, Dr. Elizabeth Lee, PhD, FNP-BC, led an educational session on emergency Narcan administration in the event of opioid overdose. This was a great opportunity for us as nurses to expand and extend our community health and nursing knowledge. Everyone who successfully demonstrated how to assemble and administer Narcan in front of Dr. Lee received an emergency kit to take home.

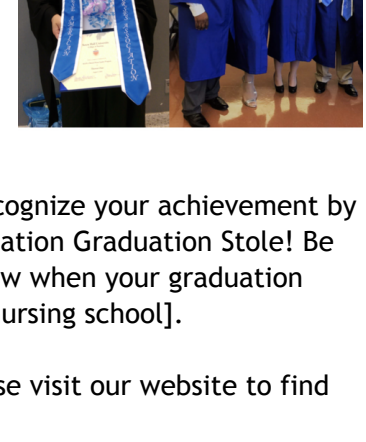
Upcoming Events

Save the date for upcoming CANA events!

19th Annual Fundraising Dinner Party - Friday, May 12, 2017 - Mudan Banquet Hall
CANA Annual General Meeting - Saturday, October 14, 2017

Member News

CANA Nursing Student Graduation Stole Program



Are you, or do you know someone who is a nursing student? Are you graduating from your nursing school program, and looking to set yourself apart from your classmates at graduation? Would you like to display your pride in your heritage, and being a part of a group?

If you are an active CANA Nursing Student Member, and are graduating from your nursing school, then we are proud to recognize your achievement by honoring you with our custom Chinese American Nurses Association Graduation Stole! Be sure to email us at cananursing1997@gmail.com to let us know when your graduation date is [and send us your graduation confirmation from your nursing school].

To learn more about obtaining a CANA Graduation Stole, please visit our website to find out how to receive it.

- We are interested in how you are doing and want to celebrate our members' achievements! Please let us know about your professional achievements, such as nursing school graduation, awards, recent seminars members have presented in, articles and research members have participated in, and volunteer experiences,

or personal milestones, such as weddings, addition of family members, or retirement, by emailing cananursing1997@gmail.com with the subject title **"Member News"**. Pictures may also be submitted.

- Please renew your membership by writing a check (RN: $30, Student: $10) to **"CANA Membership"** and mailing it to **P.O. Box 527652, Flushing, NY 11352.**

Make sure you are connected to CANA on all of our social media!

Facebook › Instagram › Twitter › Linked In ›

CANA Global CONNECT is the official e-news magazine of the Chinese American Nurses Association (CANA) that is published quarterly as a benefit for its members.

Mission of *CANA Global CONNECT*:

- Provide timely news and resources to nurses and healthcare professionals globally that can guide clinical practice.
- Showcase global nurse leaders and healthcare leaders who have made significant contributions to advance excellence in nursing and quality patient care.
- Communicate CANA updates and news

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