

PRESIDENT'S MESSAGE ROBIN EASLEY, RN, MSN, OCN



**Robin Easley,
RN, MSN, OCN
Hawaii
ONS President**

Aloha ONS Oahu Chapter members. The board has been actively working to look at ways to continue to make our chapter strong. The Annual Hawaii ONS conference is slated for August 2013. Registration is now available online as long as you have a paypal account. Please register for this program. It is an opportunity for our chapter members to obtain CNE credits that are important in maintaining our licensure and certifications.

Our chapter is currently in need of nominations for Secretary and President - Elect positions. Please nominate someone you know or yourself this month. Our chapter has guidelines that we must maintain to continue as an active chapter in Hawaii. We are bordering on losing our charter. Please step up and

participate. Contact Connie Gazmen at gazmen@hawaii.edu with your nominations as soon as possible so our chapter can vote on these nominees.

It is already half way through the year. I am looking for ideas for community service activities. Please contact me if you know of or would like to support. Pat Nishimoto has been actively working with multiple hospitals with the Oncology on Canvas project. Pictures will be posted on Facebook and the website for members to view. Thank you to all who participated in this project.

In regards to membership, ONS National is implementing a change. Beginning in July, our chapter will no longer accept local chapter dues. ONS has developed a program that will include this amount with your annual ONS membership dues. This amount has been

decreased to \$10.00 local dues per member. This will simplify the accounting process for Gail Smith, our Treasurer.

We also have a volunteer to manage our webpage. Thank you to Stephanie Guy for volunteering. We are glad to have you on the team.

Mahalo,
Robin Easley, APN
President

CONGRESS IN WASHINGTON, D.C. CINDY KANESHIRO, RN, OCN



This year's ONS 38th Annual Congress was held in Washington DC. With the assistance of an educational grant from our local chapter, I was able to attend my 6th oncology congress. Like congress' of the past it was a wonderful way to kick off Oncology Nurse's Month and celebrate the joys of oncology nursing with thousands of my nursing peers from across the country and internationally as well.

The goal of the conference was to impart excellence in oncology nursing and quality cancer care through interactive learn-

ing experiences and networking opportunities. Conference objectives included various innovations in cancer care, ways to integrate and disseminate information to support evidence-based cancer care and discuss current issues and trends in cancer care and opportunities to advocate. We were able to participate in an environment of peer networking collaboration and rejuvenation. We were encouraged to evaluate strategies to support and sustain the profession of oncology nursing examine ethical issues related to cancer

treatment with patient-nurse relationships and identify strategies to support and sustain self-care and spiritual growth.

I would like to share a session that I attended on Compassion Fatigue and building resilience in Oncology Nurses. In Oncology nursing, we are exposed chronically to the trauma loss and grief of our patients and family. We are vulnerable because of the highly empathic skills we bring to the bedside in our daily work situations. In the next ten years there

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MY SECOND ONS CONGRESS SANDEE KEANINI, RN, BSN, OCN



On April 25, 2013, I attended my second ONS Congress, held in Washington, D.C. It was a special trip for me as the Clinical Operations Manager for Tower 7 as I had the opportunity to accompany two Tower 7 nurses, Ally Andres, R.N. and Stephanie Guy, R.N. who presented their performance improvement project on Fertility Preservation at Congress. It was an honor and delight to support Ally and Stephanie on this trip. This experience was definitely a highlight of my career.

ONS Congress is a meaningful experience for an oncology nurse. It's an opportunity to

connect with oncology nurses from all over the world who share the same passion for caring for oncology patients. It is a conference I would highly recommend to our oncology nurses.

Sessions I attended were: 1) Accepting the Challenge: Preventing CLABSI in the Neutropenic Oncology and Transplant Patient Using the CUSP Methodology; 2) Beyond the Diagnosis of Myelodysplastic Syndrome; 3) New Paradigms in Multiple Myeloma Management; 4) Making Sense of Biomarkers and Biobanking; 5) Bench to Bedside Lecture: Obesity and

Cancer Risk; and 6) Mara Mogensen Flaherty Lecture, "The Patient's Voice: Are We Hard of Hearing?". The opening ceremony was impressive with members of Washington D.C. ONS Chapters leading the way. The keynote presentation, "The Role of Health IT in Healthcare Transformation" spoke about what the future holds, where it has already succeeded, and how to use it in meaningful ways for our patients.

The recognition breakfast for Oncology Certified Nurses was one of my favorite sessions. The speaker,

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Individuals develop resilience by experiencing and processing stress rather than through avoidance.

is an expected increase in cancer incidence and cancer survivorship. With the growing demand comes a stressful work environment. We are constantly being asked to do more with less (time, staff, and resources). However, “hardy” personality traits were related to a greater sense of accomplishment across all disciplines in Oncology. The field of Oncology had a unique quality of work intimacy. This intimacy is part of the reason why we do this work. There is a closeness to patients and families. The privilege to work with people at one of the most significant times of their lives can lead to both great satisfaction and over involvement.

Compassion fatigue comes from the desire to relieve another person’s suffering. With compassion fatigue, the source of the stress is in the content of the work and the interactions. Since our work is about caring for people in vulnerable states, compassion fatigue can erode our capacity for empathy.

We need to be aware of how our work impacts us physically spiritually and emotionally. We need to develop an ongoing plan to take care of ourselves. Develop ways to carry out good self care behaviors in order to be effective in our practice and ensure good outcomes.

Take a personal inventory. How do you deal with stress? What are your reactions to death and dying. Make a plan of self care. Develop interventions to build resilience. Individuals develop resilience by experiencing and processing stress rather than through avoidance. Making meaning out of life stressors and incorporating what we have learned into how we live our lives. Resilience occurs through mind body and spirit. Developing personal resilience can reduce vulnerability.

What can we do? Create a safe and secure environment. Cultivate a supportive network. Work on self development. Focus on mentoring. Foster confidence and strengths in

our colleagues. Develop new skills that can lead to greater levels of resilience. Rebuild self esteem and self confidence. Relieve irrational guilt by changing the would haves, could haves, and should haves that always haunt us after caring for our patient and family. Try to restructure these to sustain positivity. Reframe the experience and try to look at it in a more positive light and look at what can be gained from the experience and not what has been lost.

Assume personal responsibility to implement just one intervention and you will be engaging in the necessary first step to enhance your personal wellness and health.

I encourage all of you to make the time to attend an ONS conference. The experience is one that will help you to celebrate what makes oncology nurses special while updating your knowledge and skills. It has always renewed my passion for Oncology Nursing!

MY SECOND ONS CONGRESS CONT

It was an awesome and humbling experience to visit our nation's capitol

Yvonne Conte had such an amazing presentation, "Humor Advantage The Power of Humor". Her message to us emphasized the importance of humor and how it can help us deal with life's trials and triumphs. She had every person in the room laughing.

Other highlights of this trip included attending the ONS Congress with my staff, Ally and Stephanie. It gave me

the opportunity to get to know them better and on a more personal level which I found to be a valuable experience. In addition, I had the opportunity to spend time with past ONS President, Cindy Kaneshiro, who I found to be a very special and an amazing leader dedicated to Oncology and patients.

Overall, the conference was excellent with

an abundance of educational sessions, endless opportunities for networking, and spending quality time with everyone I attended the conference with. Washington D.C. was the perfect setting for this conference. It was an awesome and humbling experience to visit our nation's capitol and explore its' surrounding monuments.



HAWAII CHAPTER ONS MEMBERS AT THE 38TH ANNUAL CONGRESS

WASHINGTON, D.C. ~ APRIL 25-28



Arriving at the Renaissance Hotel.
Anna Zimmerman, Ally Andres, Kathryn Omine,
Alison Matsuo, Stephanie Guy, Gail Smith,
and Leilani Duquez



In front of our Nation's Capitol.
Leilani Duquez, Gail Smith, Anna Zimmerman,
Stephanie Guy, Sandee Keanini, Kathryn Omine,
Ally Andres, and Alison Matsuo

ONS 38TH ANNUAL Congress



Capital Tour.
Stephanie Guy, Ally Andres, Cindy Kaneshiro,
Leilani Duquez, Gail Smith, Alison Matsuo, Kathryn Omine,
and Anna Zimmerman



Our STATE Statue at the Capital

Hawaii (Oahu) Chapter ONS Conference
UP IN SMOKE: Tobacco Related Cancers
and Implications for Practice



Friday, August 16, 2013
7:45am - 4:45pm

Hilton Hawaiian Village
Coral Ballrooms

Keynote Speaker:
Linda Sama, PhD, RN, FAAN, AOCN
Professor, UCLA School of Nursing

Registration is now ONLINE thru the ONS website
<http://hawaii.vc.ons.org/>

Co-Sponsored by:



ONCOLOGY ON CANVAS

Kaiser Permanente Medical Center

Saturday, July 27, 2013 (10am-2pm)

Kaiser Mapunapuna Clinic, 2nd Floor, Maile Conference Room

Nalani.n.china@kp.org

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UPCOMING ONS DINNER LECTURES

Colorectal Cancer: Disease and Treatment

Location: Morton's the Steakhouse

Thursday, June 13th, 2013

6pm

Register at the following Doodle Poll

<http://doodle.com/ny6aefzeabapmdee>

POMALYST: Overview of Prescribing Information

Location: Hiroshi Eurasian Tapas

Thursday, June 20th, 2013

6pm

Register at the following Doodle Poll

<http://doodle.com/qgnns89b63imutfp>

\$15.00 charge for non-ONS members

JULY Dinner Lectures

Thursday, July 25th

and

Tuesday, July 30th



Magic Island

Saturday, July 20 6pm through Sunday, July 21 6am

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