

PRESIDENT'S MESSAGE *JACQUI MITCHELL, RN, MSN, AOCNS*



**Jacqui Mitchell,
RN, MSN, AOCNS
Hawaii
ONS President**

Aloha and Happy New Year. The time has passed quickly and it is yet again time to pass the torch. So let me start first by thanking Robin Easley for doing such a wonderful job as president over the past two years. I'm excited and honored to begin this new year and look forward to working with you all.

As for my background, I started in Oncology in 1992 at the Naval Hospital in San Diego.

I came to Hawaii in 1993 and worked at St Francis in a number of areas; inpatient oncology, BMT, outpatient chemo clinic, Gamma Knife Radio-surgery and HDR therapy. I moved on to Tripler Army Medical Center and that's where I am now. I finished my master's in 2004 while at TAMC and became an AOCNS. So to put it simply, my heart is and always will be in oncology, thanks to the amazing mentoring of women

like Alison Matsuo, Dr Pat Nishimoto and our former president Robin Easley.

As for mentoring, I have always believed that mentoring in nursing not only helps to stabilize and strengthen our relationships, but, paves the way for our future. All too often I have seen nurses not give to a new grad, what they so desperately needed and wanted to be given to them. Well, we as Oahu ONS members have done some-

(cont on page 4)

PRESIDENT-ELECT'S MESSAGE *JOANNA AGENA, FNP-BC, APRN-Rx, OCN*



**Joanna Agena,
FNP-BC, APRN-Rx, OCN
Hawaii
ONS President-Elect**

Hello everyone! What an honor it is to be the new president elect of Hawaii ONS. I have been an oncology nurse for approximately 10 years and my passion for our practice continues to grow. I am currently working as a Nurse Practitioner in gyn/oncology at the Kapiolani Women's Cancer Center. Over the past few years, I have not been very active in our Hawaii ONS chapter. I've been focused on growing my family and career. My goal is to get involved with our chapter

more. I'd like to learn about our current projects and shadow in the footsteps of the current president. I'd also like to hear feedback from members about what upcoming social events or workshops/seminars you would be interested in. One of my projects at Kapiolani is trying to expand our survivorship program. My dream is to find people willing to donate their time to teaching cancer survivors the following topics: how to

- 1) cook and eat healthy;
- 2) exercise despite limit-

ations from side effects of treatment; 3) cope and live without the fear of disease recurrence consuming their daily lives; and 4) improve sexual dysfunction.

I hope that some of our members share my enthusiasm for improving the quality of life among cancer survivors and will join me in reaching out to the community to make collaborative partnerships. Looking forward to getting to know all of you a little better over the next few years.

Aloha, Joanna Agena



In September, I had the opportunity to attend the 38th annual Association of Pediatric Oncology and Hematology Nurses (APHON) conference in Portland, Oregon. The conference was fantastic; I'm never disappointed when I am able to attend! I feel fortunate to have received the Manaolana Scholarship which helped get me to Portland this year.

I'd like to share with you one of my favorite sessions. Wendy Landier gave a very intriguing lecture about the keys to adherence of taking oral medications while on chemotherapy treatment

protocols. She discussed the challenge of administering the combination of Methotrexate, Steroids and Mercaptopurine in the treatment of ALL for a long period of time. These medications are given during the maintenance phase, which lasts 2 years for a female and 3 years for a male. This maintenance phase is a critical component of curative ALL therapy.

In her study, she is looking at what facilitates adherence, and she came up with a few key concepts. First, patients must understand the purpose of the medica-

tion and importance of oral chemotherapy. Second, someone must be designated as the person in charge of medication administration. Thirdly, it's important to use some type of reminder system whether it's a pillbox, app on your phone or calendar.

The Children's Oncology Group is addressing adherence during maintenance. There is current research looking at adherence during maintenance, specifically looking at 4 racial groups and the impact on survival. During their research, they are collecting data via blood tests
(cont on page 4)

MY FIRST CONGRESS

MARY JANE KANAYAMA, RN, OCN



My experience at the 2014 ONS Congress Conference was inspirational, extraordinary and influential. On May 1-4, 2014, I was fortunate to attend the 2014 ONS Congress conference at the convention Center in Anaheim California. I would like to take a moment to thank the ONS Hawaii (Oahu) Chapter for the opportunity that was given to me through the Mana'olana Award Scholarship. This conference made a great impact in my personal and professional growth. It provided opportunities to learn the new updates in oncology and hematology as well

as opportunity to network with nurses from other hospitals across the country. I was delighted to share my travel with three excellent nurses namely Christa Braun-Inglis, Nurse Practitioner from Kaiser Permanente Brenda Hiromoto, my former supervisor and current supervisor at Kaiser Permanente Honolulu Clinic, and Joana Agena, Nurse Practitioner at Kapiolani Medical Center for Women and Children. My travel was not only exceptional, but it was well worth every minute of this experience.

The outcome of my experience at this confer-

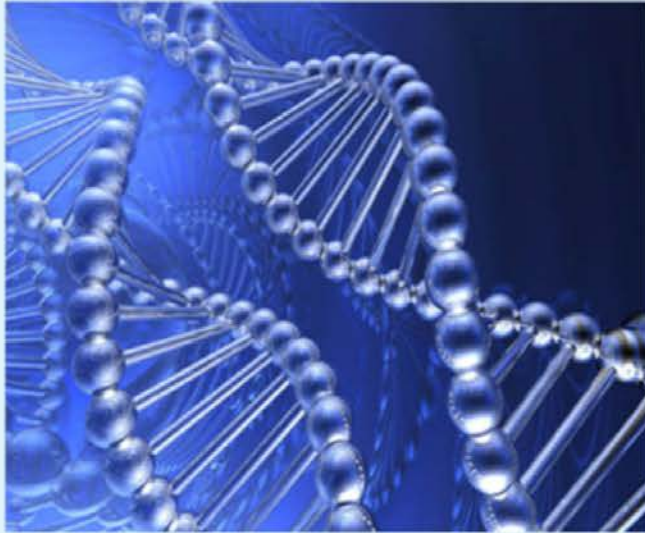
ence was far beyond my expectations. I was surprised to see more than 3000 oncology nurses from all over the country participate in the 2014 ONS Congress. These nurses seemed so dedicated, and with the common goals and purpose to learn and acquire the latest developments in oncology, hematology and oncology nursing care. On the first day, the keynote speaker was a three-time Jamaican bobsled team Olympian, Devon Harris, a motivational speaker. His message really inspired me. The lecture was about "Leadership Leading with
(cont on page 5)



SAVE THE DATE!



Hawaii (Oahu) Chapter Oncology Nursing Society Conference



Genetics & Genomics! Changing the Face of Cancer Care

*Friday, August 21, 2015
7:45 AM - 4:30 PM
Hilton Hawaiian Village
Coral Ballroom*

Keynote Speaker:

Kathleen Calzone, PhD, RN, APNG, FAAN
Senior Nurse Specialist, Research
National Cancer Institute
Center for Cancer Research, Genetics Branch

Tuition:

*\$125 ONS member
\$150 non-member
\$100 student*

Registration starts in June

More Information to follow on the ONS website at www.hawaii.vc.ons.org

For questions, please contact Carol Kotsubo, MS, APRN, MPH, CPON

Via e-mail at carolkotsubo@hawaii.rr.com or by phone at 808-847-7678

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PRESIDENT'S MESSAGE CONT

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thing about that. Last year we re-initiated an oncology nurse mentorship program, thanks to the initiative and drive of Cindy Kaneshiro. Our mentees attended dinner programs with us, attended the local chapter conference, and worked with us during our shifts at the clinic. The final evaluation has not been done yet, but, one of our HPU mentees has re-

quested to do a preceptorship clinical in oncology. I can't think of a more flattering sign of success. Kudos to our mentorship project.

As for the rest of the year, along with Oncology on Canvas, our annual local ONS Conference, and dinner meetings I'm looking forward to meeting more members and hearing about your ideas on how to

make our chapter more successful and how to provide service to our community. Thank you for letting me be of service.

VR
Jacqui Mitchell,
RN, MSN, AOCNS

LEARNING ABOUT MEDICATION ADHERENCE CONT

*many challenges
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chemotherapy
medications*

to look at how Mercaptopurine is metabolized and how blood levels vary over the previous 2-4 weeks. Patients are also asked to fill out questionnaires and do self-reporting on their compliance as well as using an electronic tracking cap.

The findings to date show that 44% of study participants are non-adherent with their medications regimens and non-adherent patients are 2.5 times more likely to relapse.

The question we should all be asking ourselves is, How can we improve? I feel the answer lies in spending more time with families doing patient education. The Children's Oncology Group has developed some videos for patients and families. Some of

their other suggestions for improvement include: parental supervision, written reminders, calendars, and phone texts.

This study brought forward the many challenges that patients and parents have with giving oral chemotherapy medications. Despite parents best attempts, the bottom line is that a good number of patients are non-compliant. This non-compliance clearly increases their chance of recurrence. As nurses, it's important for us to realize that this is a real problem. I feel that sometimes, we do teaching about medications with patients and assume that it will be administered perfectly. Together, we should all be a little more diligent about checking in with our patients and how

their medication taking is going. Anyone who is struggling should try something new to help, such as a medication organizer, a calendar, or a phone app. Hopefully this is something we can do as nurses that will help our patient to be successful! Ultimately, this will increase their chances of success and survival.

MY FIRST CONGRESS CONT

*Learning
About all the
new opportunities
that can make a
difference in
my Oncology
nursing practice*

Purpose” and “how you can inspire your patients and coworkers by building a strong sense of purpose and personal leadership.” He further talked about how perseverance and being persistent are the keys to success.

The ONS 39th Annual Congress was broken down into four days of educational and networking opportunities for novice and experienced nurses across the country. Navigating the logistics, schedule of classes and choosing of topics were very interesting and exciting. It was difficult to choose topics because there were many relevant topics that were presented at the same time, and I could only attend one at a time. I would like to thank Brenda Hiromoto and Christa Braun-Inglis for guiding me throughout my first Congress experience. I have learned an

incredible amount of information from the different sessions. Here are some of the sessions I attended:

- Strategies to Impact Adherence to Oral Chemotherapy
- EGFR-Inhibitor Related Dermatologic Toxicity Management
- Survivorship Care: Implementing the Essentials
- Case Studies in Multiple Myeloma Treatment Best practice for Nurses
- Challenging Cases in Lung Cancer
- Coping with Confidence: Tips and Techniques for Managing Treatment-Induce Rash

I learned about the adherence to oral chemotherapies for cancer, how it is important for a provider to help our patients to stay on course.

The highlight of this conference was the whole experience of being a newbie. The amount of information

I came home with was abundant. I was inspired by so many oncology nurses who came together with the same purpose, networking with one another and learning about all the new opportunities that can make a difference in the oncology nursing practice.

Reviewing posters outside the regular scheduled time stood out the most for me. There were over 200 posters sessions to review, and I have captured most of it by taking pictures of them for future reference.

Attending ONS Congress was a truly rewarding experience and learning opportunity to be able to keep abreast of the latest in oncology nursing care. I highly recommend ONS Congress to all oncology nurses to gain additional knowledge and expertise.

MAKE YOUR PLANS NOW...



April 23-26

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Orlando, FL

- Learn about the latest developments in oncology nursing, with more advanced content than ever before.
- Earn up to 30 contact hours to meet your licensure and certification needs.
- Celebrate the oncology nursing profession and the care you provide for your patients.

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