

Latino/x WIN SIG Newsletter

The Western Institute of Nursing Special Interest Group
Conducting Research with Latinos/x



Issue 6
Summer 2024

2024 Symposium Recap

It was a big enthusiastic crowd in SLC, Utah for our 2024 symposium talk:

“Haciendo y Deshaciendo”:
Latino/x Nurse Researchers
Forging Spaces for Health Equity

Featured speakers (presentation order):

Fernando Fierro, RN, MSN, MPH,
Ali Tayyeb, PhD, RN, NPD-BC, PHN, FAAN,
Adrienne Martinez-Hollingsworth, PhD, RN,
PHN, **Diane Breckenridge**, PhD, RN, ANEF,
FAAN, and **Lisa Diaz**, RN, MSN, CDCES.



This mixed-method symposium explored the question "How are changing social and environmental climates being addressed by contemporary Latino/x health nurse scientists across academic, clinical and community spaces?" Presenters highlighted gaps in current research and systems of care, while describing successful efforts to support the recruitment, training and retention of Latino/x nurse clinicians, educators and researchers.



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NEW WIN LATINO/X SIG WEBSITE IS LIVE!

SCAN ME

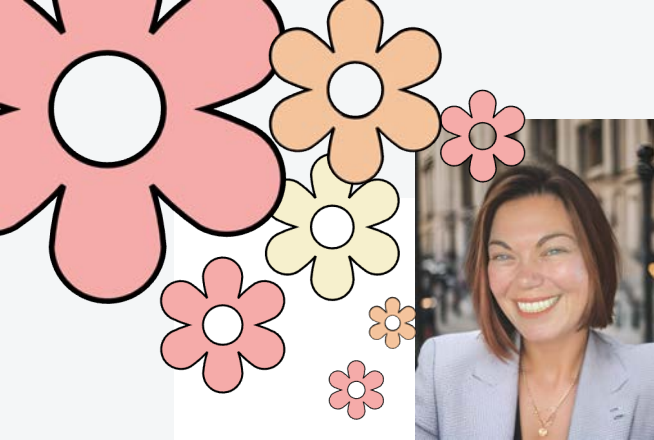


Connect with peers

Build your network

Advance the science

Advocate for change



Editor's Corner

It's heating up around here!

Hoping everyone is having a relaxing graduation season as we roll into Summer. As I was creating this, the 6th version of our group newsletter, in partnership with our amazing WIN Latino/x SIG team, I am reflecting on how the humble origins of our group are a true commitment to grassroots change and activism.

Were it not for our original founders, Dras. Phillips, Crist, Reifsnider and others, doing something that was truly not the norm (and was actually controversial at the time) we may never have gotten this far. Namely, they created a regional collective of nurse scientists who sought to work with Latino individuals, families and communities in a truly holistic, ethical and rigorous way to address health disparities and elevate community voices.

When they first welcomed me into their group, it was with a humble approach, despite my novice status as a Master's student, and treated my lived experiences as a critical piece of the health equity puzzle. In short- they sought to diversify the group by welcoming students who had been historically underrepresented in the field and make space for the challenges that might result for that commitment to inclusion.

It is in that same spirit that our group continues, expands and benefits from diverse membership. If you're new here- welcome!

This group is for you, please don't hesitate to reach out for support, guidance and reassurance that your work supporting Latino/x health equity is valued & needed.

Abrazos,

Adrienne



Western Institute of Nursing Research

LATINO/X SPECIAL INTEREST GROUP



2025 CONFERENCE

8-11 APRIL 2025

SPOKANE, WA

Expert Tips



WIN 2025

REGISTER EARLY

Register early and reserve your spot! Early registration provides you discounts on the conference, hotel, and transportation!

ATTEND POSTER AND RESEARCH SESSIONS:

Choose sessions that align with your interests, current challenges, or areas where you want to expand your knowledge. Take notes, ask questions, and actively engage with the speakers and other attendees.



NETWORK WITH PEERS

Attend networking events, social gatherings, and approach people during breaks. Share your experiences, listen to others, and exchange ideas. Networking can lead to valuable professional connections, collaborations, and friendships.



VISIT EXHIBITS AND VENDOR BOOTHS

Explore the exhibition area where vendors and organizations showcase their latest products. Collect informational materials and don't forget the TCOTCHKIES!

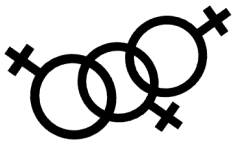


COME PREPARED...

- Update your Resume/CV and have it electronically available and ready to send.
- Bring your business card - Physical or electronic
- Dress business comfortable. Days can be long.



<https://latinoxsignursing.com/>



Mujeres Unidas: A Pilot Study to Educate & Empower Latina Women



By, Danika Comey, MPH Mark and Robyn Jones College of Nursing, Montana State University

The purpose of this presentation was to presents results from a pilot program to determine if group-based interventions for Latina women could decrease anxiety and depression scores among Latina immigrant women in a new immigrant destination.

In the United States, 15% of Latinos will experience a depressive or anxiety disorder during their lifetime. Education, prevention programming, and interventions around health topics such as stress, mental health, and health maintenance for Latino immigrants in new immigrant destinations are lacking, inadequate, or nonexistent. Latina women experience higher than average rates of trauma, including political trauma and sexual trauma, when compared to non-Hispanic White women, which can lead to stress and anxiety.

With input from Latina women, we created a 5-week group-based curriculum to provide information about stress, stress management, nutrition, mental health, and healthy behaviors. We enrolled three cohorts of women (n=9, n=5, and n=4) to complete each session. Sessions were taught in Spanish by native Spanish speakers in a community location and lasted 90 minutes. We used the General Anxiety Disorder (GAD-7) and the Patient Health Questionnaire (PHQ-2) to estimate changes in pre- and post-intervention tests with paired t-tests. To estimate acceptability and feasibility of the intervention, we conducted semi-structured interviews with participants after the five



Danika Comey, MPH

weeks. Interview data were analyzed for common themes by researchers unaffiliated with the design or delivery of the intervention.

A total of 19 women completed the program and the pre- and post- assessments. While we did not see statistically significant differences in the PHQ-2, mean GAD-7 scores decreased by 2.92 ($p < 0.05$). Themes in interviews were overwhelmingly positive. Women expressed satisfaction with session topics, noted that they enjoyed the social connection, and reported implementing behavior changes.

Group-based intervention and education taught by native Spanish speakers may be protective against anxiety disorders for Latina immigrants in new immigrant destinations. Sessions that capitalize on social connection were appreciated and provided additional support for the women enrolled.



2024 WIN Presenters



Dr. Ozorio Dutra gave a podium presentation at the 2024 Western Institute of Nursing conference. She presented results related to two NIH grants (R21 NR013094 and R01NR015446 - Groer, PI) where she discussed the relationship between the gut microbiome of Very Low Birth Weight (VLBW) infants and their behavior at the age of 4 years.

Using multivariate analysis and linear models, her team identified bacterial gut microbiome taxa in stool samples and determined the association of microbiome with behavior. The presentation highlighted the implications of her findings for nursing science and practice.



Dr. Ozorio Dutra presentation provided a unique perspective on the connection between basic science, particularly the infant gut microbiome, and research development. She expressed gratitude for the opportunity and reflected on future opportunities:

“A podium presentation allows me to promote my research to the public and emphasize its importance for future promotion of the health and well-being of infants and families in Hawaii. Attending the WIN conference is an excellent opportunity for me to network with nursing researchers, clinicians, educators, students, academic institutions, and healthcare organizations from the Western region,” she said. “My participation aligns with the strategic priorities of the University of Hawaii at Manoa”.

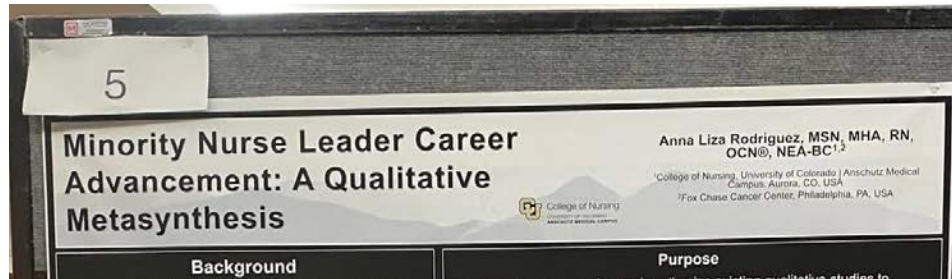
In terms of her future plans, she expressed a desire to team up: “I seek to collaborate with other researchers and seek funding opportunities to contribute to my state's advancement of knowledge and economic growth. I also mentor undergraduate and graduate students in various aspects of the research process and am currently guiding them in developing a systematic review on the relationship between gut microbiome and children's development.”



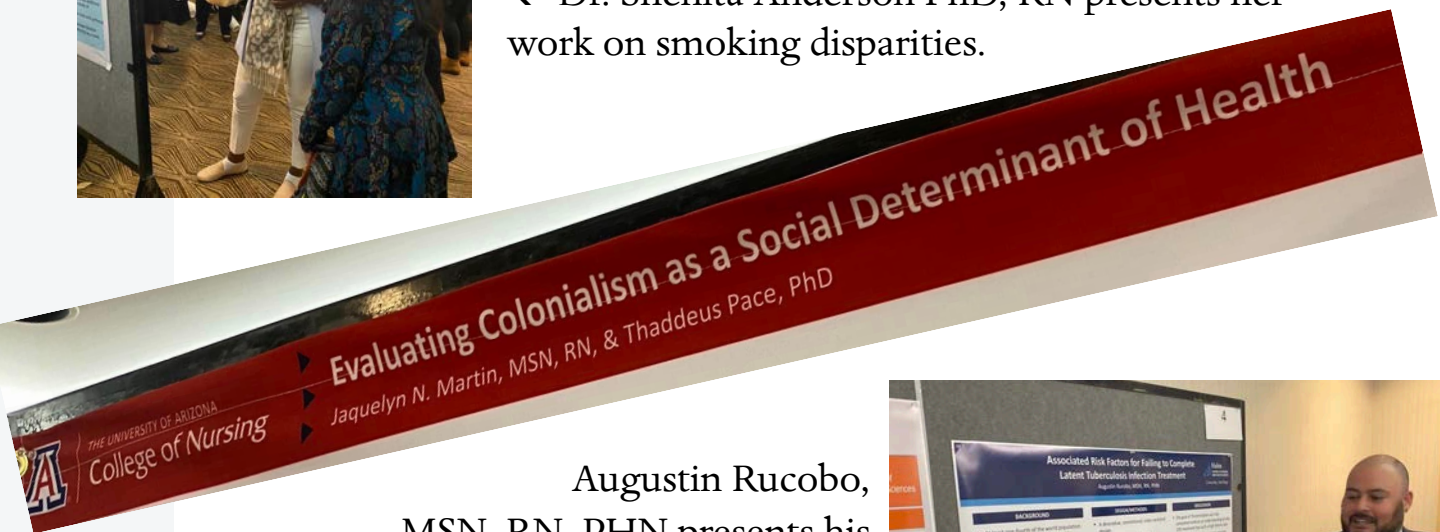
Dr. Ozorio Dutra's participation in the WIN conference highlights contributions of NAWSON and the University of Hawaii at Manoa to the development of science.

2024 Posters

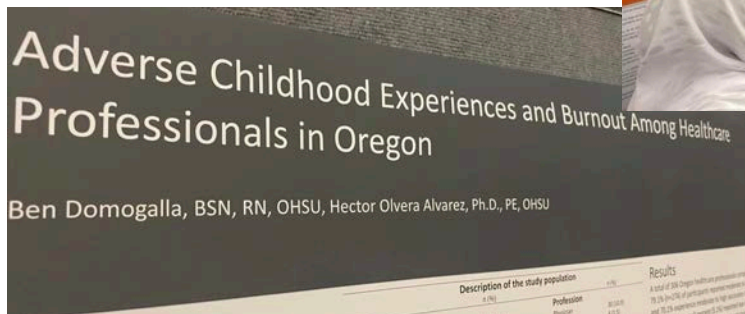
Latino/X SIG group members presented posters on an array of topics.



← Dr. Shenita Anderson PhD, RN presents her work on smoking disparities.



Augustin Rucobo, MSN, RN, PHN presents his work on latent TB. →



The role of professional identity in the lived experience of nurses who left nursing: A qualitative study

Amy Joachim, PhD, RN, CCRN, Heather Coats, PhD, Mariann Kerr, PhD, RN, Karen Sousa, PhD, RN, FAAN
University of Colorado | Anschutz Medical Campus, College of Nursing, Aurora, CO

Annual Meeting

Thanks to all who came to our 2024 Annual Mtg.
Many new faces and potential collaborators!

In our 2024 meeting, we discussed:

- Open Leadership Positions
- A new focus on MSN/PhD/DNP student mentorship
- The 2025 Symposium Submission
- Editing a book of essays
- Starting our Journal
- Membership dues & sponsorship opportunities
- Representatives from the NHS3 introduced their study & partnership opportunities



“Speed Dating for Academics”

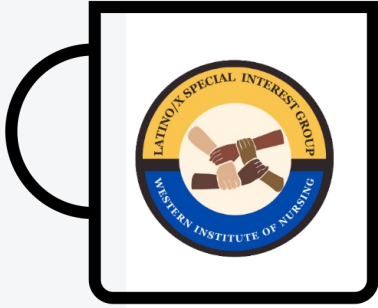
In the spirit of meeting new collaborators across the Western states, we will be bringing back our “speed dating for academics” activity.

Attendees at the annual Latino/x SIG meeting will pick a party hat based on their research interest and given 2 minutes (timed) to meet someone else in the room wearing the same hat design.



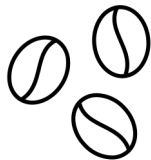
With any luck, new partnerships will inform our 2025 submission!





WIN Latino / x SIG Cafecito

Our group met for a brief Cafecito between sessions. The intention behind this meet-up was making cross member connections so we can support



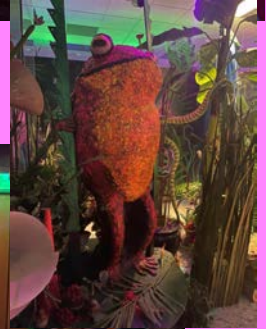
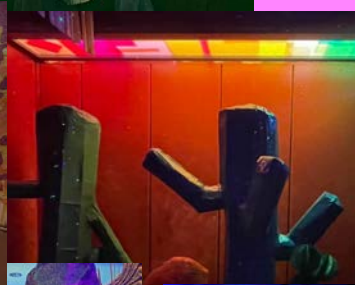
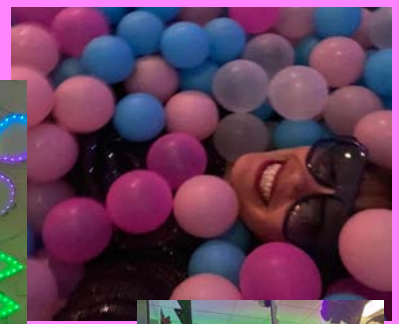
Looking for Latino/x SIG Leaders!!!

Running the Latino/x WIN Special Interest Group takes a village!

Available **Positions:**

- Staff Writer(s)
- Social Media Intern(s)
- Student Ambassadors
- Comptroller
- Co-Chair(s)-in-Training
- Mentor(s)

Please go to our website to request more information.
All are welcome to apply.



Off-site Adventures



At WIN 2024 we had a number of off-site adventures. Our team visited **Dreamscapes**, an immersive showcase of over 100 local artists crafting an environmentally sustainable (100% recycled materials) attraction.

We shared dinner and drinks at a local Mexican restaurant (hosted by our NHS3 partners) and shared some time with our student members in the hotel restaurant.



Join us at NAHN 2024!



Preliminary Student Bootcamp Agenda: Wednesday, July 31

6:30am – 6:00pm	Registration & Information Desk Open
12:00 – 5:00 pm	NAHN Annual Conference' Student Bootcamp <i>Included for all student registrants of the NAHN Annual Conference</i>
12:00 – 12:45pm	Student Bootcamp Session 1 45 minutes
12:45 – 1:30pm	Student Bootcamp Session 2 45 minutes
1:30 – 1:45pm	Break
1:45pm – 2:45pm	Student Bootcamp Session 3 1 hour
2:45pm – 3:15pm	Afternoon Networking Break
3:15pm – 4:00pm	Student Bootcamp Session 4 30 minutes
4:00pm – 5:00pm	Student Bootcamp Session 6 1 hour

Meet in the
hotel lobby
@5:30pm for
no-host Dinner.

Preliminary Annual Conference Agenda: Thursday, August 1

6:30am – 6:00pm	Potential CEU	Registration & Information Desk Open:
7:30 – 8:45am		Welcome Breakfast in Exhibit Hall Exhibit Hall Open
9:00 – 9:45am		Opening Ceremonies (including parade of chapters)
9:45 -10:45am	1.2	Session 1 - Opening Keynote: <i>Stephanie Ferguson, PhD, RN, FAAN; Director of the Harvard Global Nursing Leadership Program, Professor of the Practice of Health Policy and Management, Harvard T.H. Chan School of Public Health</i>
10:45 – 11:45am		Session 2 - Sponsored Plenary: 1 hour
11:45am – 1:45pm		Ribbon Cutting Ceremony & Exhibit Hall Open
11:45am – 12:45pm		Lunch
12:45 – 1:45pm	1.2	Poster Session: Session #1
1:45 – 2:30pm	0.9	Concurrent Sessions #1 Concurrent A Concurrent B Concurrent C
2:30 – 2:45pm		Break to switch rooms
2:45pm – 3:30pm	0.9	Concurrent Sessions #2 Concurrent A Concurrent B Concurrent C
3:30 – 4:00pm		Afternoon Coffee Break
4:00pm – 4:45pm	0.9	Concurrent Sessions #3 Concurrent A Concurrent B Concurrent C
4:45 – 5:00pm		Break to switch rooms
5:00pm – 5:45pm	0.9	Concurrent Sessions #4 Concurrent A Concurrent B Concurrent C
6:00pm – 7:00pm		Welcome Reception in Exhibit Hall: Exhibit Hall Open

Preliminary Annual Conference Agenda: Friday, August 2

7:00am – 6:00pm	Potential CEU	Registration & Information Desk Open						
7:30 – 8:45am		Breakfast in Exhibit Hall Exhibit Hall Open: Business Exchange at 8AM						
8:45 – 9:15 am		Session 3 – Panel <i>45 minutes</i>						
9:15 – 10:15am	1.2	Session 4 – 2nd Keynote: <i>1 hour</i>						
10:15 – 11:15am		Session 5- Sponsored Plenary: <i>1 hour</i>						
11:15am – 1:30pm		Exhibit Hall Open						
11:30am – 12:30pm		Lunch						
12:30 – 1:30pm	1.2	Poster Session: Session #2 in Exhibit Hall						
1:30 – 2:15pm	0.9	<table style="width: 100%; border: none;"> <tr> <td style="width: 33%;"></td> <td style="width: 33%; text-align: center;">Concurrent Sessions #5</td> <td style="width: 33%;"></td> </tr> <tr> <td style="text-align: center;">Concurrent A</td> <td style="text-align: center;">Concurrent B</td> <td style="text-align: center;">Concurrent C</td> </tr> </table>		Concurrent Sessions #5		Concurrent A	Concurrent B	Concurrent C
	Concurrent Sessions #5							
Concurrent A	Concurrent B	Concurrent C						
2:15 – 2:25pm		Break to switch rooms						
2:25 – 3:10pm	0.9	<table style="width: 100%; border: none;"> <tr> <td style="width: 33%;"></td> <td style="width: 33%; text-align: center;">Concurrent Sessions #6</td> <td style="width: 33%;"></td> </tr> <tr> <td style="text-align: center;">Concurrent A</td> <td style="text-align: center;">Concurrent B</td> <td style="text-align: center;">Concurrent C</td> </tr> </table>		Concurrent Sessions #6		Concurrent A	Concurrent B	Concurrent C
	Concurrent Sessions #6							
Concurrent A	Concurrent B	Concurrent C						
3:10 – 3:30pm		Afternoon Coffee Break						
3:30 – 4:15pm	0.9	<table style="width: 100%; border: none;"> <tr> <td style="width: 33%;"></td> <td style="width: 33%; text-align: center;">Concurrent Sessions #7</td> <td style="width: 33%;"></td> </tr> <tr> <td style="text-align: center;">Concurrent A</td> <td style="text-align: center;">Concurrent B</td> <td style="text-align: center;">Concurrent C</td> </tr> </table>		Concurrent Sessions #7		Concurrent A	Concurrent B	Concurrent C
	Concurrent Sessions #7							
Concurrent A	Concurrent B	Concurrent C						
4:30 – 6:00pm		NAHN Annual Business Meeting						
6:00 – 7:00pm		NAHN GA Chapter Fundraising Reception <i>(additional ticketed event)</i>						

Meet in the hotel lobby @ **530pm** for no-host Dinner.

Preliminary Annual Conference Agenda: Saturday, August 3

7:00am – 1:30pm	Potential CEU	Registration & Information Desk Open
7:30 – 8:30am		Yoga Wellness Session <i>(additional ticketed event)</i>
8:00 – 9:00am		Breakfast
9:00 – 9:45am	0.9	Session 6- Plenary: <i>45 minutes</i>
9:45 – 10:45am		Session 7- Sponsored Plenary: <i>1 hour</i>
10:45 – 11:15am		Morning Coffee Break
11:15am – 12:00pm		Session 8 – Plenary: <i>45 minutes</i>
12:00 – 1:00pm	1.2	Session 9 – Closing Keynote: <i>1 hour</i>
1:00pm		Closing Remarks
1:30pm – 5:00pm		Volunteer Event
6:30pm - 11:45pm		Gala Awards Dinner & Celebration <i>(ticket required)</i>

Website Update:

NEW WIN LATINO/X SIG WEBSITE IS LIVE!



SCAN ME



Looking to connect?

Check out our new SIG website!

The website features tabs with information about the mission of the WIN Latino/x SIG, past newsletters, and information about the leadership. We also feature a “[Membership Page](#),” where you can meet other members!

Learn about our members’ research interests, find contact information/email to connect with other members, share your research interests, and help build our FAMILIA!

If you have not done so already please join us; scan our QR code to join the membership roster and/or be added to the website. We encourage you to check out the website and connect with other members. Got ideas for the website? Share them: latinxsign@gnursing@gmail.com!



Happy Summer!



Our group’s goal is to increase interest in, access to and support for nurse scholarship on Latino/x health across the Western US.

Please remember the *WIN Latino/x SIG* as you plan your annual service commitments and consider joining our team.

As a **100% volunteer organization**, we do not currently accept donations, but rely on our members to provide support for our mission and work.

We welcome your talents, insight and energy

to help us improve Latino/x health at home and abroad.

Contact us: latinxsign@gnursing@gmail.com; Lamuralist@yahoo.com

Join us at WIN 2025



Want to present at WIN in 2025?

Curious about the process?

Attend the 1st
Symposium
Planning Meeting,

Bring Ideas to the
2nd Symposium
Planning Meeting

- Be prepared to present a 5-minute overview of your project and how it connects to the conference theme.
- Attendees will discuss overall fit with SIG intent/purpose.

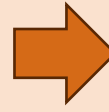
If chosen*, be
willing to accept
feedback/support
on presentation

- Our team will work closely with you from Aug-Oct to develop your idea and organize your presentation.
- Abstracts are due **Oct 15, 2024**.

* If not selected, or not planning to submit an abstract, we still value your help reviewing abstracts and leading activities at the conference.

WIN 2025
Annual Latino/x
Special Interest Group
Symposium!!!
+ fun Group Activities

New Logo



Big thanks to Dr.s Jaime-Lara and Tayyeb for updating our look with a new logo and website! This logo replaces our historic look that has been around since the beginning of the group and was approved by the annual 2023 meeting attendees. We believe this new logo moves us away from a purely scientific focus on Latino/x health (portrayed in the earlier logo) and emphasizes the diversity we represent and the collaborative spirit of our SIG moving forward.

Echale Ganas!

Asst. Professor **Samia Valeria Ozorio Dutra** selected as Leading Emerging and Diverse Scientists to Success (LEADS) Fellow

Targeting early-career faculty and postdocs, the LEADS program partners with minority-serving institutions to provide fellows with unique opportunities to hone their grant-writing skills and network with other early-career scholars. Over the course of two years, scholars have participated in didactic courses, "sprint" skill development, and career coaching. The program goal is to culminate with scholars successfully submitting a grant of their own to a federal funding agency.

Dr. Dutra is a nurse from Brazil who studies gut microbiome and focuses on mental health promotion and neurodevelopment. Her research explores gaining an understanding of mental health, women's health, oncology (breast cancer), and gut microbiome (Omics), while also working with instrumental technology derived from her dissertation work. Dr Dutra spearheads and participates in local, national, and international research.

"I am honored and grateful to be selected for this prestigious award that recognizes the excellence and potential of early-career researchers," Dutra says. "I see the potential of developing projects that fit into different phases of translational research as I also seek to explore biological and social variables, for example. This award will provide me with valuable mentorship, training, and networking opportunities to support the development of interventions with community partnerships. I look forward to the community insights into potential mental health promotion research and tailoring of interventions that can lead to better results."



Assistant Professor Samia Valeria Ozorio Dutra

Echale Ganas! Continued...

WIN Latino/x SIG is pleased to announce that two (2) distinguished nurse leaders and group members, Dr. Heather Coats and Dr. Adrienne Martinez-Hollingsworth, were inducted into the [Western Academy of Nurses \(WAN\)](#) in 2024.

Established in 1989, the Western Academy of Nurses recognizes nurses who have been actively engaged in WIN over a number of years and who have demonstrated excellence in nursing research, practice, and/or education. →



Lisa Diaz
Doctoral Student,
University of California at Los Angeles



**Heather Coats PhD,
MS, APRN-BC**
Assistant Professor,
University of Colorado

**Adrienne Martinez-
Hollingsworth
PhD, RN, PHN**
Director of Research
& Evaluation, AltaMed

← Lisa Diaz was awarded the
WIN Conference Scholarship Award.

The Western Academy of Nurses recognizes student nurses actively engaged in WIN and excelling in nursing research, practice, and/or education for the Conference Scholarship Award. Congratulations, Lisa!

CONFERENCE SCHOLARSHIP AWARD



Lisa Diaz, RN, MSN, CDCES,
PhD Student,
University of California, Los Angeles School of Nursing

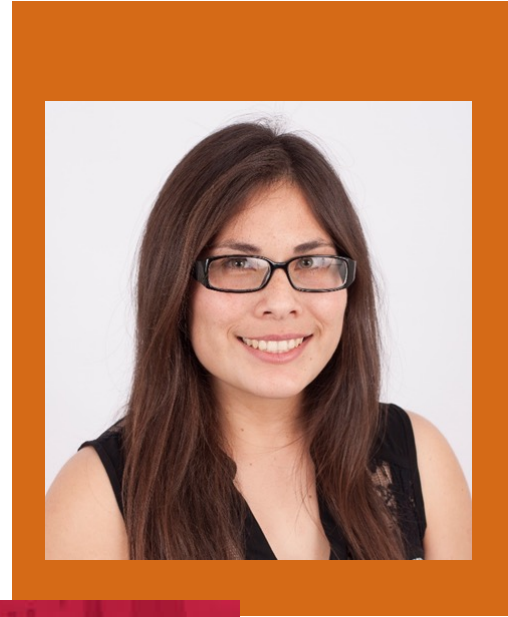


2024-25 Student Ambassador

Sandra Cardenas is a first-generation Mexican American Latina and grew up in a small Southern California immigrant community. During nursing school, she became a research assistant and realized she wanted to be a part of advancing science and healthcare.

In 2016, she received her Bachelor of Arts in Nursing from Luther College in Iowa and, in 2020, her Master of Science in Nursing from California State University- San Bernardino.

She now lives in Albuquerque, New Mexico, working as a clinical research nurse and pursuing a PhD in Nursing at the University of New Mexico. She reports “I’m grateful to be given this chance to pursue a doctoral degree, and I want to use this opportunity to give back to my community.”



Sandra has been selected as the 2024-2025 WIN Latino/x SIG Student Ambassador. In this role she will engage with group leadership, spearhead a number of community-building projects and will present her recent work in our annual symposium.

Welcome, Sandra!



Western Institute of Nursing Research

LATINO/X SPECIAL INTEREST GROUP

2025 CONFERENCE

8-11 APRIL 2025

SPOKANE, WA

The Nurses' Health Study



- The Nurses' Health Studies are the largest, longest running investigations of health and wellness in the world. The Nurses' Health Study began in 1976 with over 120,000 female nurses nationwide. Several years later, NHS2 began in 1989 nearly doubling the cohort. In 2010 NHS3 was formed and is currently enrolling participants.
- The original focus of NHS was on contraceptive methods, smoking, cancer, and heart disease, but has expanded over time to include research on many other lifestyle factors, behaviors, personal characteristics, occupational and environmental exposures and more than 30 diseases and conditions. Racial and ethnic minorities continue to be underrepresented in medical research; NHS3 aims to represent nurses of diverse backgrounds. Participation has expanded to include nurses and nursing students of any gender living in the US and Canada.
- NHS3 is currently enrolling participants to complete 30-minute questionnaires every 6 months. To be eligible for enrollment participants must meet the criteria below. For more information on NHS3, being a participant, or how you can help us continue to transform medical care and public health visit www.nhs3.org or email nhs3@channing.harvard.edu.

Join NHS3

Nurses, this is your study.

www.NHS3.org

The new generation of the Nurses' Health Study

NHS3 is recruiting 100,000 nurses to participate in research on reproductive health, cancer, the role of the workplace on nurses' health, chronic disease, and more!

Our goal is to build a cohort that reflects the diversity of the nursing profession today.

Please join us!

- Nurses or nursing students of any gender
- Living in the US or Canada
- Born after January 1, 1965

Participation in our web-based questionnaires takes about one hour per year.

Learn more, join, and spread the word:

