

Latino/x WIN SIG Newsletter

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



Issue 4
Summer 2023

2023 Symposium Summary:

Leveraging Technology to Advance Nursing and Equity in
Research, Practice, and Education

By, Isadora Caffè, BSN, RN

This year's conference occurred in the majestic Sonoran Desert in Tucson, Arizona. Nurse researchers, and clinicians gathered to ponder the limitless possibilities of technology's transformative power in Nursing.

We gathered at a beautiful resort to exchange ideas, network, and experience the normalcy of being around our peers. However, we would be remiss to not acknowledge the history of these ancestral lands and the current health disparities and inequities in the Tucson community.

The population of Tucson, AZ is 45% Hispanic/ Latino/x (U.S. Census, 2022), which boasts the second highest rates of poverty in the region, behind only the American Indian population of Tucson (Pullen, 2022).

This data reinforces the importance of this year's WIN Conference Theme, "Leveraging Technology to Advance Nursing and Equity in Research, Practice, and Education. "

**Want to present at WIN 2024
in Salt Lake City, UT?**

*1st symposium planning
meeting is*

Tuesday, Aug 28th, 6-7pm!!!
Meeting link on page 12

Our Latino/x SIG nurse researchers did not disappoint by leading the field and spotlighting opportunities to advance Latino Health. The esteemed Dr. Lucero, Ph.D., MPH, RN, FAAN, the Associate Dean of Equity, Diversity, and Inclusion at UCLA led the charge. Dr. Lucero's research focuses on using health systems' technology and informatics to improve the health outcomes of vulnerable populations. Naturally, he was the perfect choice to deliver the Keynote speech on day two of the conference. Dr. Lucero's speech reminded us that "the old becomes new again" through innovation in Nursing, and there is an imperative to advance equity in Nursing education, particularly among Latinos.
(Cont. page 2)



Our 2023 Symposium presenters,
from L to R: Dr.s Coats, and Loya,
Ms. Caffè, Dr. Martinez-Hollingsworth,
Dr. Amura, Dr. Medina, Dr. Olvera Alvarez & Dr. Tayyeb
(not pictured Dr. Gularte-Rinaldo)

NEW WIN LATINO/X SIG WEBSITE IS LIVE!



Symposium Summary Cont.

During our symposium, "Nothing about Us without Us": Contemporary Uses of Technology & Emerging Methods to Advance Latino/x Health Equity, Dr. Martinez-Hollingsworth, and Dr. Loya provided an overview of the status of Latino Health and highlighted the need for innovation and equity in the field. The panelists' fresh take on technology's role in advancing Latino/x Health included Dr. Gularte-Rinaldo's presentation on her pilot program to improve Latino Health Literacy by providing Spanish classes to healthcare students.

Dr. Amura and Dr. Medina presented data on the outcomes in Latino/x communities of their Medication Assisted Treatment Program for Opioid Use, which was extremely interesting and topical. Dr. Alvarez illuminated the audience with existing disparities of childhood stress and depression in Latino/x Nursing students.

Lastly, Ms. Caffé guided us through an exploration of Epigenetics and its potential in addressing health issues like metabolic syndrome in Latino/x populations. Our researchers continue to drive the science forward, making strides toward Health Equity for Hispanic and Latino/x Communities.

We closed the conference with a Latino/x Interest Group Breakfast led by Dr. Martinez-Hollingsworth. Members were encouraged to mingle and discuss common topics of interest to further connections and future partnerships. The new WIN SIG website was unveiled, along with the new logo. It was announced that Dr. Loya, Dr. Jaime-Lara, and Dr. Tayyeb would join the board, providing fresh perspectives. The conference ended on a hopeful note and promised new and exciting directions for the WIN Latino/x Special Interest Group.

Website Update:

NEW WIN LATINO/X SIG WEBSITE IS LIVE!



Home About Leadership Membership

Looking to connect? Check out our new SIG website!

<https://latinoxsignursing.com/>



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 with us latinxsign@gnursing@gmail.com!



BIG THANKS! to those who attended the post-symposium luncheon and to **Dr. Robert Lucero**, who generously hosted a cocktail/mocktail hour at this suite for the Latino/x SIG group following the symposium.



Above: Drs. Doolan, Beck, Vogan & Martinez-Hollingsworth
 < Dr. Robert Lucero & Dr. Daniel Doolan



Below: Ms. Isa Caffé & Dr. Jeneva Gularte-Rinaldo



Above: Drs. Tayyeb & M. Hollingworth

Annual Meeting

Thanks to all who came to our early morning meeting. Many new faces and potential collaborators!



We had time to catch-up, introduce our new volunteer leaders and discuss/approve the new logo/website.



“Speed Dating for Academics”



In the spirit of meeting new collaborators across the Western states, we tried a new tool for making connections called “speed dating for academics”. Attendees were asked to pick a party hat based on their interests. After our formal meeting was over, we were given 2 minutes (timed) to meet someone else in the room wearing the same hat design.

Many folks opted to meet with other scientists wearing a different hat style!

With any luck, we’ll see the scholarly fruit of some of these new partnerships in our 2024 submission!

Pick a Hat

- Chronic Illness= red/gold stripe
- Built Environment=gold/silver stripe
- Access=silver/gold polka dots
- Lifespan=gold/silver polka dots
- Pipeline=red/gold polka dots



¡Bienvenidos! a New Leadership

A big welcome to new leadership for 2023! The WIN Latino/x SIG is a group effort, and we encourage all to share your unique background, perspective and skills with us by joining our team.

We caught us with our newest members and asked them a little about themselves, their research and what they hope to accomplish through their service with us.



Julio Loya
CO-CHAIR

jloya@arizona.edu



Rosario Jaime-Lara, PhD, MSN, RN
CO-CHAIR



Ali Tayyeb PhD, RN, NPD-BC, PHN
DIRECTOR OF COMMUNICATIONS

Dr. Rosario Jaime-Lara, PhD, MSN, RN, UCLA, Co-Chair

Can you tell us a bit about your background?

I was born and raised in Mexico and immigrated to the United States when I was a child. I have lived most of my life in California and left the west coast to pursue a graduate education. I completed my PhD at the University of Pennsylvania and recently completed my postdoctoral training at NIH. I am excited to be back on the west coast and I am very passionate about advancing Latino/x health through research and preparing the next generation of nurses and nurse researchers!

What has been your research focus?

My research has focused on studying nutrition eating behavior in the context of obesity and health.

Why did you join the WIN Latino/x SIG?

I joined the WIN Latino/x SIG to find a community of nurses and researchers interested in promoting health in Latino/x communities.

What do you see as the biggest barrier to representation/inclusion among Latinos in Nursing Research?

I think one of the biggest barriers to representation/inclusion among Latinos in Nursing Research is the lack of representation of Latinos/x in higher education. We need to increase diversity among faculty. This is an important step towards making research and academia more diverse and inclusive. Moving through the educational pipeline and learning to navigate the complexities of nursing school is difficult. We need a more diverse faculty to increase visibility, mentor, educate and support future nurse researchers.

What do you hope to accomplish as a Latino/x SIG Co-Chair?

I hope to increase engagement of our members and grow collaborations that support the growth of our Latino/x SIG familia.



Dr. Julio Loya, PhD, MSN, RN, University of Arizona, Co-Chair

Can you tell us a bit about your background?

I was originally born in Nogales, Sonora, Mexico, but I have been living in Tucson, Arizona for the majority of my life and consider Tucson my hometown. I did not know I wanted to be a nurse until after I earned a bachelor's degree in general biology. After graduating from the University of Arizona, I earned an associate in applied science in nursing degree from Cochise College. After a few years of clinical practice, I earned a bachelor of science in nursing degree from Northern Arizona University. At this point, I was working full time as a manager of a step down trauma unit. I went to graduate school originally to earn a graduate degree in nursing leadership. However, after taking the theory and research courses, I was hooked. That's when I switched from the master's program to enroll in the PhD program at the University of Missouri – Columbia. I earned my PhD in Nursing in the summer of 2021

What is the focus of your clinical practice?

My clinical practice focus includes experience in medical surgical settings as a staff nurse, assistant manager, nurse manager, and associate director. I have over 19 years of experience as a nurse, with 15 of these years of experience in different leadership roles in acute care settings.



What has been your research focus?

My research focuses on finding effective, sustainable biobehavioral interventions to improve the health of Latinx people with type 2 diabetes. I am passionate about health equity/health disparities and addressing these through social determinants of health. As my research focus evolves, I want to develop and test community- and systems-level interventions as I believe these are going to be more impactful to the well-being of the Latinx community.

Why did you join the WIN Latino/x SIG?

I joined the WIN Latino/x SIG because it is a great group that focuses on my population of interest. It is really great to be able to interact and collaborate with like-minded individuals in a supportive forum. As a graduate student, I was aware of WIN, but I was not a member of the organization. Looking back, I wish I would have joined the WIN Latino/x SIG earlier in my journey.

What do you see as the biggest barrier to representation/inclusion among Latinos in Nursing Research?

I think that one of the biggest barriers to representation/inclusion among Latinos in nursing research is being aware that we belong, and we are needed in this arena. In my opinion, one of the endemic attitudes of nursing professionals in general is that we don't do a very good job in acknowledging how valuable and significant our contributions are in our respective areas. We often downplay our attributes and talents as "I'm just doing my job." While it may not be easy or feel like we are being egocentric, we must continue to advocate for our hard work and for our right to be present and counted as decision-makers.

What do you hope to accomplish as a Latino/x SIG Co-Chair?

As a Latino/x SIG Co-Chair, I hope to accomplish a number of things. First, I want to continue fostering the sense of unity and belonging for all members (new and existing) by continuing to promote a sense of community and support. Second, I want to increase our SIG membership ranks by sharing the benefits of joining our SIG. Third, I want to mentor other members to maximize their potential; whether they want to conduct research, move into leadership positions, or provide care, I want to support the current and next generations of nurses in their quest to improve their communities. Lastly, I want to learn how to be a more effective co-chair as I believe this experience will yield significant opportunities for collaborations and relationship-building with the members of the SIG.

Dr. Ali Tayyeb, PhD, RN, NPD-BC, PHN, UCLA

Dr. Tayyeb is a United States Navy Veteran, having served as a Fleet Marine Force Corpsman with Naval Medical Center San Diego, 1st Marine Division, and 3rd Marine Division.

After his military service, Dr. Tayyeb pursued his career as a Registered Nurse, earning his Bachelor's and Master's degree in Nursing from California State University, Los Angeles and his Ph.D. from the University of San Diego. Dr. Tayyeb's experiences in the healthcare field include combat trauma, emergency medicine, education, Human Patient Simulation, Professional Development, Leadership, Veterans Healthcare, and Policy.

Dr. Tayyeb is a Jonas Veterans Healthcare Scholar Alumnus and is the Creator, Producer, and Host of the RN-Mentor Podcast and Blog. He is also the creator of RN-Doodle, DOC's Veterans Corner, & Zero Dark Thirty.



Dr. Tayyeb Currently serves as the Director of Educational Technology & Innovation and holds the rank of Associate Adjunct Professor at the UCLA School of Nursing, where his research, education, and advocacy interests in Veterans related topics include: Transition from military service, Post-Traumatic Stress, Traumatic Brain Injuries, Depression, Alcohol and Drug abuse, Pain, Suicide, Family environment, Disenfranchisement, Policy, Culture, Veteran Benefits & Reintegration.

Though Dr. Tayyeb's research is primarily veteran centric, his work has evolved into the exploration of systemic failures and advancing social networks to connect and advance nursing issues while facilitating nursing discourse centered around the theory of social contracts.

Dr. Tayyeb is also ANCC nationally board certified in Nursing Professional Development and greatly invested in professional development, role development, and pushing the boundaries of the nursing profession through diversity of people, thought, advocacy, and the arts.

Senior Advisors/Co-Chairs in Residence



**Adrienne Martinez-
Hollingsworth**
PhD, MSN, RN, PHN
Associate Dean of
Operations & Scholarship,
Samuel Merritt University



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

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)**
- Planning Committee Members**
- Comptroller**
- Co-Chair(s)-in-Training**
- Mentor(s)**

Please fill out this interest form and we'll contact you to discuss opportunities

https://samuelmerritt.az1.qualtrics.com/jfe/form/SV_0JSuXInCgK8tXTg

All are welcome to apply.

The WIN 2024 theme
has been released!



SAVE THE DATE

2024 WIN CONFERENCE

Health and Equity in Changing Environmental and Social Climates

April 17-20 • Salt Lake City, UT

WWW.WINURSING.ORG

ABSTRACT SUBMISSION DEADLINE: SUNDAY, OCTOBER 15, 2023

It's time to *start brainstorming* how we'd like to discuss this topic in the context of Latino/x health for our 2023 symposium proposal.

... we'd love to hear from you!

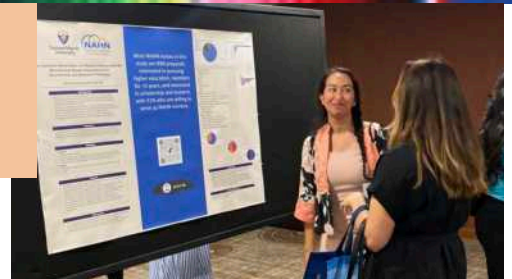
Check out **page 12** for a description of how we select and support our Latino/x SIG symposium presenters each year.

Latino/x SIG at the 2023 Nat'l Assoc. of Hispanic Nurses' (NAHN) Conference

Several of our SIG members recently met up and presented at the National Association of Hispanic Nurses

Annual Conference in Portland, OR. Hosted by the Portland chapter, the conference brought together Latino/x nurses from around the country

Several of our members hosted a lunch with students interested in joining- with any luck, our group will be expanding to further represent a national reach. It also suggests further possibilities around partnership with other groups across the country looking to expand the literature around Latino/x health and address persistent inequities.



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!

New Publications from the Latino/x SIG Familia:

- Garcia, A., Venegas-Murillo, Martinez-Hollingsworth, A., ... Kuo, T. (2023). An Indigenized approach to understanding access to health care in an urban American Indian and Alaskan Native population. *Journal of Racial and Ethnic Health Disparities*.
- Jaime-Lara, R. B., Franks, A. T., Agarwal, K., Nawal, N., Courville, A. B., Guo, J., Yang, S., Brooks, B. E., Roy, A., Taylor, K., Darcey, V. L., LeCheminant, J. D., Chung, S., Forde, C. G., Hall, K. D., & Joseph, P. V. (2023). No significant salt or sweet taste preference or sensitivity differences following ad libitum consumption of ultra-processed and unprocessed diets: a randomized controlled pilot study. *Chemical senses*, 48, bjad007. <https://doi.org/10.1093/chemse/bjad007>
- Jaime-Lara, R. B., Brooks, B. E., Vizioli, C., Chiles, M., Nawal, N., Ortiz-Figueroa, R. S. E., Livinski, A. A., Agarwal, K., Colina-Prisco, C., Iannarino, N., Hilmi, A., Tejeda, H. A., & Joseph, P. V. (2023). A systematic review of the biological mediators of fat taste and smell. *Physiological reviews*, 103(1), 855–918. <https://doi.org/10.1152/physrev.00061.2021>
- Kim L, Martinez-Hollingsworth A, Aronow H, Caffè I, Xu W, Khanbijian C, Lee M, Coleman B, Jun A. (2023). The Association Between Korean American Nurse and Primary Care Provider Burnout, Areas of Worklife, and Perceptions of Pandemic Experience: Cross-sectional Study. *Asian Pac Isl Nurs J* 2023;7:e42490. DOI: 10.2196/42490
- Martinez-Hollingsworth, A.S., Hernandez, J., Edwards, C. & Partlow, K. (2023). Pintura mural para recolectar datos sensibilizantes y fomentar la participación en la investigación entre los latinos de EEUU. *Health Promotion Practice, Global Access*.

In the news:

Dr. Julio Loya Earlier this year, I was recognized as one of 2023 Tucson's Fabulous 50 Nurses.

Got a win? New grant? Publication? Position? Share it with us so we can sing your praises!

Se solicitan participantes para un estudio

The Effects of Stress, Discrimination, & Weight in Mexicans

G. Oppenheimer Center for Neurobiology of Stress & Resilience
UCLA Vatche & Tamar Manoukian Division of Digestive Diseases
Dr. Arpana Gupta PhD

**Earn \$285!
&
Up to \$675**



****Optional
3 & 6 month
follow-up
appointment****

You Must Be:

- Female
- Mexican Heritage
- 18-50 Years of Age

Study Involves:

- 2 In-Person Visits
(Including 1 MRI
Brain Scan)
- 2 Stool Samples
- 1 Blood Sample
- Online Questionnaires

Please Contact: Allison Vaughan, MPH & Jasmine Cap

O: (310)825-7206

JCap@mednet.ucla.edu

AllisonVaughan@mednet.ucla.edu



SCAN ME

Provide a DAY, TIME, and PHONE NUMBER to reach you for eligibility screening

Protocol ID: IRB#20-002326 UCLA IRB Approved Approval Date: 8/12/2022 Committee: Medical IRB 3

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.



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:



A conference for students or anyone interested in nursing

BREAKING DOWN BARRIERS TO NURSING

REGISTER HERE:



SATURDAY
AUG 26TH, 2023
9am-4:30pm
(Lunch provided)

PRESENTED BY:



IN COLLABORATION WITH:



SPONSORED BY:



DISCOVER NURSING PATHWAYS

MEET LOCAL NURSING SCHOOLS

TALK TO NURSES & NURSING STUDENTS OF COLOR

Capitol City Black Nurses Association has partnered with the Sacramento Chapters of the National Association of Hispanic Nurses, Hmong Nurses Association, and Philippine Nurses Association to host The Breaking Down Barriers to Nursing Conference. This event is aimed at promoting the nursing profession in communities of color in order to minimize the long-standing barriers that disproportionately impacts students in these demographic groups. Featuring speakers and panel discussions, the goal of this conference is to highlight the importance of representation in the nursing profession while providing resources for pre-nursing students.

Registration is for attendees interested in becoming a nurse. Please do not register if you are a licensed nurse.

Lobby opens at 8am | Program begins at 9am *Lunch will be provided*

Parking arrangements for the event can be made remotely by downloading the Flowbird App on a smartphone/mobile device. The cost is approximately \$6.35. Convenience fees may apply.

This event is sponsored by Grand Canyon University, Western Governors University, Samuel Merritt University, and the Betty Irene Moore School of Nursing at UC Davis



Want to present at **WIN** in
2024 Salt Lake City, UT?

1st symposium planning
meeting is

Monday, **Aug 28th**, 6-7pm!!!

MEETING LINK (copy/paste to join):

<https://samuelmerritt.zoom.us/j/97537712380?pwd=QWxvdUIwL0lpU05BMVZ6K3BGVzR4dz09>

Passcode: 630855

Attend the 1st
Symposium
Planning Meeting,
8/1/23 @6pm
(PST)

- Session will be recorded for those unable to attend.
- Please contact Adrienne MH with any questions <Lamuralist@yahoo.com>



Bring Ideas to the
2nd Symposium
Planning Meeting
Date TBD

- Please 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, 2023**.

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

WIN 2024 in
Salt Lake City, UT
Annual Latino/x
Special Interest Group
Symposium!!!
+ fun Group Activities

