**Purpose**

Professional nursing organizations are integral for generating proactive work within nursing and creating opportunity for generating energy and creativity for professional growth (Matthews, 2012). They create a milieu for advocacy and facilitate educational opportunities, coaching, mentoring, and a spirit for advancing the nursing profession. The National Association of Hispanic Nurses has been a platform for bringing together Hispanic nurses and creating a forum to bring forth population health concerns, professional mentoring and advocacy. The four New England Chapters (Mass-NAHN, NAHN-Western MASS, Hartford-NAHN and Connecticut-NAHN) have united to communicate efforts on creating environments for such advocacy and professional development. Purposeful coaching and mentoring of Hispanic nurses within a professional organization allows for the dissemination of culturally congruent care to best meet the needs of patients today.

**Massachusetts NAHN Aspiring Nurse Leader**

Role models, coaches and mentors are essential in the career paths of many diverse nurses who lack confidence. The goal of the Aspiring Nurse Fellowship is to provide Hispanic nurses desiring to become leaders a mentorship through the building of relationships with current nurse leaders in practice. This initiative was done in collaboration with the Organization of Nurse Leaders: MA, RI, CT, NH. The first nurse fellow, Claudia Ascencio, organized “Nursing Salons” and introduce the concept to different healthcare settings. Nursing salons are informal forums in which nurses engage in thoughtful conversation about the profession: allowing mindfulness, wellness, healing and re-engagement in nursing.

- *18 (100%) felt an essence of connection and sharing of learning, exploring and developing strengths*
- *18 (100%) felt the salon set a stage for a stress free environment conducive to meaningful nursing dialogue*
- *18 (100%) felt that nursing salons helped them to regain composure, reform their thoughts and re-engage in nursing work*
- *18 (100%) believed that colleagues would benefit within such forums and would highly recommend them*

**Western Massachusetts NAHN Minority Organ Donor Awareness: A Collaboration with LifeChoice**

The National Association of Hispanic Nurses, Western Massachusetts Chapter, team “Be the Cure”, have been an active participant of the BlueGreen Walk since its inception in 2013. Each year NAHN Western MASS members join in promoting the need to increase organ donors. The chapter is committed to impacting public awareness for the need of donors for the 23K Hispanics awaiting transplants. This aligns with NAHN’s value statement “engage in respectful, collaborative, purposeful and positive dialogue in the interest of a healthy organizational culture that creates value for the organization and the community.”

**LIFECHOICE**

1200 Participants/75 Teams
$100,000 raised

Western MA NAHN
35 participants
$3000 raised

**Hartford NAHN Muevete Initiative**

The Muevete USA Project is an educational program developed to reduce childhood and adolescent obesity. It was inspired by First Lady Michelle Obama’s “Let’s Move Campaign.” The NAHN-CHC’s motto, Promoting a Healthier Hartford focuses on the health and wellbeing of the community. The NAHN-CHC is invested in educating communities in the Greater Hartford area to learn about healthier choices using a grassroots approach. A total of 5 lessons were introduced weekly to the 2nd grade classes at the Global Academy School during their health and nutrition portion of curriculum. A pre and post test was provided to the children. The post test demonstrated improved knowledge regarding healthy lifestyle changes and future improved health outcomes in chronic disease prevention.

- *Efforts have reduced the obesity rate in the US from 14% in 2004 to 8% in 2012 (CDC, 2015)*
- *Five Solutions for Healthier Community include:*
  1. Encouragement of healthy eating habits
  2. Making favorite dishes healthier
  3. Eating treats in moderation
  4. Knowing the benefits of physical activity and maintaining active
  5. Limiting sedentary time

**Connecticut NAHN: Educating on Muevete**

Obesity is a national concern and the combined effect can be significant for families and populations. The Connecticut NAHN developed a partnership with Southern Connecticut State University in 2013 to deliver the developed Muevete USA project and mentor nursing students to deliver a culturally competent program to the Hispanic population. The goal was to deliver a culturally appropriate program that addressed health disparities among Hispanics respectfully and within cultural context. Educating nursing students through experiential learning sessions promotes meaningful learning that is valued within the practice of nursing for individualized patient centered care.

- Connecticut NAHN: Educating on Muevete

![Image](https://example.com/image1.png)

![Image](https://example.com/image2.png)

![Image](https://example.com/image3.png)