

**Chapter Member  
of the PNAA**

**Special Point of Interest:  
Spring 2015  
Education Conference**

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# PNASC Newsletter

*Official Publication of the Philippine Nurses Association of Southern California*

**Visibility • Viability • Vitality**

**Vol. XXI No. 1**

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## **PNASC 3-in-1 Event:**

### **Spring 2015 Education Conference, General Assembly & Nurses' Week Celebration**

**Antonette Gurnani, MSN, RN, CJCP**



### **The Philippine Nurses Association of Southern California Executive Board, Advisory Council and Members**

The Philippine Nurses Association of Southern California (PNASC) 3-in-1 event titled "Ethical Practice & Quality Care: Translating Evidence-Based Learning Into Productive Bedside Nursing Practice" was held at the Odyssey Restaurant at 15600 Odyssey Drive in Granada Hills, California 91344 on May 23, 2015. Close to 90 tickets were sold for the event and attended by nurses from different specialties; those actively working as well as those enjoying their retirement. There was a great turn out considering that it was a long Memorial Day weekend!

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## From the Editor-in-Chief

Deovina N. Jordan, PhD, MSN, MPH,  
BSN, RN, BC

### Editorial

#### In God's Image: To be a Creative Being, an Innovator

In Genesis, we are told "God said, **"Let us make man in Our image, according to Our likeness; ... So God created man in His own image; in the image of God He created him; male and female He created them"** (Genesis, 1:26,27). That has intrigued people for many generations. Just what did it mean that God created us in His image? Not only that, it clearly indicates that both male and female are in His image. So, it is more than gender. Indeed, Jesus tells us **"God is Spirit ..."** (John 4:24). So, what is the image of God? It has to be a part our very being.

Some artists have sought to present God in a human image. For example, Michelangelo painted murals of an old man who was to be a representation of God. But, indeed, such representations are clearly forbidden in the Hebrew Scriptures as not only blasphemous, but also as representations of graven images. The representations are also erroneous in depicting God as an old man since, as noted in the above passage: **"in the image of God He created him; male and female He created them"** (Genesis 1:27).

What had been decided by many intellectuals was that in God's image, we were created to be creators, just like God is a Creator. We can create. We can innovate. We can invent. These qualities alone set us apart from all other creatures on the planet. While a bird can make a nest, a bird, in a particular species, makes the same kind of nest over and over. Animals can build shelters but they build shelters of the same kind again and again. Humankind is different. People build different types of shelters. For example, *nipa* huts in certain parts of the Philippines, teepees in the old American Indian plains, brick homes in Mesopotamia, great castles in Europe, and igloos in the Arctic circle. Building different types of shelters show creativity and innovation not known to any other living beings which are not made in the image of God.

Additionally, human beings can convey and pass on information over wide spaces of time and across many generations. The dolphins and the elephants may have larger

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## From the President

Mel Carrillo, MBA, BSN, RN, NEA-BC



### President's Message

#### Leading the Way, through Professionalism, Innovation & Excellence

I would like to start off by saying thank you. Thank you to each of our members for belonging, serving and supporting PNASC since 1961. We are not the same PNASC from 1961 and we will not be the same PNASC in 2061. The one constant that remains and will remain is the need for PNASC to be innovative and be willing to embrace change. We must do these things in order for PNASC to remain the premier ethnic professional nursing organization for Filipino-American Nurses. Today, we are faced with healthcare reform and changing views in our external environment. Because we embrace change, we must embrace innovation. How do we do things differently to meet the needs of our members and the communities we serve?

I can't help but think of the innovations that we have introduced during our 2014-2016 term. When it comes to innovation, we are often told to "think outside the box." Instead, I would like to challenge all of us to think as if the box does not exist in the first place. If we can eliminate the boundaries of a box, the possibilities are endless. Without boundaries, we can free ourselves to look at problems and opportunities through a new lens.

Sometimes innovation can take place by taking available tools and leveraging them to change our existing workflows and processes. For example, PNASC became the first PNAA chapter to utilize video conferencing to have a town hall meeting with our current PNAA President, Leticia Hermosa as she joined us virtually from the comforts of her home in Boston, MA.

In order to increase visibility, PNASC became the first PNAA chapter to create and broadcast a 30-second commercial that aired several times nationally on The Filipino Channel's Lifestyle Network. We created our marketing slogan, "We are PNASC", that was introduced in our TFC commercial advertisement. At the same time, we realized that we could leverage social media and took it one step further by developing the *#wearepnasc* campaign while enhancing our

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## Editorial (Cont.)

**Deovina N. Jordan, PhD, MSN, MPH,  
BSN, RN, BC**

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brains, but neither is capable of transmitting knowledge learned in a lifetime to a generation hundreds of years into the future. But, humans can. That too is part of humanity's creative and innovative history. Humanity is not bound by time limits in the same manner as are other creatures. Even this simple editorial is a representation of that larger scope of information given to human beings. Animals can only communicate directly. This editorial, however, may not be a form of direct communication. Yet, it represents one of humanity's greatest innovations, that of writing. And the ability to communicate itself is also mentioned quite early in the Bible. For therein, in chapter one of Genesis, we are told "And God said... And, it was so."

It is the humankind's ability to create and to innovate that has given rise to humanity's greatest achievements: fine art, noble philosophies, and true legacies. It has permitted humanity to become more than a victim of circumstances and diseases. It has, as a consequence, permitted the development of such notable institutions and professions of medicine, nursing, and health care. Even more, it has permitted us to have distinct identities as Filipino Americans, as Nurses, as Christians, and as Human Beings!

Befitting our President's mantra: "Leading the way, through Professionalism, Innovation and Excellence", this newsletter is focused on creativity and innovation. It features the following: PNASC's 3-in-1 event written by Antonette Gurnani; Becoming creative article authored by Dr. James Jordan; Observations about Innovation by contributed by Neil John Yumul; Inspirational quotes on Innovation - as presented by Albert Einstein, Steve Jobs and other great leaders compiled by Demetria Nacis, Rosalia Benicta, Janine Baptista; Christine Jean Benicta, and Abbygale Frances Palapar; The Philippines: A Land of Innovation contributed by Divina Finger, Demetria Nacis and Rosalia Benicta; The Cutting Edge of Research by Dr. Deovina Jordan; Cross-Cultural Views of Creativity by Christine Jean Benicta; Legislative Corner - Fruits of Innovation: US and Philippine Laws on Copyrights, Patents and Trademarks researched by Neil John Yumul and Janine Baptista; Filipino Innovation Images compiled by Divina Finger; Community Outreach Events attended by PNASC members; Total Assets contributed by Roland Santos; and Creativity in Art presented by Filipino Artist Noa Batle.



## President's Message (Cont.)

**Mel Carrillo, MBA, BSN, RN, NEA-BC**



(Continued from page 2)

Facebook and Twitter pages.

We made the decision to go green by making our P.R.I.D.E. award-winning PNASC Newsletter available electronically while printing limited hard copies for our members who prefer it.

Our newly formed PNASC-Orange County Sub-Chapter hosted the Fall Seminar, which utilized high fidelity, simulation labs to enhance adult learning of our members. During our Spring Seminar and General Assembly, we created and introduced multi-media committee reports where the committee chairpersons' reports were video taped with photos from events, data and graphs weaved into the dynamic presentation. This new format helped us streamline our reports while engaging our members who attended the event. We also introduced our first ever talent show, "Nurses Got Talent", which was well received by all members and guests.

Many of our members are required by their employers to provide community service as part of their professional nursing practice requirements, so we introduced a Certificate of Appreciation, which recognizes each individual volunteer with the type of service and amount of volunteer hours served. Now, we have the ability to track and recognize our PNASC volunteers for graciously giving back to our community.

As you can see from these examples, PNASC is rising up to the challenge to embrace innovation and change. The intent of all of these innovations is for PNASC to remain relevant in our ever-changing landscape, while staying true to our mantra of "Leading the way, through Professionalism, Innovation and Excellence (PIE)." I am happy to report that PIE is alive and well at PNASC. Thank you for being a part of our journey!







**PNASC 3-in-1 Event:  
Spring 2015 Education Conference, General Assembly  
& Nurses' Week Celebration  
Antonette Gurnani, MSN, RN, CJCP**

(Continued from page 1)

The PNASC delegates and guests were welcomed by President-elect Sonia Sabado, MSN, RN, FNP. She thanked all for their dedication to PNASC and her inspiring speech set the tone for the high impact, high energy, and very productive conference.

This year's participants heard distinct and very important, relevant presentations for nurses in the educational conference portion of the 3-in-1 event. The first presentation was given by Mr. Joseph Marc de Veyra, MSN, PHN, PCCN, CNL. He described how neuropsychological symptoms were reduced in MI geriatric psychiatry patients. The study, which was done at Long Beach Veterans Affairs Hospital, showed positive outcomes for our veterans. The topic generated a lot of questions from the audience! Mr. Roland Santos, MSN, RN, PNASC Treasurer and Chief Nurse Executive of Sherman Oaks Hospital, asked about the impact of the project on unit budget, staffing ratio and sustainability of the interventions.

The second presentation was about the importance of bedside nurses in assuring patient safety. According to Barbara Helliwell, BSN, PHN, RN, Director of Patient Safety and Risk Management at Kaiser Permanente Los Angeles Medical Center, bedside nurses can identify and effectively prevent or lessen the incidences of harm to patients. She provided national and state data on the types of adverse events reported. She also shared some best practice behaviors that are proven to improve the safety culture and practice in all healthcare settings. For example, encouraging bedside nurses to be comfortable stopping a procedure: "I am not comfortable going forward with this procedure, Dr. Smith." Ms. Helliwell challenged all nurses to be patient safety advocates by being vigilant, vocal, and open to asking questions when the safety of patients is at stake. A natural segway was a short but very informative presentation from Jaurigue Law Group, one of the event's vendors. The group talked about very helpful tips and best practices on how nurses may avoid malpractice claims and criminal liability.

The General Assembly was led by PNASC President Mel Carrillo, MBA, BSN, RN, NEA-BC. For the first time in PNASC General Assembly history, the Executive Board status reports were presented using videos and in person reporting. This format allowed more time for discussions and questions regarding the status reports. While the Executive Board worked tirelessly for and infused a lot of creativity into each of their committees' work, the top challenge remained the recruiting and maintaining of members. Several methods have been put in place to address this: a process to track and remind members when their Memberships are about to expire, expanding the options for paying for renewals or new memberships (e.g. website, square for debit or credit cards, and checks), forming subchapters, reaching out to nursing schools, and opening membership to all nurses regardless of ethnic background. With Orange County Subchapter leading the way, the path for future subchapters is hopeful! West Los Angeles Subchapter is next, led by Mr. Adolfo Famas, RN, Manager at Cedars-Sinai Medical Center and Ms. Josie De Jesus, MA, RN, former PNASC President and Adviser.

After rich dialogues, all PNASC committee reports were unanimously approved! President Mel Carrillo asked the delegates to provide their feedback on a new, innovative format. This was welcomed by all.

For the Nurses' Week Celebration, PNASC awarded well deserving members. Dr. Emma Cuenca received the Nurse Researcher of the Year Award and Gail Jones received the 2015 Scholarship Award. Fundraising raffle prizes were beautiful orchids and gorgeous bags from our loyal vendor, LGB

Intermissions: PNASC members showcased their amazing talents. Three nurses, representing PNASC Orange County subchapter, Long Beach VA, and Kaiser Permanente Los Angeles Medical Center, wowed the crowd with their talents. They were Peachy King, Sasha Rarang and Jennifer Tumalak-Pacleb!



## Becoming Creative

James L. Jordan, PhD, PhD, MAdmin, BA, BSN, RN



People often spend their lifetimes compartmentalizing themselves. They make their roles, their positions, their training, and everything about themselves into little islands, separated by uncrossable rivers of doubt, isolation, and even ignorance. They become like the vast suburbs which surround so many American cities, with houses which are themselves islands separated by fences. Those rivers or fences are also in their minds. As such, a person can be rather accomplished in one field and, even if he/she has training or some level of expertise in another field, fail to let the ideas, practices, or learning from one area affect another. It is almost as though by doing so they are letting that which they have in one area infect another. Unfortunately, as they become comfortable in their segmented lives, they also learn to be comfortable with a reduced level of creativity. And, as they become comfortable with a reduced level of creativity, they ultimately become complacent with the notion that they are not creative at all. They can see and use something in one aspect of their lives and not even see its application to another aspect of their lives.

There are a few simple keys to becoming creative. **First, you must learn to cross those compartments that you may have conceived in your mind.** You must be willing to build the bridges between the islands and put doors in your fences. It is true that the islands will remain islands and the fences will remain fences, for you do want to maintain some level of independent expertise in a field (for the rest of the world also sees the need for people compartmentalizing themselves). But, you have the option of transferring something good from one role to another. As such, you can infuse the ideas developed by one field, or group of people, to mesh with the ideas developed in another field by another group of people. You then have the advantage of being an expert in a field and also being able to introduce ideas into another. As such, you become creative!

It is said that you must look outside the box. That may be true, but you must have something to look outside the box with. It does no good to look outside a box when you are nearsighted. Too many people find comfort in obtaining a very narrow field of training or expertise. Then, no matter how hard they try, even if they look outside the box, they still see only the box. One must be willing to learn about that which is outside the box to be truly looking outside the box. For example, I spent years training people about management. The students would spend years learning management, but fail to learn anything about what or who they are going to manage.

Even academics are built upon the concept of the small islands, the high fences, and the boxes where no one can look outside. Professors obtain promotions only by concentrating on narrow fields. Heaven forbid if they cross a sidewalk, enter another building, and get an idea from another field. And, what do they teach their students? Is it how to creatively solve anything? No. Instead, they teach near-sightedness. Becoming noncreative is rewarded in academia. It is also very often rewarded in much of life. Even our religious experiences are but isolated islands. We spend hours listening to the same sermons that have been taught for a thousand years by a million ministers, priests, or rabbis; we learn early on that the pew is but a box, which we dare not look out of. We learn from our parents teachers, and peers that there is a socially accepted manner of doing anything and everything. We imitate what others do to the point where so many of us no longer do much really independent activities. We become little more than computer programs in areas of our lives, living in fear of that virus of creativity which might somehow disrupt our lives. And, what do we end up with? We become blind to the vast potentials around us.

Then, we complain. Why doesn't someone solve this or solve that? So, we stand in factory floors, our garages, or even on hospital floors, and complain about a product. I have seen many nurses and doctors complain about what is wrong with different products, but never take time to consider that in their complaining, they are laying down the seeds for a solution. They kill the crop before the seeds have even time to germinate. They complain; then, they tell themselves, "I can't solve this, I'm not creative enough." That brings upon rules two and three. **Rule two: For every problem or complaint, there exists an opportunity.** So, if people complain to you about something they are using, listen. The more they complain, the more you learn. And, the more you learn, the more you accumulate knowledge for a solution. And the more knowledge you accumulate, the more material you possess to be creative. Encourage others to tell you what is wrong with something. Encourage them to tell you what should have been done (don't just encourage complaining, people are often more creative than they think – they just don't know it yet). Then, you solve it. Even if that takes time, you become the expert in what is wrong. You also become the expert in what might work.

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## Becoming Creative

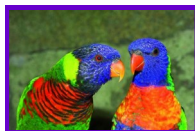
James L. Jordan, PhD, PhD, MAdmin, BA, BSN, RN

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**Third rule is that you must not let your own doubts destroy your creativity.** If you want to harvest the flower of creativity, be sure not to kill the buds before they open. The world is full of people who are filled with doubts. Even efficiency experts and positive-help gurus have big talks about what you should do. But, I have seen only few of them do anything truly creative. Most of them spend their lifetimes repeating what other people have said. Just how creative is it to do what someone else has already done? Not very. Also, you will soon notice that noncreative people often will criticize those who are creative. But don't be afraid of criticisms especially constructive criticisms. Continue your path to creativity. Creativity is one way by which you can emerge from the masses and truly make something out of your life. It is your chance to be most like our Creator. It has been said that we are made in the image of God by having been given the ability to create. In order to create, you must nurture and develop your creativity. Make your life exciting and truly rewarding by developing that creative inner self, which, in so many people, lies dormant (or near dead). Let your creative inner self bear fruit - regardless of the numerous detractors whom you will face. Yes, some of the most bitter and most penetrating of criticisms will come from those who are dearest to you. Some of their criticisms will help you but many will keep you from reaching your true creativity.

**Fourth rule is that you must not worry so much about failure.** Worrying about failure will keep you from succeeding at anything you try. There are a lot of things you can follow to avoid failing. First, do not promise an outcome that is not realistic. The path to creating something is rarely straight and predictable. So, be willing to alter your course or to modify what you are doing to reach your objective. Be quiet about your doubts. Be selective in your confidants. Be precise in your timing. These will help you reap the laurels of creativity.

**Fifth rule is that you must not let the thought of success ruin you either.** Too many people fear success. They are happy complaining about being failures. Being a victim of life is comforting to a lot of people. On the other hand, others are so elated about success that they go



around spending the wealth of a gold mine even before a single ounce of gold has been extracted from the mine. Success, especially the thought of success, can lead a lot of people away from the main focus of coming up with a creative outcome. Think of it this way. Fear of success is extreme near-sightedness. No matter how hard you look, you will never see outside the box. Being manic about success is extreme far-sightedness. You will never even see the box. To see outside the box, you must know exactly where the box is to begin with.

**The sixth rule is that you must not equate creativity with perfectionism.** Indeed, trying to make everything perfect will only cause you to become less creative. It is when we focus more on the means, rather than the end (creativity itself), that we are detracted from the objective. We become more concerned with appearances and build those neat little fences which detract from true creativity. Inventions are rarely perfect in themselves. The car, the airplane, the computer, modern medicines, and a host of other products did not emerge as perfect entities the first time they were made. The first writing that even the best author wrote is never the same as the last item he wrote. And the first painting that even the best artist ever painted scarcely equaled those done at the height of one's career. In the development of creativity, you must be willing to work towards perfection, knowing that perfection itself is not an attainable quality. For most, creativity is a process.

**The seventh rule is that you must be patient.**

Creativity is not always the result of spontaneous genius. It is more often the result of the mind working on something over a period of time. When creativity emerges, it may appear as a flash of genius, but that is not usually the case. It may also be the result of a patient mind processing information.

**The eighth rule is that you must be observant.**

There are a myriad things in this world that can be improved or developed. Don't fall into the trap that because there are so many creative people in the world, there is no more room for you. If one thing does not apply to a field, why not apply it to another?

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## Becoming Creative

James L. Jordan, PhD, RN

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**The ninth rule is that you must be willing to learn and to change.** There is no need trying to perfect the buggy whip during the jet age. There is no need trying to reinvent something that was made obsolete even before you were born. That does not mean that a kernel of an idea does not exist in that obsolete item since the item can evolve into a modern application. The important thing is that everything must evolve and be made adaptable for survival. This includes creativity. So, learn not to forget the basics and keep asking yourself: "Can this be made better" or "Can this be improved?"

**The tenth rule is to enjoy creating.** You cannot be creative without first wanting to be creative and then enjoying the process itself. It is when you truly enjoy what you do - creating something, solving problems, and providing solutions - that true passion and creativity reveal themselves. Don't stop short of your dreams. Continue enjoying your path to becoming and being creative!



## Observations About Innovation

Neil John Yumul, MA, BSN



Innovation is the introduction of something new... a new idea, method or device (merriamwebster.com, n.d.). Therefore, it does not rest upon identification of problems alone. Identification of problems is just the first step. Stopping at this step - or simply focusing on problems - will not be very useful and helpful.

Innovation rests upon first knowing the true nature of the problems and then identifying, creating and implementing solutions to those problems. Few people can do that. It does take special training. Likewise, one has to know what has been successful and what has failed in the past. Then, one must be willing to fail, get up, and try again. While doing so, one must always remember that any failure will be blamed on you, but any success will be claimed by many. Additionally, innovation requires both wisdom and knowledge. It also demands creativity. As a consequence, the world needs those people who are able to innovate and then implement solutions to the many challenges that present in this life. But, alas, innovators are few in number. And, we are called to join their ranks.

As nurses, we are told we are to be leaders. If we follow the advice of Steve Jobs, that also means we should be innovators. To become true leaders, we must innovate. If we do not innovate, we are but just followers. And, what would we be following? Good question. We would be following the status quo in which problems multiply, complaints proliferate, and solutions are scarce. Hence, look around you. Talk to your co-workers. Ask if they have encountered challenges. Search for solutions to the challenges presented. Implement innovative solutions and ask for feedback. If the solutions failed, continue to innovate.







**Inspirational Quotes  
on Innovation -  
As Presented by Albert Einstein  
Demetria Nacis, MA, BSN**

If at first the idea is not  
absurd, then there will be  
no hope for it.

Albert Einstein

"Everything should be made  
as simple as possible,  
but not simpler."

Albert Einstein



"The intuitive mind is a  
sacred gift and the  
rational mind is a faithful  
servant.  
We have created a society  
that honors the servant  
and has forgotten the  
gift."  
~Albert Einstein~

"Imagination is more important  
than knowledge."

For knowledge is limited to all we now  
know and understand,

while imagination embraces the entire  
world, and all there ever will be to  
know and understand."

~Albert Einstein~

"WE CANNOT SOLVE A  
PROBLEM BY USING THE  
SAME KIND OF THINKING  
WE USED WHEN WE  
CREATED THEM."

~ ALBERT EINSTEIN



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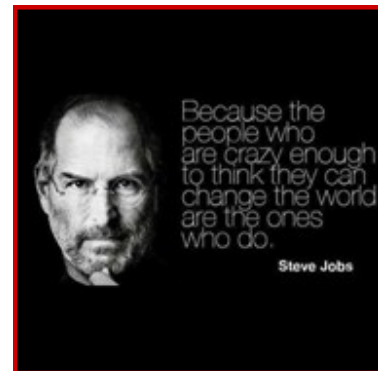
**Inspirational Quotes  
on Innovation -  
As Presented by Steve Jobs  
Rosalia Benicta, MA, BSN, RN**



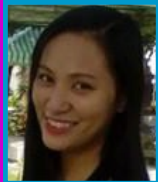
"I'M AS PROUD OF  
MANY OF THE THINGS  
WE HAVEN'T DONE AS  
THE THINGS WE HAVE  
DONE. INNOVATION IS  
SAYING NO TO A  
THOUSAND THINGS."



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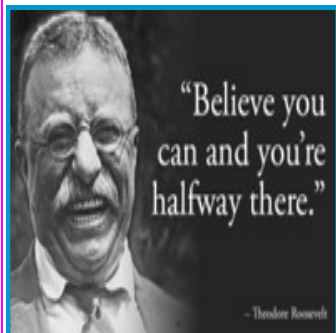






## Inspirational Quotes on Innovation - As Presented by Other Great Leaders

Janine Baptista, BSN; Christine Jean Benicta & Abbygale Frances Palapar



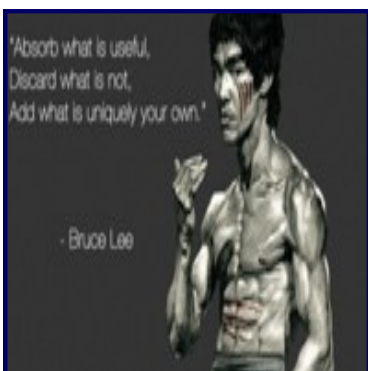
If you continue doing what you have done in the past, you will get what you have received in the past.

Avinash Narula

meetville.com



— Martin Luther King Jr.



— Bruce Lee



Milton Berle

"It always seems IMPOSSIBLE until it's done."

Nelson Mandela

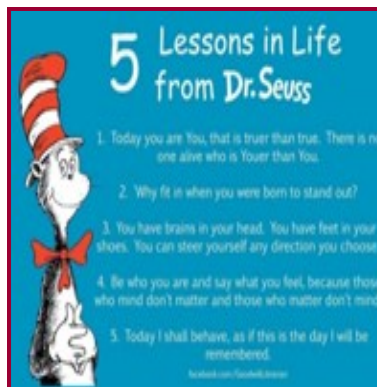
Failure isn't something to be embarrassed about; it's just proof that you're pushing your limits, trying new things, daring to innovate.

Gavin Newsom

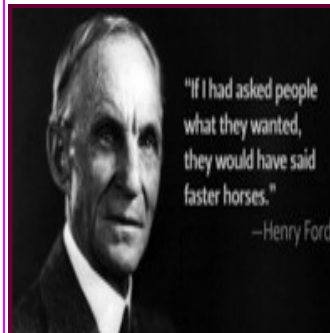
meetville.com



—Mahatma Gandhi



facebook.com/SeussfulStories



—Henry Ford

Art begins in imitation and ends in innovation.

Mason Cooley

meetville.com



## The Philippines: A Land of Innovation

**Divina Finger, MN, BSN, RN; Demetria Nacis, MA, BSN & Rosalia Benicta, MA, BSN, RN**

The Philippines is a land where discovering, creating, and introducing something or someone new is second to none. Consider the following:

1. The highest rate of discovery of new animal species in the world is in the Philippines, placing the Philippines at the forefront of taxonomy and biological progress!
2. The biggest pair of shoes was made in the Philippines; the wingtips have the dimensions of 17.4 feet long, 7.9 feet wide, and 6.6 feet tall. No one has yet worn those shoes!
3. Three of the world's largest shopping malls are in the Philippines; they are SM Megamall, SM North Edsa, and SM Mall of Asia. Filipinos know how to shop!
4. The world's largest pearl, weighing 14 pounds, was found in the Palawan Sea in 1934. Manila may be the "Pearl of the Orient," but Filipinos are "Pearls of the Orient" themselves!
5. While the yo-yo was originally a Filipino studded hunting weapon, a Filipino American developed it into a toy, now enjoyed by people all over the world. Talk about making "swords" into "ploughshares;" Filipinos did one better by making a weapon into a toy!
6. Between 120 and 175 individual languages are spoken in the Philippines. That shows Filipinos are excellent at creating new words!
7. The world's largest supplier of nurses is the Philippines; about a fourth of all nurses worldwide are Filipinos. Millions of lives have been saved and made better worldwide as a result of the tireless and professional efforts of Filipino nurses. As such, Filipino nurses have a major impact on international nursing. And, it also attests to the fact that Filipino nurses have a quality and desirable education and training!
8. In 1949, Dr. Abekardi Aguilar, a Filipino physician, invented the antibiotic erythromycin. Millions of lives have been saved and made better by the Filipino invention!



9. The first working karaoke machine was patented by Roberto del Rosario in 1975. Since then, many millions have enjoyed the wonders of singing using the karaoke both in public and in private gatherings!

10. The largest Catholic university in the world, in terms of its population, is the University of Santo Tomas, which, by the way, is older than Harvard University by about 25 years. This is proof that Filipinos have historically been at the forefront of world-class education!

11. About 11% (or 11 million) of the Filipino population works overseas, reflecting an adventuresome spirit not shared by many other cultures worldwide!

12. The world's longest Christmas season is celebrated in the Philippines, indicating a commitment to maintaining "the Christmas spirit!"

13. The first Asian to become president of the United Nations was Carlos Peña Romulo, a Filipino!

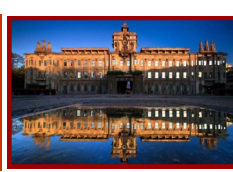
14. The Philippines is second only to the United States in the production of geothermal energy!

15. Anti-lock braking systems are manufactured in the Philippines. If you drive a Mercedes-Benz, you depend on the excellence of brakes made in the Philippines!

16. The humble American jeep of World War II was transformed into the mass transit system of the jeepney!

17. Filipinos send so many text messages that the Philippines has been labeled the text capital of the world. Filipinos indeed embrace cutting edge technology!

**Note:** The information above was adapted from 66 Interesting Facts About Philippines (<http://facts.randomhistory.com/philippines-facts.html>).





## The Cutting Edge of Research

Deovina N. Jordan, PhD, MSN, MPH, BSN, RN, BC

Social support among Asian American immigrants was found to be important in reducing acculturative stress and psychological distress.

**Source:** Singh, S., McBride, K., & Kak, V. (2015). Role of social support in examining acculturative stress and psychological distress among Asian American immigrants and three sub-groups: results from NLAAS. *J. Immigrant Minority Health*.

BMI increases as Asian American male immigrants become more acculturated.

**Source:** Oakkar, E. E., Stevens, J., Bradshaw, P. T., Cai, J., Perreira, K. M., Popkin, B. M., et al. (2015). Longitudinal study of acculturation and BMI change among Asian American men. *Preventive Medicine*, 73, 15-21.

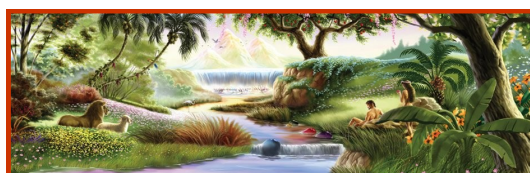
"The BMI cut point for identifying Asian Americans who should be screened for undiagnosed type 2 diabetes should be  $<25$  kg/m<sup>2</sup>, and  $\pm 23$  kg/m<sup>2</sup> may be the most practical."

**Source:** Araneta, M. R. G., Kanaya, A. M., Hsu, W. C., Chang, H. K., Grandinetti, A., et al. (2015). Optimum BMI cut points to screen Asian Americans for type 2 diabetes. *Diabetes Care*, 38, 814-820.

The speaking of English at home is associated with the development of type 2 diabetes. "Second- generation Asian men and first- generation Asian women had higher T2DM prevalence compared with their White peers. Such a trend was observed among Chinese and Filipino men, and Filipina and Korean women. In addition, Filipinas who spoke only English at home had lower odds of T2DM than other Filipinas (OR=0.3, 95% CI: 0.1-1.0) while the relationship was reversed among Filipino men (OR=3.2, 95% CI 1.0-10.1)."

A possible explanation for this, not mentioned by the authors, was that most Filipina women who speak only English at home are not married to Filipino men and, as a consequence, may have to incorporate non-Filipino cultural factors into their lives (e.g., diet). In contrast, the Filipino men may be married to Filipino women and, as such, share common cultural values and practices. So health risks may also be associated with ethnicity or race of one's marital partner, not only on one's own ethnicity or race.

**Source:** Huang, Z. J. & Zheng, C. (2015). Type 2 diabetes among 6 Asian ethnic groups in California: the nexus of ethnicity, gender, and generational status. *Journal of Health Care for the Poor and Underserved*, 26 (2), 16-35.



In a study on breastfeeding based in Southern California, the Filipino participants had four live births (versus three for Caucasian and African-American participants). The Filipino participants were more likely to breastfeed, albeit for shorter durations.

Also, initiation of breastfeeding was concluded to have an association with reduced BMI, smaller waist girth, and lower post-menopausal visceral adipose tissue (VAT).

**Source:** Armenta, R. F., Kritz-Silverstein, D., Wignard, D., Laughlin, G., Wooten, W., et al. (2015). Association of breastfeeding with postmenopausal visceral adiposity among three racial/ethnic groups. *Obesity*, 23, 475-480.

The diagnosis for breast cancer was at a significantly lower age for Filipino women (age 53.2) than for other Asian (age 55.1) and Caucasian women (age 58.4). Additionally, Filipino women have greater risk for developing more aggressive breast cancer. As such, Filipino women warrant special attention for the screening of breast cancer.

**Source:** Simpson, J. S., Briggs, K., & George, R. (2015). Breast cancer amongst Filipino migrants: a review of the literature and ten-year institutional analysis. *J. Immigrant Minority Health*, 17, 729-736.

Cancer specific mortality (from prostate, breast, lung, colorectal cancer) was lower for Filipinos than for whites.

**Source:** Trinh, Q., Nguyen, P. L., Leow, J. J., Dalela, D., Chao, G. F., et al. (2015). Cancer-specific mortality of Asian Americans diagnosed with cancer: a nationwide population-based assessment. *JNCI J Natl Cancer Inst*, 107 (6).

The incidence of stomach cancer has been declining for Filipinos.

**Source:** Kim, Y., Park, J., Nam, B., & Ki, M. (2015). Stomach cancer incidence among Americans, Asian Americans and Native Asians from 1988 to 2011. *Epidemiology and Health*, 37.

Cancer is the leading cause of death for Filipino women, while heart disease is the leading cause of death for Filipino men.

**Source:** Hastings, K. G., Jose, P. O., Kapphahn, K. I., Frank, A. T. H., Goldstein, B. A., et al. (2015). Leading causes of death among Asian American subgroups (2003-2011). *PlosOne* 10 (4).

"Filipino Americans have lower suicide rates than other Asian ethnic groups." Familial and cultural factors play a significant role regarding suicidal behaviors.

**Source:** Kuroki, Y. (2015). Risk factors for suicidal behaviors among Filipino Americans: a data mining approach. *American Journal of Orthopsychiatry*, 85, 34-42.

(Continued on page 12)



## The Cutting Edge of Research (Cont.)

Deovina N. Jordan, PhD, RN

(Continued from page 11)

When compared to other ethnic and racial groups, Filipinos have higher risk for developing hypertension as they encounter more difficulty in achieving adequate blood pressure control.

**Source:** Zhao, B., Jose, P. O., Pu, J., Chung, S., Ancheta, I. B., et al. (2015). Racial/ethnic differences in hypertension prevalence, treatment and control for outpatients in Northern California 2010-2012. *American J. Hypertension*, 28 (5), 631-639.

Estimates of depression among Filipino-Americans, in the community, range from 33.3% to 34.4%.

**Source:** Kim, H. J., Park, E., Storr, C. L., Tran, K. & Juon, H. (2015). Depression among Asian-American adults in the community: systematic review and meta-analysis. *Plos ONE*, 10 (6).

Due to a lack of baseline data before immigrating, research on Filipino immigrants can potentially have bias and confounding. However, since there is availability of greater longitudinal data, Filipino immigrant health can be more rigorously investigated.

**Source:** Gee, G. C., de Castro, A. B., Wang, M. C., Crespi, C. M., Morey, B. N., & Fujishiro, K. (2015). Feasibility of conducting a longitudinal transnational study of Filipino migrants to the United States: a dual-cohort design. *J. Health Care for the Poor and Underserved*, 26, 488-504.

In order for Filipino nurses "to better provide spiritual nursing care, they must care for themselves through self-awareness, self-reflection, and developing a sense of satisfaction and contentment."

**Source:** Labrague, L. J., McEnroe-Petitte, D. M., Achaso, R. H., Cachero, G. S., & Mohammed, M. R. A. (2015). Filipino nurses' spirituality and provision of spiritual nursing care. *Clinical Nursing Research*, 1-19.



## Cross-Cultural Views of Creativity

Christine Jean Benicta



**African:** Creativity is linked to such concepts as resourcefulness, intelligence, wisdom, talent, and art.

**Chinese:** Currently, creativity is associated with being gifted. It is a tool by which society can progress.

**French-speaking:** Emphasis is placed on the "four Ps," namely person, process, product, and press (environment).

**German-speaking:** Ideas are viewed as being creative if they are new in a given situation and are useful in providing a solution to a problem. Emphasis is also placed upon the "four Ps" (in common with French-speaking cultures). But, the focus is on how one approaches a problem.

**India:** "Creativity is the result of doing something original or novel that is also useful."

**Israel:** Creativity is viewed in terms of real-world problem solving.

**Italy:** Genius is viewed as seeing things differently than other people.

**Latin America:** Creativity is a multifaceted phenomenon. A scientific emphasis is not emphasized since "science does not have great cultural value in the region."

**Scandinavians:** In comparison to Americans, Scandinavians place greater attention on potential than upon productivity. Creativity is viewed as an attitude toward life; a way of dealing with life's challenges. Placing an emphasis on creative products is to be avoided since it focuses on people who seek attention, rather than those who are quieter in their pursuit of creativity.

**Source:** *The International Handbook of Creativity*. (2006). J. C. Kaufman & R. J. Sternberg (eds). Cambridge Press: Cambridge, UK.





## Legislative Corner

### Fruits of Innovation: US and Philippine Laws on Copyrights, Patents and Trademarks

Neil John Yumul, MA, BSN & Janine Baptista, BSN

#### Copyrights

US: "Copyright law in the U.S. is governed by federal statute, namely the Copyright Act of 1976. The Copyright Act prevents the unauthorized copying of a work of authorship. However, only the copying of the work is prohibited--anyone may copy the ideas contained within a work. For example, a copyright could cover a written description of a machine, but the actual machine itself is not covered. Thus, no one could copy the written description, while anyone could use the description to build the described machine. Copyrights can be registered in the Copyright Office in the Library of Congress, but newly created works do not need to be registered. In fact, it is no longer necessary to even place a copyright notice on a work for it to be protected by copyright law. However, the Copyright Act does provide additional benefits to those who register with the Copyright Office. Consequently, copyright registration and the use of a copyright notice is recommended." (Accessed from <http://www.bitlaw.com/copyright/>, 2015).

Philippines: "Philippine copyright law is enshrined in the Intellectual Property Code of the Philippines, officially known as Republic Act No. 8293. The law is partly based on United States copyright law and the principles of the Berne Convention for the Protection of Literary and Artistic Works. Unlike many other copyright laws, Philippine copyright laws also protect patents, trademarks, and other forms of intellectual property ... The law is enforced through a body established by the law: the Intellectual Property Office, or IPO, and its various branches. Copyright implementation is done with the coordination of the IPO and the Copyright Division of the National Library of the Philippines." (Accessed from [/en.wikipedia.org/wiki/Copyright\\_law\\_of\\_the\\_Philippines](http://en.wikipedia.org/wiki/Copyright_law_of_the_Philippines), 2015).

#### Patents

US: "Patents in the United States are governed by the Patent Act (35 U.S. Code), which established the United States Patent and Trademark Office (the USPTO). The most common type of patent is a utility patent. Utility patents have a duration of twenty years from the date of filing, but are not enforceable until the day of issuance. Design patents protect ornamental designs. Plant patents protect new varieties of asexually reproducing plants. To obtain protection under U.S. law, the applicant must submit a patent application to the USPTO, where it will be reviewed by an examiner to determine if the invention is patentable. U.S. law grants to patentees the right to exclude others from making, using, or selling the invention. (Accessed from <http://www.bitlaw.com/patent/>, 2015).

Philippines: "Patentable Inventions. - Any technical solution of a problem in any field of human activity which is new, involves an inventive step and is industrially applicable shall be Patentable. It may be, or may relate to, a product, or process, or an improvement of any of the foregoing. (Section 21)." (Accessed from <http://www.ipprotect.ph/intellectual-property-code-patent-01.htm>, 2015).

#### Trademarks

US: "Trademark law governs the use of a device (including a word, phrase, symbol, product shape, or logo) by a manufacturer or merchant to identify its goods and to distinguish those goods from those made or sold by another. Service marks, which are used on services rather than goods, are also governed by 'Trademark law.' In the United States, certain common law trademark rights stem merely from the use of a mark. However, to obtain the greatest protection for a mark, it is almost always advisable to register the mark, either with the federal government, if possible, or with a state government. A mark which is registered with federal government should be marked with the ® symbol. Unregistered trademarks should be marked with a "tm", while unregistered service marks should be marked with a "sm." A mark is infringed under U.S. trademark law when another person uses a device (a mark) so as to cause confusion as to the source or sponsorship of the goods or services involved. Multiple parties may use the same mark only where the goods of the parties are not so similar as to cause confusion among consumers. Where a mark is protected only under common law trademark rights, the same marks can be used where there is no geographic overlap in the use of the marks. Federally registered marks have a nation-wide geographic scope, and hence are protected throughout the United States." (Accessed from <http://www.bitlaw.com/trademark/>, 2015).

Philippines: "R.A. 8293, otherwise known as the Intellectual Property Code, defines a trademark as "any visible sign capable of distinguishing goods." Early jurisprudence has taken it to mean "a sign, device or mark by which the articles produced or dealt in by a particular person or organization are distinguished or distinguishable from those produced or dealt in by others, and must be affixed to goods or articles" (Accessed from [https://en.wikipedia.org/wiki/Philippine\\_trademark\\_law](https://en.wikipedia.org/wiki/Philippine_trademark_law), 2015).





Ms. Gail Jones was the recipient of  
PNASC's 2015 Scholarship Award!

Dr. Emma Cuenca received the  
PNASC's 2015 Nurse Researcher of the Year Award!

Dr. Deovina Jordan was selected to serve as a  
Member of the PNAA Research Committee!

### Diversity in Action!



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Roland Santos, MSN, RN**

**PNASC  
Total Assets  
as of  
06/30/2015  
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## Community Outreach Events PNASC Volunteer Services

### Firecracker Run Chinatown & Children's Day Celebration



Firecracker Run Chinatown Event 02/28/2015 & 03/01/2015 with Bonnie De Los Santos, Lilibeth Cruz and Antonette Gurnani. Other Members who attended were: Maria Sagun, Gail Jones, Glenda Totten, Velma Yep, Mel Carrillo, and volunteer students!



Firecracker Run Chinatown Event 02/28/2015 & 03/01/2015 with Gail Jones, Maria Sagun and a PNASC member!



Children's Day Celebration at YMCA Gardena & Carson on April 25, 2015 with Bonnie De Los Santos and Antonette Gurnani!





**Filipino Innovation  
Images**  
Divina Finger, MN, BSN, RN



## Creativity in Art

Noa Batle  
Filipino Artist, Batle Studios, SF, CA



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***Announcement! Visit PNASC's new website***

## Calendar of Events

January 2015 - EB Meeting

February 2015 - EB Meeting

March 2015 - EB Meeting

April 2015 - EB Meeting

May 2015 - PNASC Education  
Seminar

June 2015 - EB Meeting

The Philippine Nurses Association  
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