Philippine Nurses Association of America (PNAA)

- 55 chapters supporting Filipino-American nurses
  - 28% of all immigrant nurses
- Offers educational programs and community outreach
- Conducts research
- Influence policies
- Assists with the acculturation of new nurses from the Philippines

COVID-19
- Provide essential and culturally sensitive information
- Heal our Nurses Kabalikat Program
- 30% of COVID-19 deaths among nurses in the U.S. were Filipinos
#EmotionsBehindtheMask

- Which emotion best defines your overall status?
- Effective coping mechanisms for reducing stress?
- Initiatives willing to engage in?
Which emotion best defines your overall status?
- Unable to stop worrying
- Angry
- Isolated and alone
- Confident about my ability to handle things
- Feel like I'm making a difference

Effective coping mechanisms for reducing stress?
- Engaging in spiritual practices
- Staying socially connected with family and friends
- Enjoying some form of entertainment and indoor exercise

Initiatives willing to engage in?
- Outreach activities and charitable work
- Virtual workout
- Fellowship or peer-to-peer support group
• Outreach activities and charitable work
  • Vaccination Clinics
  • Mask the Homeless Project

• Virtual workout

• Fellowship or peer-to-peer support group with other Filipino nurses to share lived experience