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# Former NAHN President Urges Chicago Nurses To Get Involved In The Community

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Photo Courtesy of Adriana Nava

But technology can't compete with some careers and one of them is the nursing industry. According to the American Association of Colleges of Nurses, nursing is the nation's largest profession in the health industry.

Adrianna Nava, who worked at Jesse Brown VA from 2009–2011 and at University of Chicago from 2013–2014, tells why she became a nurse, gives tips for new nursing students and graduates, and talks about her affiliation with the National Association of Hispanic Nurses.

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talks about her affiliation with the National Association of Hispanic Nurses

### Why do you enjoy working in your career field?

"I have worked in critical care, outpatient and community settings, and now in cardiology research. When I work with patients and families directly, I can educate them on their medications and address behavior modifications to promote health and wellness. In research, I can assist the research team in best practices to improve patient outcomes."

### What classes do you feel students in your career field are overlooking?

"Pay special attention to statistical courses and math courses. They will be beneficial once you become a nurse and are trying to put together a research or quality project for your unit or community."

### Do you have any advice for new people in your current field?

"Get involved. In 2010, the Institute of Medicine (IOM) addressed the need for more nurse leaders to improve health and health care across the U.S. Even if you are new, joining a nursing organization or volunteering on a committee at your employer is a good place to start."

### What have you found to be the most beneficial part of being affiliated with NAHN?

"The highlight of my NAHN experience thus far has been inspiring Hispanic nurses to reach higher levels of success in nursing. I was the chapter president of the Illinois Chapter of NAHN from 2011–2013. It brings me much joy to hear when nurses graduate, get their first jobs and continue to move the profession forward."

*Shamontel L. Vaughn is a professional journalist who has work featured in AXS, Yahoo!, Chicago Defender and Chicago Tribune. She's been an Examiner since 2009 and currently writes about 10 categories on Examiner.com.*

