



# NATIONAL ASSOCIATION OF INDIAN NURSES OF AMERICA

## NAINA NEWSLETTER

MARCH 2016

VOLUME 9

ISSUE 1



**NAINA**

NATIONAL ASSOCIATION of INDIAN NURSES of AMERICA

[www.nainausa.com](http://www.nainausa.com)

### 5th Biennial National Conference 10th Anniversary

October 21 & 22, 2016 • Chicago

### Emerging Paradigms in Nursing and Healthcare

Technology, Evidence Based Practice, Inter-professional Collaboration and Diversity

MAIN  
SPEAKERS



**Dale E. Beatty**  
RN, MSN, NEA-BC  
Chief Nursing Officer  
University of Illinois  
Hospital and Health  
Sciences System



**Deb Gauldin**  
RN, PMS  
Professional humorist and  
musician specializing in  
healthcare morale and  
women's wellbeing.



**Trish Anen**  
RN, MSN, MBA, NEA-BC  
Vice President for  
Clinical Services for the  
Metropolitan Chicago  
Healthcare Council

National and local  
leaders from the  
healthcare  
industry will  
share their  
enlightening  
perspectives  
related to our  
conference  
theme.



933 S Riverside Dr. Elmhurst, IL 60126

[www.waterfordbanquet.com](http://www.waterfordbanquet.com)

Up to 16 CEUs  
will be  
provided,  
pending  
approval.

For more information contact the steering committee:

**Conf. Conveners:**

Philomina Philip, MS, RN  
INAI (847) 894-5663

Jackie Michael, PhD, APRN, WHNP-BC  
NAINA (214) 707-0092

**Presidents:**

Mercy Kuriakose, MSN, RN  
INAI (773) 865-2456

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**Education Committee:**

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NAINA (732) 798-5931

Agnes Therady, RN, MSN, MBA, NEA-BC, FACHE  
NAINA (630) 877-5305



Hosted by INAI  
Indian Nurses Association of Illinois





## PRESIDENT'S MESSAGE

Greetings to All,

The fifth biennial national conference of NAINA is just few months away. It is again that time of the year we come together as a family at national level to learn and to teach, to appreciate and to acknowledge, to encourage and to inspire, to unite and to network, to plan and to organize, to celebrate with our friends and colloquies and to just simply enjoy together as a family of Indian nurses in America. The culmination of this two day educational event is the tenth anniversary celebration and gala night. NAINA members and the leadership team as a whole are waiting for this upcoming event with great excitement and enthusiasm.

I am happy to report that many of the major plans for the conference are all in place. The conference will be held in the beautiful Waterford banquet and conference center, in Elmhurst Illinois, minutes away from Chicago O'Hare Airport and from the prestigious Oak Brook shopping mall. Well known healthcare and expert nurse leaders are confirmed as main conference speakers. Conference registration already well underway and I am excited to announce that for the first time, online registration will be available to make the whole registration process easier for the registrants as well for the organization. Professional development and enhancing leadership potential in all members were one of the main goals of this term. Naina could be the springboard that you may need to reach even higher level professionally and personally and as an ethnic minority group it is up to each one of you to take advantage of these unique golden opportunities available to you as a NAINA member.

Register early, encourage others to register, be a speaker, submit abstracts for podium and poster presentation by APRIL 30th deadline. We provide continuing education hours, great networking and leadership development opportunities. Promote and support the growth and expansion of our organization, be proud of your abilities and accomplishments, aspire for the highest, inspire and mentor a novice and above all make a commitment to get involved to make a difference and to leave a legacy individually and collectively. Check NAINA website - [www.nainausa.com](http://www.nainausa.com) - frequently for conference updates.

I appeal each and every one of you to be part of this great event in October and make it a success. Hope to see you all in person in Chicago.

Thank you and may God Bless NAINA and us all.

Sincerely,

**Sara Gabriel, MSN, MBA, RN**  
President, NAINA 2015 & 2016



## *FROM THE DESK OF EDITOR*

Nursing is, indeed, a beautiful profession where career and passion work hand in hand. A nurse is someone who nurtures and guides, the one who has an understanding and a forgiving heart, the one who looks for the best in people and the one who leaves people better than when they first came. Nurses heal the mind, soul, heart and body of their patients. The nurse is present at the time of birth to share your joy and at the time of death to comfort and console. Each nurse has touched the lives of many and may more to come.

National Nurse's Week begins May 6th and ends on May 12th when we celebrate the birthday of "The Lady with The Lamp". During this week, we celebrate the legacy of Florence Nightingale the founder of nursing! As we celebrate Nurse's Week, let me take this opportunity to wish a very happy and healthy Nurse's Week to all our hardworking and wonderful nursing colleagues on behalf of our editorial team! As we are getting ready for NAINA's 10th anniversary and 5th Biennial National Conference at the Waterford Banquet and Conference Center in Chicago, we are requesting your participation and support to make this a grand success. This is indeed a great opportunity to network, have fun, learn, and earn educational credits to advance your professional growth.

The editorial team would like to thank all the contributors and readers for your much appreciated support and encouragement. We look forward for a great year with you and your out-pouring support and contributions. We tried our best to change the look of our quarterly newsletter. Please let us know your feedback and suggestions. As Tolstoy says, "Spring is the time for plans and projects". This is the time for chapters to celebrate our nurses and their incredible works. Remember to send your chapter activities and pictures to [suja370@yahoo.com](mailto:suja370@yahoo.com) and...Continue to enjoy reading and be proud of your accomplishments!

With best wishes,

Suja Thomas, MS.RN  
NAINA EDITORIAL BOARD CHAIR



EIN number: 56-2179237

First in Height, First in Flight

Nepal Center of North Carolina, Inc.

108 Marengo Drive, Morrisville, NC 27560

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**Web Address  
[www.ncnepal.org](http://www.ncnepal.org)**

Date: July 22, 2015

To  
Mrs. Letha M Joseph, MSN, RN, AGPCNP-BC,  
President  
IANA-NC  
E-mail: [iananc2010@gmail.com](mailto:iananc2010@gmail.com)

**Subject: Letter of Appreciation**

Dear Mrs. Joseph:

On behalf of Nepal Center of North Carolina Inc. (NCNC) and victims of Nepal Earthquake, I would like to thank you and IANA-NC for providing the medical supplies. We were able to send five boxes of those supplies to Bir Hospital, a public Hospital, in Kathmandu, Nepal via Lions Clubs International.

Again, thank you for your generosity and support.

Sincerely'

-----  
Thakur Karkee, PhD  
President  
Nepal Center of North Carolina Inc. (NCNC)



## In the Spotlight



Jennie Mathen, RN, NP-C  
Gwinnett Medical Center  
Lawrenceville, Georgia

As the president of Georgia Indian Nurses Association, I am so proud to announce that Jennie Mathen has received the DAISY Award on January 2016. The Daisy award is to honor nurses who identify and meet patient and family needs by going above and beyond the traditional role of nursing. Jennie truly makes powerful difference through her extraordinary act of compassion and care that has been recognized by many of her clients and colleagues. One of her patients who was inspired by her extraordinary nursing skills and compassionate care wrote this nomination letter for the DAISY Award. "I was a patient on the cardiac care floor. After the first week of being there, I was experiencing tremendous angst and fear over the prospect of open heart surgery. During this time, I noticed all the nurses exemplified professionalism that was a comfort to me as a patient. There is one nurse who I feel should be recognized for her nursing talent, compassion, and caring. Jennie Mathen spent time with me and helped allay my fears with explanations of the upcoming procedures. She always had a kind word and a smile on her face. I never felt like she needed to be anywhere but there taking care of me and my health needs. She exemplifies that quality that she really cares about the patient, their health and well-being".

Jennie Mathen is an active member of GINA for the past 3 years and has been serving in the Education/Professional Development committee and the By-Law committee. She recently graduated as an APRN and is working as a family nurse practitioner. She truly deserves this honor! Please join me to congratulate Jennie for all her success!

Report prepared by Lilly Anickat

## In the Spotlight

**This month we are  
featuring the past  
President of AAIN-NJ2:**

**Varsha Singh, MSN, APN-C.**



Varsha's involvement in healthcare began in India where she practiced Homeopathy for 8 years before her immigration to USA in 1998. Once in the US, she obtained her nursing license and subsequently became an Advanced Practice Nurse.

Varsha wears many hats at the Robert Wood Johnson University Hospital in Rahway, NJ. She functions both as a practicing APN as well as the Stroke coordinator for the hospital. Because she is passionate about stroke education and teaching, Varsha is also an adjunct

professor at the Trinitas School of nursing, where she lectures on topics related to neuroscience.

In addition to her own personal and professional growth, Varsha is highlighted here for her numerous contributions to the community, including her active involvement with South Asian Community Stroke Education under the umbrella of SATHI (South Asian Total Health Initiatives)

Her current leadership positions include: President of NJ State Nurses Association Region - 3, President Elect of the NJ Stroke Coordinators Consortium, President Elect for FNAP (Forum of Nurses of Advance Practice) -NJSNA, Public Relations Chair for NAINA and Member of the NJ Stroke Advisory Panel.

Her passion for nursing and commitment to improving community health, especially in minority populations has been recognized in the form of a number of awards. The most recent of these, the March of Dimes Nurse of the Year, recognizes her work as

an outstanding Advanced Practice Nurse.

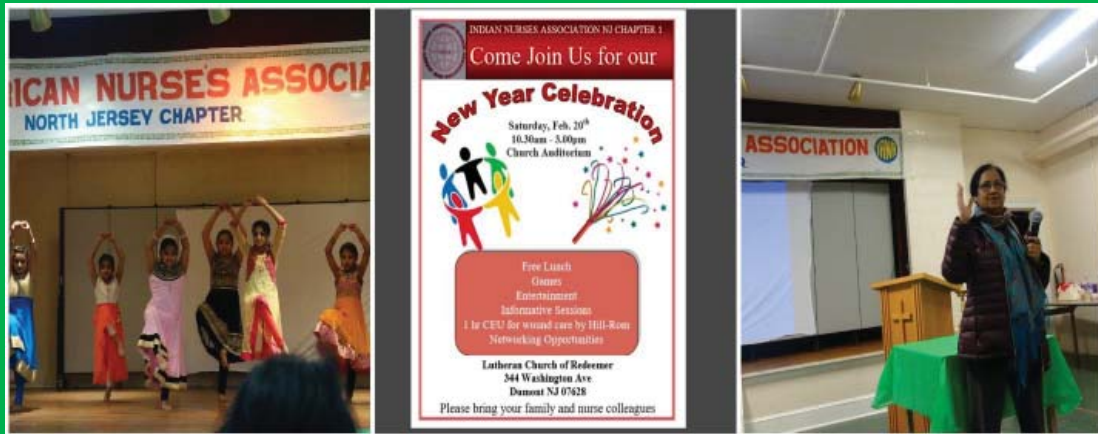
Varsha believes in mentoring and providing career guidance and educational advice to young South Asians, particularly RNs. She works hard to foster the leadership potential of new nurses and members of AAIN-NJ2 and NJSNA Region-3. She is currently a Jonas Scholar, enrolled in the doctoral program at Seton Hall University, NJ.

We thank Varsha for her many contributions to nursing, to the South Asian Community and to NAINA. In particular, we thank Varsha for serving as a role-model and being an inspiration to us all.

*Indian American Nurses Association New Jersey Chapter 1  
Family Get Together 2016*

*Leena Varghese, RN, BSN, CCRN*

*February 20, 2016*



IANA-NJ1 nurses and their families celebrated the New Year with a day filled with entertainment, games, and information. The event began with the traditional lamp lighting ceremony and presidential address by Susan Kurian. Varsha Singh's keynote address on the "Future of Indian Nurses" raised awareness about the initiatives and opportunities available to minority nurses, and emphasized the importance of continuing education and participation in nursing organizations. Business and pleasure were combined to make for a stimulating day.



## Some highlights of the day:

- Acknowledgement of academic achievements
  - Dr. Neena Philip: Ph.D. in Health Administration
  - Daliya Chandroth: MSN-Nursing Informatics.
- Presentations
  - A short video on empathy and caring presented by Sangeeta Kurian
  - An in-service on the "Science of Surfaces" by Hill-Rom rep, Kate Vignoe
  - "Women, Heart & Health" by Jessy Samuel and Dr. Leelamma Abraham
- Song and dance performance by Kevin, Diya, Neha, Angie, Maya, Ammu, & Angelina - thanks kids!
- A delicious networking lunch
- And, of course, a raffle to keep things lively!

The participation of new members as well as the presence of AAIN NJ chapter 2 President, Dr. Rachel Koshy, brought a cordial feel to the event. AAIN NJ1 Secretary Mary Xavier thanked everyone for their support and the day ended with election for new committee members for 2016-2017.





## American Association of Indian Nurses of NJ-2

### Team AAIN-NJ2 at NAINA's Second Leadership Conference

A stimulating and exciting conference, hosted by PIANO. Our very own Amita Avadhani was one of the speakers. Also in attendance, Merlin Mendonca, who recently completed NAINA's Aspiring Nurse Leader Program and is moving upwards and onwards!



### Holiday Dinner: Dec 4<sup>th</sup>, 2015

After a busy year, full of activity, we celebrated the holiday season with a lovely dinner in-service at The Manor in West Orange. Current members were able to network with fellow nurses during the holiday season. It was wonderful to reconnect with many nurses who had attended the AAIN-NJ2 conference in the summer.



## Other Activities and accomplishments

### ***Elected for office:***

- ❖ Three AAIN-NJ2 members were elected to the Region three Executive Board for the New Jersey State Nurses Association. Seen in the picture are Varsha Singh, President, Region 3, NJSNA and Munira Wells, VP Communications, Region 3, NJSNA. Absent from this picture is Amita Avadhani, Secretary, Region 3, NJSNA.



- ❖ Varsha Singh: President -Elect of the New Jersey Stroke coordinators Consortium (NJSCC), 2016
- ❖ Merlin Mendonca: member of the Advisory Council for the Mangalorean Catholic Association of East Coast (MCA-EC INC)

### ***Promotions:***

- ❖ Merlin Mendonca: Supervisor of the Care Management Department, QualCare (Cigna)
- ❖ Munira Wells: Director of Undergraduate Adult Nursing Courses at Seton Hall University.

### ***Awards:***

- ❖ Varsha Singh, March of Dimes, Nurse of the Year – APN Category.

[Congratulations to all for their efforts and successes!](#)

## Upcoming Events (see flyers)

Wednesday, March 30, 2016: “Sudden Cardiac Death” The role of the Life Vest.

Saturday, June 4, 2016: **TENTH ANNIVERSARY GALA!**



## AMERICAN ASSOCIATION OF INDIAN NURSES NEW JERSEY 2

*We are so proud to announce our 10th anniversary celebration. Please join us to mark this momentous occasion at our GALA, an evening of fun featuring cultural entertainment, presentation of nursing scholarships, open membership enrollment and many prizes.*

*When: Saturday, June 4, 2016*

*Time: 6:00pm- 10:00pm*

*Venue: Gran Centurions  
440 Madison Ave  
Clark, NJ*

*RSVP: Dr. Rachel Koshy  
President, AAIN-NJ2  
973-479-7147  
aainnj2@gmail.com*

## **Annual Educational Event by Indian American Nurses Association of North Texas (IANANT)**

Continuing nursing education (CNE) plays pivotal role in supporting the professional practice of nursing and the delivery high quality, safe, evidence-based care aiming at excellent and value added patient care outcomes. As an organization that aims at developing the Indian American Nurses and contributing to nursing education and to society, IANANT gives utmost importance to providing opportunities for continuing education. To achieve this goal, IANANT organizes educational events every year.

Annual Educational Event by Indian American Nurses Association of North Texas (IANANT) has conducted the CNE presentation titled “Taking a Trip to Islets without getting stranded: A Diabetes update” by Nancy Drobycki, MSN, RN, CDE and Nisha Jacob, RN, MBA, FNP-C, CDE from UTSW medical center of Dallas. This event was on Saturday, October 24, 2015 at Pasand Indian Cuisine, Irving, Texas which provided 3.41 contact hours by UT Southwestern University Hospitals (approved provider of continuing nursing education by the Texas Nurses Association and an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation).

Major learning points covered were

- How good glycemic control can prevent, delay, or minimize diabetes complications and target goals for A-B-C’s of diabetes management,
- Underlying mechanism of tissue damage in the presence of hyperglycemia
- Major complications of uncontrolled diabetes.
- Risk factors for cardiovascular disease.
- Autonomic neuropathy and 2 systems it impacts.
- Stages of Diabetic Kidney Disease.
- Treatments for diabetic sensory-motor neuropathy.
- Differentiate between non-proliferative and proliferative diabetic retinopathy.
- Action, benefits, and side effects of incretin mimetics.
- Important patient teaching points for incretin mimetics.
- Insulin therapy implementation and barriers to insulin therapy.
- Natural insulin production pattern of the human pancreas.
- Onset of action, peak, and duration of rapid-acting, short-acting, intermediate-acting, long-acting, and pre-mixed insulin.
- Inject able medication administration to a learning partner using both vial/syringe and pen formats.
- Patient teaching points for insulin instruction.
- Diet and lifestyle management.

The event started at 9 am. The speakers and attendees were warmly welcomed to the event by Haridas Thankappan, President of IANANT and Priya Mathew, Professional Development Chair introduced the speakers. The sessions were invigorated by frequent learning & question and answer sessions and instant prize winning opportunities. Prizes were sponsored by Grand Canyon University and were distributed by Mary Abraham, Membership Chair of IANANT.

Alice Mathew, IANANT Advisory Board Member delivered condolence message at the sad demises of the mother of Mrs. Saramma Mathew, life member and ex committee member of IANANT and Ms. Meera Thomas, daughter of Rosamma Thomas, RN at UTSW. In expression of our heartfelt condolences and solidarity, the IANANT team stood up and prayed in silence and solemnity.

Ricardo Contreras, University Development Representative of International Division of Grand Canyon University spoke to the team about the GCU nursing programs and the collaboration with NAINA that offers discounted fee for IANANT members and all NAINA members and families. Plaques and appreciation cards were presented to the speakers by Alice Mathew and Aleykutty Francis, Leelamma Chacko and Elsa Pulinthitta of IANANT leadership team.

The event also included a scrumptious buffet style lunch to all the participants. A vibrant day of great learning and fun was concluded at 2.30 pm with vote of thanks by Jessy Paul, Professional Development Chair of IANANT.

Report by Jessy Paul, RN, MSN, CPN,  
Professional Development Chair of IANANT





# INDIAN AMERICAN NURSES ASSOCIATION OF NORTH TEXAS

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Starting from humble beginnings, Indian American Nurses Association of North Texas (IANANT) has come a long way during the past 20 years. IANANT has been recognized as the one and only Indian nurses' association which brought Nurses of Indian origin in North Texas under one umbrella and regularly organizes a variety of services such as continuing Education events, nursing student scholarships, promoting nursing education and more.

IANANT celebrated its 20<sup>th</sup> Anniversary and nurse's week with a grand public meeting and banquet on May 2, 2015. In spite of various community events and cultural programs that were going on in various parts of the city at the same time, the attendance to IANANT banquet was overwhelming.

The attendees gathered at Atrium Hotel paintbrush hall for social hour at 5.30 pm enjoying the lavish array of refreshments. The meeting started at 6 pm with welcome and presidential remarks by Chapter President, Mr. Haridas Thankappan. Mrs. Sara Gabriel was the chief guest of the function who lighted the traditional lamp with assistance from Mrs. Mary Abraham, IANANT founding President and Haridas Thankappan.

Mrs. Gabriel congratulated the chapter members for their energy and enthusiasm in organizing such a grand event. The President of Kerala Association of Dallas, Mr. Babu Mathew extended a felicitation speech and applauded the contributions from nursing profession to the Indian Americans especially the Malayalee community. Following IANANT's path, Kerala Association has also started a nurse recognition day celebration in the organization from this year. He announced that NAINA Vice president Mrs. Jackie Michael and IANANT Former President, Alice Mathew will be the main speakers at this event.

All nurses, nursing students, founding members and retired nurses were recognized. The nurses, who have won honors such as DFW Great 100 Nurses award, Daisy award, community service etc. in the past three years were recognized with plaques by Ms. Jacky Oppolo, Director of Nursing Education in Parkland Hospital. Mrs. Sara Gabriel was recognized for her leadership and guidance as the National President as well.

"Nightingale today" the 20<sup>th</sup> anniversary souvenir was released by chief guest at the function and also 500 dollars were offered to NAINA's fund raising for Nepal relief efforts. Mrs. Aley Idicula and Mrs. Elsa Pulinthitta handled the door prizes. Mrs. Alice Mathew presented the history of IANANT using a slide show. There were various cultural programs such as dances and songs which added beauty to this evening which ended with a grand buffet with delicious Indian cuisine. Mrs. Maria Thomas, Vice President and Editor, Priya Mathew, Cultural Program Director and Annie Thankachan, Secretary were the MCs of various segments of the event. The event was tremendously appreciated by all attendees as an outstanding, well organized professional event that raised the image of Indian Nurses in Dallas. Thanks to all who made this possible.

Report by Haridas Thankappan, RN, BSN, MBA, CNN, President, IANANT

<https://ianant.nursingnetwork.com>

## Congratulations!

### Dr. Simi Jesto Joseph, our APN received the prestigious American Association of Nurse Practitioners (AANP) 2016 State Award for Excellence



**Dr. Simi Jesto Joseph** is the Director of Research and Clinical Services at GI Solutions in Chicago. Her current roles include a Gastroenterology Nurse Practitioner, Adjunct Faculty Professor at Resurrection University, Chicago, clinical research coordinator, mentor, nursing educator, and national speaker. Simi completed her basic nursing education from Manipal College of Nursing in India, and then continued in the United States achieving her Master's degree in Nursing/Nurse Practitioner from North Park University, Chicago, as well as Doctor of Nursing Practice from Loyola University, Chicago.

Dr. Joseph is committed to advancing her professional knowledge and skills, but she always wants to contribute to the profession. When she was planning her doctoral project, one of the goals was development of a tool for Advance

Practice Nurses (APNs) to improve their practice skill. As a result, Dr. Joseph implemented a protocol to improve preventive care for immunocompromised patients. The protocol assists APNs in staying up to date with all recommended vaccines for immunocompromised patients as well as plays a key role in screening those patients for cancers. Thus, the use of protocol has potential for not only improving health outcomes but also making a great impact on patient's quality of life. The protocol was accepted by the American Association of Nurse Practitioners in the form of Continuing Education. In addition, the everyday utilization of that protocol was adopted by GI Solutions, Chicago, in order to prevent frequent hospitalizations, decrease infections, and reduce health care cost. Dr. Joseph just started her new academic journey. She was accepted as a Global Clinical Research Scholar at Harvard Medical School.

Dr. Joseph continues contributing to the clinical research, nursing education, and improvement of health care. Through networking with colleagues from various nursing organizations, she discovered numerous opportunities how to make a lasting impression in the nursing field. She is an active member of the state and national organizations such as the Illinois Society for Advanced Practice Nursing, Indian Nurses Association of Illinois, American Association of Nurse Practitioner, and Society of Gastroenterology Nurses Association. We are proud to have her at GI Solutions. Dr. Joseph's present focus is on improving her leadership skills in education, practice, and research and she has a message for others.

"What I would you like to share with other Advance Practice Nurses is, find your passion in APN profession, write up your leadership philosophy and have at least 5 personal values that you will demonstrate everyday in your work. My current leadership philosophy is: I believe that having a passion and determination in what you do will leave a lasting signature of your leadership. My five best personal values are trust, courage, challenge, honesty/integrity, and achievement/success. My long-term vision is to work nationally and internationally for the improvement of nursing education as well as clinical research in healthcare. I encourage everyone to believe in yourselves and have the courage to overcome the challenges in life, think positive, and give your best to the nursing profession. Be proud to be a NURSE as you are in a great profession with endless opportunities."

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## Newsletter Team

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Munira Wells, PhD. RN, Haridas Thankappan, RN, BSN, MBA, CNN

*Newsletter Designed by:*

*Suja Thomas*



*Wish you all a Happy Nurses Week*

