



FUTURE OF NURSING:

INNOVATE AND ADAPT

National Association of Indian Nurses of America

4th Clinical Excellence and Leadership Conference

October 6-7, 2023
Elmhurst, IL



4TH CLINICAL EXCELLENCE AND LEADERSHIP CONFERENCE

HOSTING CHAPTER:
INDIAN NURSES
ASSOCIATION OF ILLINOIS



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October 6-7, 2023

Waterford Banquets and



Clarion Inn Hotel

933 S Riverside Dr

Elmhurst, IL 60126



nainaconferences@gmail.com

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FROM THE DESK OF THE PRESIDENT

The National Association of Indian Nurses of America (NAINA) invites you to attend the highly anticipated Clinical Excellence and Leadership Conference in Chicago October 6-7, 2023, themed "Future of Nursing- Innovate and Adapt, Evolve, Empower and Embrace." Our theme encapsulates the essence of our purpose and the challenges we face in an ever-changing healthcare landscape. In this constantly evolving environment, it is essential for us to adapt and stay abreast of the latest knowledge, technologies, and best practices. This conference is designed to provide you with the necessary tools and insights to navigate this dynamic environment effectively and ensure your professional growth and success.

Throughout this event, we have curated an engaging lineup of renowned speakers, industry experts, and thought leaders who will share their wisdom, experiences, and strategies for achieving clinical excellence and effective leadership. Their insights and expertise will inspire and empower us to embrace new ideas, advance our knowledge, enhance our careers and lead with integrity and compassion. Moreover, this conference provides an invaluable opportunity for networking and collaboration.

As the president of this esteemed nursing organization, I want to extend my heartfelt gratitude to each one of you for your unwavering commitment to nursing and the difference you make in the lives of patients every day. I encourage you to attend, actively participate, engage in discussions, and embrace this opportunity for personal and professional growth.

Sincerely,

Suja Thomas, AGPCNP-BC, MSN. Ed., RN, CWCN, CCCN, COCN

Keynote Speakers



Rachel E. Start

MSN, RN, NEA-BC, FAAN
Associate Vice President
Rush University Medical Center

[Click here for bio](#)



Beena Peters

DNP, RN, FACHE, FABC
Chief Nurse Executive
Nursing Administration
Cook County Health System

[Click here for bio](#)

NAINA takes immense pride in hosting esteemed healthcare leaders, policy experts, public health officials, and other highly regarded speakers for the benefit of conference attendees.

Speakers



Michael Walsh, MD

Chief of Neurosurgery
Northwestern Medicine
Professor, Northwestern
University



M. Prakasamma

PhD, RN, RM, RPHN
Visiting Professor
JNU, New Delhi Advisor
Government of India
(AGCA, NHRC, NHM)
Advisor, WHO



Kate Judge

BA, Executive Director
American Nurses Foundation



Merri Lazenby

RN, MSN, MBA
Director, Human Resources
Northwestern Medicine



Amy McCarthy

DNP, RNC-MNN, NE-BC
Director of Nursing
Texas Health HEB,
President -Elect, Texas
Nurses Association



James Doelling

MS, BSN, RN, NEA-BC
CEO/ Medical Center Director
Edward Hines Jr. VA Hospital

Registration

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Registration Type	Fees
Friday & Saturday (including Networking night & Gala night)	\$400.00
Saturday only (including Gala night)	\$325.00
Retired Nurses & Nursing Students - Friday & Saturday (including Networking night & Gala night)	\$375.00
Retired Nurses & Nursing Students - Saturday Only (including Gala night)	\$300.00
Spouse or Family (non-conference attendee)- Friday and Saturday with Gala night	\$200.00
<u>Click here to buy Gala Tickets</u>	

Upon checkout, you will receive immediate email confirmation with a printable receipt.

PAYMENT: PayPal, Credit Card, Debit Card.

*All refund requests must be made in writing to: nainaconferences@gmail.com
A 60% refund will be granted when the cancellation request is received by August 31, 2023.
A 50% refund will be granted if the request is received between August 20, 2023– September 9, 2023. No refunds will be granted if the request is received after September 10, 2023.*

Schedule At-a-Glance

Friday, October 6, 2023

12:00- 1:30 PM	Registration Open
1:30- 1:45 PM	Welcome message
1:45- 2:30 PM	Keynote Speech
2:30- 3:15 PM	Panel Discussion
3:15- 3:45 PM	Speaker
3:45- 4:15 PM	Speaker
4:15- 4:45 PM	Break Visit Exhibits
4:45- 5:15 PM	Speaker
5:15- 6:00 PM	General Assembly
6:00- 7:00 PM	Break Visit Exhibits
7:00- 9:00 PM	Networking Night and Dinner

Schedule At-a-Glance

Saturday, October 7, 2023

7:00- 7:45 AM	Breakfast Registration Open Visit Exhibits
7:45- 7:55 AM	Welcome message
7:55- 8:00 AM	ANCC Statement
8:00- 8:10 AM	Opening Remarks
8:10- 9:00 AM	Keynote Speech
9:00- 9:45 AM	Speaker
9:45- 10:15 AM	Break Visit Exhibits
10:15- 11:00 AM	Speaker
11:00- 11:30 AM	Speaker
11:30- 12:15 PM	Panel Discussion
12:15- 12:45 PM	Speaker

12:45- 1:30 PM	Lunch Visit Exhibits
1:30- 4:30 PM	Breakout Sessions: Podium Presentations
4:30- 5:00 PM	Closing Remarks
5:00- 7:00 PM	Visit Exhibits
7:00- 10:00 PM	Gala Night and Dinner

Conference Overview

Conference Theme

**Future of Nursing: Innovate and Adapt
Evolve, Empower, Embrace**

Purpose

Participants assimilate various innovative practices and resources being used to transform from healthcare environment.

Outcomes

65% of participants will report that each session provides information that enhances, validates, or causes a change in practice.

Contact hours **10.25**

To acquire the contact hours, registration for the conference, attestation of attendance, and completion of the online evaluation by November 10th, 2023, are required.

None of the planners or speakers at this conference have relevant financial relationship(s) to disclose with ineligible companies.



National Association of Indian Nurses of America is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

Education Sessions

Friday, October 6, 2023

1:30- 1:35 PM	Opening Remarks Suja Thomas, AGPCNP-BC, MSN. Ed., RN, CWCN, CCCN, COCN NAINA President
1:35- 1:40 PM	Welcome message: Conference Convenors Uma Venugopal, MSN, RN, CCRN-K NAINA Secretary & National Convenor Rani Kappen, MSN, MBA, RN-BC, CPHQ INAI President & Chapter Convenor
1:40- 1:45 PM	ANCC Statement Sandra Emmanuel, MA, RN, NPD-BC NAINA Vice President
1:45- 2:30 PM	Keynote Speech Rachel E. Start, MSN, RN, NEA-BC, FAAN Associate Vice President, Rush University Medical Center
2:30- 3:15 PM	Overcoming Fears and Dealing with Imposter Syndrome: Panel Discussion Sam Merchant, MBA, BSN, RN, CENP, NE-BC, CCRN-K, CV- BC, GERO-BC, MEDSURG-BC. Jackie Michael, Ph.D., APRN, WHNP-BC Sara Gabriel, MSN, MBA, RN Munira Wells, Ph.D, RN Sara Ipe, MSN, RN
3:15- 3:45 PM	The Foundation's Reimagining Nursing Initiative Kate Judge, BA Executive Director, American Nurses Foundation

Education Sessions

Friday, October 6, 2023

3:45- 4:15 PM	Leadership for Quality and Equity in Nursing M. Prakasamma, Ph.D., RN, RM, RPHN Visiting Professor, JNU, New Delhi, Advisor, Government of India, (AGCA, NHRC, NHM), Advisor, WHO
4:45- 5:15 PM	Project First Line: Call for Action Suja Thomas, AGPCNP-BC, MSN. Ed., RN, CWCN, CCCN, COCN Nisha Mathew, PhD, MSN, RN Lydia Albuquerque, DNP, RN, ACNP-BC, CCRN, FNAP, FAAN Anne Luckose, PhD, FPA-APRN, ANP-C
5:15- 6:00 PM	General Assembly Panel Discussion: NAINA Board of Directors

Education Sessions

Saturday, October 7, 2023

7:45- 7:55 AM	Welcome Message Uma Venugopal, MSN, RN, CCRN-K NAINA Secretary & National Convenor, Rani Kappen, MSN, MBA, RN-BC, CPHQ INAI President & Chapter Convenor Simi Joseph, DNP, FPA-APRN, ANP, NP-C, NEA-BC NAINA APN Chair
7:55- 8:00 AM	ANCC Statement Sandra Emmanuel, MA, RN, NPD-BC NAINA Vice President
8:00- 8:10 AM	Opening Remarks Suja Thomas, AGPCNP-BC, MSN. Ed., RN, CWCN, CCCN, COCN NAINA President
8:10- 9:00 AM	Keynote Speech: Post-pandemic Healthcare Delivery Innovation and Trajectory- Role of Nursing to Collaborate and Lead the Transformation Beena Peters, DNP, RN, FACHE, FABC Chief Nurse Executive, Nursing Administration, Cook County Health System
9:00- 9:45 AM	The Power of Mentorship: Empowering Nurses to be Change Agents in Healthcare Amy McCarthy, DNP, RNC-MNN, NE-BC Director of Nursing, Texas Health HEB, President, Texas Nurses Association

Education Sessions

Saturday, October 7, 2023

<p>10:15- 11:00 AM</p>	<p>Leveraging Technology to Improve Patient Outcomes Michael Walsh, MD Chief of Neurosurgery, Northwestern Medicine, Professor, Northwestern University</p>
<p>11:00- 11:30 AM</p>	<p>Nursing Staffing: Rebuilding the Post Pandemic Team Merri Lazenby, MSN, MBA, RN Director, Human Resources Northwestern Medicine</p>
<p>11:30- 12:15 PM</p>	<p>Unconscious Bias- Diversity, Equity and Inclusion: Panel Discussion Sandra Emmanuel, MA, RN, NPD-BC Aney Abraham, DNP, RN, NE-BC Simi Joseph, DNP, FPA-APRN, ANP, NP-C, NEA-BC Beulah Shibu, MSN, RN</p>
<p>12:15- 12:45 PM</p>	<p>Nurse Graduate Residency Program-A Solution to Nursing Shortage James Doelling, MS, BSN,RN, NEA-BC CEO/Medical Center Director at Edward Hines Jr. VA Hospital</p>
<p>1:30- 4:30 PM</p>	<p>Breakout Sessions: Podium Presentations</p>
<p>4:30- 5:00 PM</p>	<p>Closing Remarks Uma Venugopal, MSN, RN, CCRN-K NAINA Secretary & National Convenor Missam Merchant, MBA, BSN, RN, CENP, NE-BC, CCRN-K, CV-BC, GERO-BC, MEDSURG-BC NAINA Communications Chair</p>

Breakout Room 1

Clinically Focused Evidence Based Practice

1:30- 2:00 PM	How are we Treating Urinary Tract Infections in the Nursing Home? Harikat Bal, DNP, FNP-c, PMHNP-BC
2:00- 2:30 PM	Anticipatory Loss in Parents with Aging Children with Autism: “Who will love them when I am gone”? Munira Wells, Ph.D., RN
2:30- 3:00 PM	Mental Health and Service Utilization Among Asian-Indians in the United States Rose Mary Xavier, Ph.D., MS, RN, PMHNP-BC, FAAN
3:00- 3:15 PM	Break
3:15-3:45 PM	Birth of AMHI- An Innovative Community-based, Nurse-led Youth-run Mental Health Initiative Lakshmi Nair, MSN, APRN, PMHNP-BC Elizabeth Sunil Sam, MSN, APRN, FNP-C Mary Biju, MSN, FNP-C, CMSRN, RN Jolly Thomas, APRN, FNP-C, MSN-Ed, PCCN
3:45- 4:15 PM	Transforming Healthcare: The Power of Clinical Informatics Jincy Anthony, MSN, MBA

Breakout Room 2

Diversity, Equity, Inclusion & Belonging (DEIB)

1:30- 2:00 PM	Recharge: Don't Burn Out Susan Edamala, MSN, RN,CCRN, CCDS
2:00- 2:30 PM	Leveraging Diversity, Equity, and Inclusion Council for a Structured Mentorship Program: A pilot Study Engaging Nurses Fatima Arastu, DNP, MBA, RN, NEA-BC, CNE, Caritas Coach
2:30- 3:00 PM	Leadership Blind spots: Unveiling Hidden Barriers to Diversity, Equity, and Inclusion Shijy Alex, MSN, MBA, RN
3:00- 3:15 PM	Break
3:15-3:45 PM	Culturing Healthy Work Environment Through Asian American Pacific Islander Employee Engagement: A DEIB Success Story Pressanna Parackal, DNP, RN , CCRN, CNRN, RN-BC, CRRN Marie Mayfield MS, RN, CCRN, CNML Juan Camacho, RN
3:45- 4:15 PM	Safety, Equity, and Harmony for Asian American and Pacific Islanders Anna George, Ph.D., MSN, APRN, RN, FNP-C Ani Jacob, DNP, ANP-BC Paul Panakal, RN, MSN-BC

Breakout Room 3

Research and Education

1:30- 2:00 PM	Qualitative Research “A Naturalistic Inquiry for Nurse Researchers” Doncy Eapen, Ph.D., MSN, APRN, FNP-BC
2:00- 2:30 PM	A Quantitative Study on Cultural Competency of Nursing Faculty Teaching in Baccalaureate Nursing Programs in the State of Illinois Beena Vallikalam, Ed.D., MBA,MSN,RN,NPD-BC
2:30- 3:00 PM	A Mixed Methods Approach to Cultural Competence, Health Disparity Knowledge, and South Asian Cultural Knowledge Among Nursing Professionals Nisha Mathews, Ph.D., MSN, RN
3:00- 3:15 PM	Break
3:15-3:45 PM	Effects of COVID-19 on the Working Women Walking Program Manju Daniel, Ph.D., MSN, APRN, FNP-BC
3:45- 4:15 PM	Nursing Leadership in Healthcare Systems Biju Ittan, MSN, RN, CCM Anila Sandeep BSN, RN Shoba Mathew BSN, RN Reena Saju MSN, RN-BC, CHAM

Breakout Room 4

Advanced Practice

1:30- 2:00 PM	Innovate and Adapt: Changing the Landscape in Pacing from Conduction System to Leadless Pacing Deepthy Varghese, MSN, AGACNP-BC, FNP-C
2:00- 2:30 PM	Live. Laugh. Botox: Innovations and Standards of Practice in Aesthetic Nursing Navil Lozano, MSN, RN
2:30- 3:00 PM	Telehealth Mental Health: A Future Treatment Option for Medication Management, Therapy and Crisis Intervention Benoy George, DNP, M.Phil, APN, PMHNP, LCPC
3:00- 3:15 PM	Break
3:15-3:45 PM	Management of Behavioral and Psychological Symptoms in Dementia Tessy Kadavil, DNP, APRN, FNP-BC
3:45- 4:15 PM	Effectiveness of Diabetic Risk Reduction Package on Knowledge, lifestyle and Biophysiological measures among the prediabetic employees in selected institutions of Tiruvallur District, India Aswathi Kalarickal Varghese, PhD (N)

Networking Soiree and Gala Affair EN JONES



Friday, October 6, 2023 Networking Event and Dinner

The networking event at the conference provides a valuable platform for attendees to connect, exchange insights, and foster collaborations with fellow nursing professionals, experts, and thought leaders. This event offers an informal yet essential opportunity to share experiences, gain new perspectives, and build lasting relationships within the healthcare community.

Saturday, October 7, 2023 Gala Event and Dinner

The conference's gala night and dinner are a prestigious celebration, bringing together participants in a lively setting filled with cultural performances and accolades. This special occasion provides an opportunity to relax, socialize with peers, savor exquisite cuisine, and honor collective accomplishments in the nursing field. The inclusion of cultural programs and awards adds diversity and acknowledgment to this extraordinary event, accompanied by a unique message from Dr. Vivek Murthy, United States Surgeon General.



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