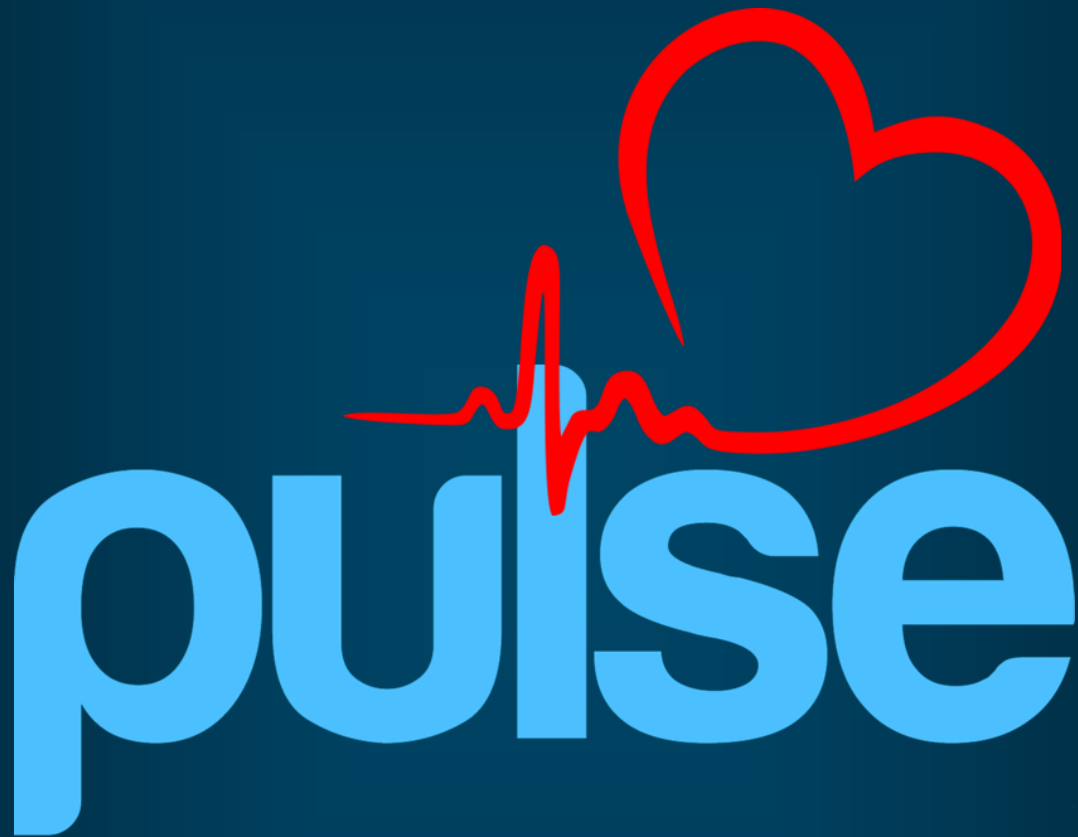




NAINA NEWSLETTER



THE RHYTHM OF LIFE

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From the Editor's Desk



Happy New Year, fellow NAINA members.

New Year, new beginnings. Having New Year's resolutions promotes a positive outlook as we plan our professional path and life goals for the year. Some New Year's resolutions could be work-life balance, investing in professional development, expanding our professional network, and being a continuous learner. Nurses must be constant learners to keep up with the pace and prevent stagnation. It will also inspire you to write. Written communication is one way that information about the nursing practice is disseminated to others. In nursing, the types of writing depend on the area in which the nurse works. Nurse Managers write reports, proposals, reference letters, human resource reports, and staff performance appraisals. Since nurses work in various areas of society, they must develop various writing skills.

Good writing skills are essential as nurse progress in their career. Advanced nursing roles require solid writing skills cultivated over time for success. Nurses need to be skilled written communicators. If writing is your weak point, please take advantage of the free tools and resources available that could help you improve your writing. In graduate school, nurses must have a solid base in writing skills, as graduate nursing education is heavily focused on scholarly writing. Learning how to write in nursing involves lifelong learning. It takes time and commitment to develop practical writing skills. Becoming a good writer is a professional journey, and I encourage everyone to keep writing.

NAINA newsletter is a great place to share ideas of clinical pearls and words of wisdom for students, new nurses, new nurse practitioners, and nurse educators and to be part of a community. The editorial team wants to thank all the contributors and readers for your support. We look forward to a great year with you and your contributions. We request your support and contributions as we approach NAINA's 9th Biennial Conference in Albany, NY, on October 4th and 5th, 2024. The editorial team welcomes your submissions.

Wishing everyone a blessed year ahead.

Best regards,

Shyla Roshin

Shyla Roshin, DNP, RN, CNS, ANP, NP-C
NAINA Editorial & Journal Chair
INANY Vice President

NAINA

NEWSLETTER EDITORIAL TEAM



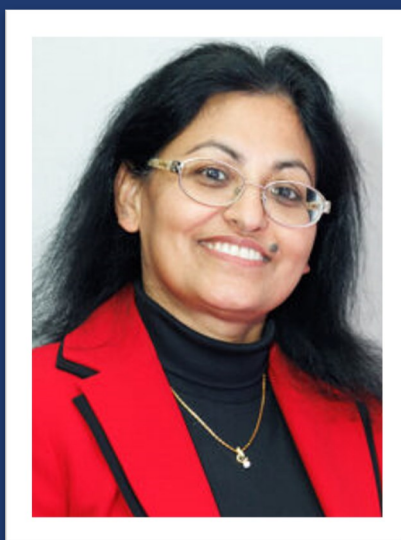
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Paul Panakal, MSN, RN-BC
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PhD, APRN, ANP-BC



Sujayalakshmi
Devarayasamudram
PhD, M. Phil, MSN, RN



SUJA THOMAS,
AGPCNP-BC, MSN. Ed., RN, CWCN, CCCN, COCN



From the desk of the President

Dear NAINA Family,

As we step into the month of February, it is with immense pride and gratitude that I extend my warmest greetings to each member of the National Association of Indian Nurses of America (NAINA). This month brings with it a sense of renewal and reflection, and I am honored to share a few words with you in this February newsletter.

Our journey as NAINA continues to be marked by resilience, compassion, and a commitment to excellence. February invites us to reflect on the rich tapestry of love and diversity that defines our community. As we celebrate Valentine's Day, let us extend our love and appreciation to one another. Our diverse backgrounds, experiences, and perspectives are what make NAINA truly special. Embracing this diversity is not just a strength but a source of inspiration as we continue to evolve and adapt in the ever-changing landscape of healthcare.

In the spirit of unity, I am thrilled to announce several upcoming events and initiatives that will further strengthen our bonds and foster professional growth within our community. From educational webinars to networking opportunities, we have a dynamic calendar ahead, and I encourage each of you to actively participate and engage.

Mark your calendars for a significant event on our horizon - NAINA's 9th Biennial Conference, which will be held in Albany, NY, on October 4th and 5th, 2024. This conference promises to be a momentous occasion where we will gather to exchange knowledge, share experiences, and strengthen our commitment to excellence in nursing. Save the dates and stay tuned for further details on our website as we work towards making this conference a memorable and enriching experience for all.

I want to express my deepest gratitude to our members, volunteers, and sponsors for their continued support. Your dedication fuels the engine of NAINA, driving us forward with purpose and determination.

Let us march into the future with confidence, unity, and a shared commitment to excellence. Together, there is no challenge too great, and no goal too ambitious for us to achieve.

Wishing you all a February filled with love, unity, and professional growth.

With warm regards,

Suja Thomas

Suja Thomas, MSN. Ed., AGPCNP-BC, RN, CCCN, COCN, CWCN
President, National Association of Indian Nurses of America (NAINA)



NAINA 2024 Secretary's Report



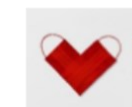
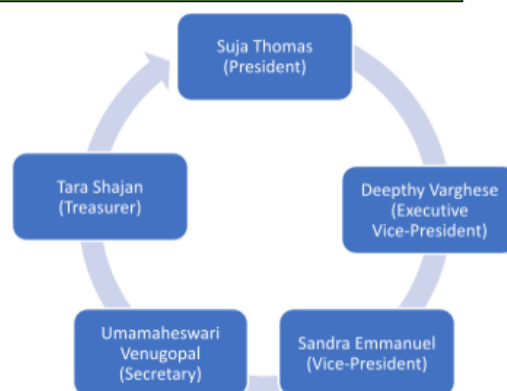
NAINA 2023 Secretary Report

Dear NAINA Members

Greetings from the NAINA Secretary's desk!

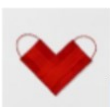
The National Association of Indian Nurses of America (NAINA) is a not-for-profit organization under the rules and regulations of nonprofit organization 501(c) (3) in the United States of America. NAINA is the official voice of Indian nurses and has a vital role in U.S. healthcare, making its presence known internationally through medical missions, charitable contributions, educational & health webinars, scholarships, etc. From its inception in 2006, NAINA has collaborated with various ethnic minority and professional organizations to serve our 4,000-plus nurses and communities globally.

NAINA GOVERNING BOARD 2023-2024



Chapter Presidents

- Arizona - Elizabeth Sam
- California - Harkirat Bal
- Connecticut - Annie Augustine
- Florida - Miami - Manju Samuel
- Florida - Tampa - Daisy Mathew
- Atlanta - Georgia - Rajitha Bommakanti
- Illinois - Chicago - Rani Kappen
- Maryland - Vijaya Ramakrishnan
- Michigan - Ann Mathews
- AAIN-NJ1 (New Jersey) - Bobby Thomas
- AAIN-NJ2 (New Jersey) - Dr. Munira Wells
- New York - Dr. Anna George
- New York - Albany - Dr. Ambili Nair
- North Carolina - Dr. Sheela Sajan
- Oklahoma - Annie Zachariah
- Philadelphia - Sara Ipe
- South Carolina - Leelamma Wilson
- Texas - Austin - Asha Suresh
- Texas - Houston - Dr. Reenu Varghese
- Texas - San Antonio - Regina Karakkatt
- Texas - North Texas/Dallas - Liffy Chierian



National Committee Chairs

- Advocacy & Policy - Dr. Anna George
- Advance Practice Nurses - Dr. Simi Joseph
- Awards & Scholarship - Vidya Kanagaraj
- Bylaws - Rani Kappen
- Communication - Missam Merchant
- Editorial & Journal - Dr. Shyla Roshin
- Election - Dr. Sujayalakshmi Devarayasamudram
- Fundraising - Mary Philip
- Membership - Dr. Pressanna Parackal
- Professional Development - Dr. Lucy Koneri
- Research & Grant - Dr. Nisha Mathews

NAINA ADVISORY BOARD

Dr. Lydia Albuquerque

Dr. Jackie Michael

Sara Gabriel

Dr. Solymole Kuruvilla

Dr. Omana Simon

NAINA's 2023-2024 governing board, comprising twenty-one-chapter presidents, eleven committee chairs, and the advisory board, promises to be the official voice for Indian Nurses.

The president's focus during this term is to strive and enhance the growth and visibility of NAINA as one of the best ethnic minority organizations, increasing our presence through social media and technology promoting advocacy. NAINA strives to foster educational and networking opportunities for nurse empowerment through collaboration with other professional organizations. NAINA promotes professional excellence in nursing and healthcare practice to strengthen the professional and cultural identity of all nurses of Indian origin. As the parent organization, NAINA serves 21 chapters in 15 states throughout the United States and was recently acknowledged as the organizational affiliate (OA) of the American Nurses Association (ANA). Together, we shall make a difference

AMERICAN NURSES CREDENTIALING CENTER'S COMMISSION (ANCC) PROVIDER

NAINA is accredited as a provider of nursing continuing professional development by the ANCC. NAINA received primary accreditation as a continuing education activity provider in September 2019. As the ANCC-accredited provider, NAINA becomes a pioneer among the minority nurses associations that provides professional development opportunities based on ANCC standards. ANCC accreditation endorses NAINA's commitment to professional excellence. Dr. Lucy Koneri, NAINA Professional Development Chair for the term, recently performed a needs assessment survey in April 2023. The survey helped us identify the learning and educational needs of NAINA members in addition to planning future educational, professional development, and career growth opportunities. The survey results were used to plan our upcoming education, **including the NAINA Clinical Excellence and Leadership Conference 2023.**

AMERICAN NURSES ASSOCIATION (ANA) ORGANIZATIONAL AFFILIATE

NAINA officially was designated as the American Nurses Association (ANA) Organizational Affiliate (OA), starting January 2023. As an OA, NAINA is excited to support the mission, purposes, and functions of ANA. This is a privilege for NAINA to represent at the ANA Membership Assembly, participate on professional issues panels, committees, task forces, act as a liaison representative at the ANA Board of Directors, and prefer to be part of specific policy initiatives and representation. Suja Thomas, NAINA President, the Executive Board, and a few other NAINA GB attended the ANA Membership Assembly and ANA Hill Day at the prestigious Capitol Hill in Washington, D.C., in June 2023.

NURSES DAY 2023

NAINA celebrated the 2023 National Nurses Month virtually on May 6th, 2023. There was an excellent turnout, with 100-plus members in attendance who joined to celebrate the event. The event included a continuing education presentation by Dr. Lisa Campbell on the topic, "Nurses Raise Your Collective Voices, It's Time To Change". This was a powerful message that charged and re-energized our members nationwide. NAINA also awarded 15 members with a Make A Difference 2023 Award for one member of every local Chapter. The evening continued with fun trivia, laughing yoga, and wheel of fortune raffle gifts

CGFNS ALLIANCE

Suja Thomas, NAINA President, was appointed to the board of governors 2023-2024 for the CGFNS Alliance. Since 2015, the NAINA President has been a Board member of the CGFNS/Alliance Division of CGFNS. The Alliance is a division of CGFNS International, Inc. with a mission to ensure fair, ethical, and transparent recruitment practices for health care and education professionals through educational outreach efforts and by encouraging adoption by stakeholders throughout the sector of its voluntary recruitment code. NAINA has been part of this alliance since its inception and is currently on the Alliance's Board of Governors.

ANA PROJECT FIRSTLINE

Suja Thomas, NAINA President, Dr. Nisha Mathew, NAINA Research Chair, Dr. Anne Luckose, research Co-Chair, and Dr. Lydia Albuquerque spearheaded this project. The Infection Prevention Control (IPC) team included eight facilitators from local chapters along with our team leads. IPC information to NAINA members is regularly shared via meetings, NAINA News, and Social media platforms. NAINA maintains the PFL microsite on the NAINA website. ANA recent virtual town hall on infection control was offered on August 29, 2023, to help engage, educate, and empower nurses. The team performed data analysis to learn about the impact of this education at the end of the project and the outcome was presented at the NAINA 2023 4th Clinical Excellence and Leadership Conference (CELC) on October 6 & 7, 2023

DAISY AWARDS

NAINA has partnered with the Diseases Attacking the Immune System (DAISY) Foundation since 2021. The DAISY Foundation is the leading international organization for nursing recognition. Through these combined networks, we can recognize and share the value of celebrating compassionate and extraordinary nursing care through meaningful recognition. This alliance resulted in the institution of a Caring and Compassionate DAISY Award to one NAINA RN and one NAINA chapter every other year at the yearly clinical and leadership excellence. Ms. Barnes, President of the DAISY foundation, graciously supported the NAINA 2023, 4th CELC. Mrs. Accamma Kallel, MSN, APRN, ANP-C, CCRN from the Indian Nurses Association of Greater Houston Chapter, was the winner of the individual DAISY Award for the year 2023, and Arizona Indian Nurses Association (AZINA), winner of the DAISY Team award for Nurses Advancing Health Equity winner for 2023. The awardees were presented with their statue, certificates, and pins at the NAINA CELC 2023 in Chicago, Illinois.

CARITAS PROJECT

CARITAS project initiated a professional nursing partnership between India and America during the 2021-2022 term. This project, "Global collaboration with nurses in India during COVID-19 Pandemic," was presented by Missam Merchant (NAINA Communications Chair) and Tara Shajan (NAINA Treasurer) at a podium presentation in May 2023 at the American Organization for Nurse Leaders (AONL) Conference in California. This was also presented at the International Council of Nurses (ICN) Conference in July 2023, Montreal, Canada, where the project was commended by Jean Watson (The theorist of human caring - Caritas), who proposed an interest to take this project to India and expand further. NAINA is awaiting the dissemination and publishing of this Caritas project.

ADVOCACY & POLICY COMMITTEE 2023

NAINA's advocacy and policy committee was initiated this term in the year 2023 to meet NAINA's mission and vision in supporting and advocating for our NAINA members. This committee, chaired by Dr. Anna George, met with the interested local governing board members and discussed forming policies such as social media, fundraising, position statements, policy on amending bylaws, DEI, and many more. This is a work in progress currently, and we will have more to share soon.

NAINA'S 4TH CLINICAL EXCELLENCE & LEADERSHIP CONFERENCE (CELC)

NAINA's 4th Clinical Excellence and Leadership Conference (CELC) 2023 was conducted in Elmhurst, Illinois, on October 6th & 7th, 2023. The conference's overarching theme was "Future of Nursing: Innovate and Adapt." This conference brought together professional Indian nurses, their diverse team of nursing friends, and nursing students from across the globe, featuring esteemed speakers of national and international reputations. The conference topics included areas of clinical practice, Diversity, Equity, Inclusion and Belongingness, along with Research and Education and Advanced Practice. The outcome was focused on knowledge sharing through innovative topics, empowering our nursing workforce to address the current trends and strategies to overcome the existing barriers in practice, fostering nursing excellence. The event also provided our attendees with an incredible networking

a gala night with multi-cultural breathtaking events, and a DAISY award ceremony, bringing us all together to celebrate our accomplishments. Last but not the least, NAINA introduced an inaugural charity fundraiser event during this 2023 conference to support the local community of Elmhurst, Illinois. NAINA, with pride, donated \$1000/- and 30 pairs of shoes to the Elmhurst Walk-in Assistance Network (EWAN) to conclude this great event.

NAINA'S ACCOMPLISHMENTS

Caritas' project, "Global collaboration with nurses in India during COVID-19 Pandemic," was presented at AONL by Missam Merchant and Tara Shajan.

Caritas project "Global collaboration with nurses in India during the COVID-19 Pandemic " was presented at ICN 2023 by Dr. Lydia Albuquerque, Tara Shajan, and Missam Merchant.


COVID hesitancy in Asian Indians - Presented at the Sigma International Congress Virtual by Dr. Nisha Mathews and Dr. Anne Luckose, July 2023.

Impact of COVID-19: Resilient Option Training Among Asian Indian Nurses was presented at Sigma's 34th International Research Congress in Abu Dhabi, UAE, in July 2023 by Dr. Jackie Michael and Tara Shajan.

Mrs. Accamma Kallel, MSN, APRN, ANP-C, CCRN from the Indian Nurses Association of Greater Houston Chapter, was the winner of the individual DAISY Award for the year 2023, which was awarded at the NAINA Clinical Excellence and Leadership Conference 2023.

Arizona Indian Nurses Association (AZINA) was awarded the DAISY Team award for Nurses Advancing Health Equity winner for 2023, awarded at the NAINA Clinical Excellence and Leadership Conference 2023.

Sincerely,



Umamaheswari (Uma) Venugopal MSN, RN, CCRN-K
Secretary
National Association of Indian Nurses of America (NAINA)
www.nainausa.org
nainasecretary@gmail.com



SAVE THE DATE

NAINA's 9th BIENNIAL CONFERENCE

FRIDAY
&
SATURDAY

OCTOBER
4 & 5
2024

CROWN PLAZA
ALBANY, NEW YORK 12205

For more details:
www.nainausa.org



GEORGIA INDIAN NURSES ASSOCIATION 2023 END OF YEAR REPORT



Celebrations

- 10th birthday of GINA 2/2023
- Installation Ceremony of GINA GB 2023-2024 2/2023
- International Nurses Day 5/2023
- Picnic with GINA members & Family 8/2023
- Indian Independence Day Celebration 8/2023
- Holiday Party with GINA members & their families 12/23

Awards

- Cini Thomas received award for being an exceptional leader
- Jolly Maria & Manju Cibi received Doctor of Nursing
- Mabil Sibimon received Master's degree in nursing
- Daisy Award recipient Anupama Jacobs
- March of Dimes Finalist Priya George, Betsy Augusthy, Felcy Tauro
- PRISM award recipients Betsy Augusthy, Felcy Tauro
- Outstanding Academic performance award recipient Neethu Joel

Charity

- Provided scholarships to 20 Indian Nursing students (\$250 per student)
- Food Drive helping Sisters of Charity (collective effort of GINA members and their families)

Community Service

- Medical camp, screening for blood pressures, blood sugars, and providing health education
- Senior citizens home at their Fall festival showing them how to use bubbles to expand their lung capacity & play
- Case Management week, taught case managers tools to de-stress; breath work, meditation
- Speaker at local Malayalee Association, presentation on Breast Cancer prevention
- Walk-A Thon Fundraising to Celebrate Dr. Vani Manohar's life

Education

- Inservice on vestibular disorders and dizziness
- Education on Medicare enrollment

Achievements

- Website updates
- Nirali Patel and Divya John presented posters at NAINA leadership conference
- Enrolled 36 new members in 2023

Happy New Year





INDIAN AMERICAN NURSES ASSOCIATION NORTH CAROLINA (IANANC)



Indian American Nurses Association North Carolina conducted its annual education event on November 4, 2023. Education is the foundation of our society, and we must continue to learn and grow throughout our lives. This event was an excellent opportunity for IANANC members to come together and learn more about breast cancer and breast implants from a fantastic lineup of speakers. The event also had a Health and Wellness session.

The education event started at 10 am with refreshments and a warm welcome by the Vice-president of IANANC, followed by the first presenter, Dr. Preetha Kurias Parathattal, FNP. Dr. Preetha's excellent presentation was focused on breast cancer and cancer staging. The second presenter, Ms. Elizabeth Seldomridge, a representative from Allergan Aesthetics, provided an excellent presentation about breast implants and Acellular Dermal Matrix Tissue for Breast Reconstruction. The audience was engaged and impressed with both topics, and Dr. Preetha clarified many questions regarding breast cancer and implants.

The second part of the event, the 'Health and Wellness' session, was led by Vasagiri Kumari RN, MSN-NE. Ms. Kumari is a trained volunteer to lead gentle yoga and guided meditation. During this session, Ms. Kumari focused on managing stress more effectively through yoga and meditation. In between the events, Dr. Usha Cherian talked about NAINA's 4th Clinical Excellence and Leadership conference and the importance of chapter and national membership.

Throughout the event, Ms. Katelyn Jonson played her magical musical instrument, 'The Harp.' Listening to her music helped the audience to settle into a calm, meditative, and relaxed state. The event ended with a vote of thanks from the event coordinator, Bindu Biju RN, MSN. All the attendees also got a chance to have a delicious lunch provided by IANANC. We were proud to bring together a diverse group of nursing professionals to learn, celebrate, connect, and supercharge during this event.



Mini Dominic, Vice president, IANANC.





ARIZONA INDIAN NURSES ASSOCIATION (AZINA)- CHAPTER HIGHLIGHTS 2023

Arizona Indian Nurses Association (AZINA) started its term 2023-2024 under the presidency of Elizabeth Sunil Sam. The second elected governing board of AZINA consists of six EB members and 12 committee chairs. The term began with the induction ceremony on March 5th, 2023. The president of the National Association of Indian Nurses in America (NAINA), Mrs. Suja Thomas, was the chief guest. Ms. Carolyn McCormies, President of the Arizona Board of Nursing, was the keynote speaker. NAINA's secretary, Mrs. Uma Maheshwari Venugopal, was the induction officer. Mr. Kuldeep Singh, Director of Arizona Nurses Association, Pastor Dr. Roy Cherian, Rev. Fr. Thomas Mathai, and Mrs. Radhika Shiva felicitated the gathering.

Membership

AZINA has focused on increasing member engagement and visibility through different community-based initiatives this year. The Membership Committee launched the Bring a Buddy to AZINA (BABA) campaign. This campaign encourages each member to bring one of their friends who are nurses of Indian origin as members of AZINA. The membership committee has strived to add several RNs and APRNs to our WhatsApp community as paid members. We continue to connect members with preceptors and mentors to secure clinical placement for APRN programs and help new graduates with advice on job search and career advancement.

Education and Community Health Awareness

The educational committee organized three ANCC-accredited CE events free of cost for our members. The topics included Medical Marijuana Benefits and Guidelines for Use by Dr. Cheryl Meddles-Torres, Suicide Prevention: Raising Awareness for the Advanced Nurses and Healthcare Workers by Ms. Rachel Koerner and Dr. Susan, and Rheumatoid Arthritis Management by Dr. Viji Mahadevan. The committee launched "November with AZINA: Men's Health Matters" in November and dedicated the month's activities to educating the community on the importance of men's health. Several expert talk videos were created and shared in the community on prostate cancer, testicular cancer, and men's mental health through social media platforms such as WhatsApp group, AZINA Facebook page, and AZINA YouTube. We conducted a fun "Mustache" competition as a part of this community awareness event with two winners from the community. In November, we also observed National Lung Cancer Awareness by creating and sharing an educational video from an expert APRN.

AZINA is collaborating with the Coalition of Asian American Nurses (CAAN) in Arizona, including leaders of AZINA, the Philippine Nurses Association of America (PNAAZ), and the American Korean Nurses Association (AKNA), who are serving as steering committee members. The mission of this coalition is "to provide a unified voice to advocate health equity for AAPI communities and to advance AAPI nurses' roles through education, research, and scholarship."

AZINA Mental Health Initiative (AMHI)

AZINA founded a nurse-led, youth-run mental health initiative called AZINA Mental Health Initiative (AMHI), launched in May 2023. AMHI was launched with a vision to create a safe space for youth and families to address the increasing mental health challenges among youth aged 10-24 years. AMHI leadership conducted a walk for children and a fundraising event on National Children's Mental Health Awareness Day on May 6th, 2023. It was officially inaugurated during our Nurse's Day celebration and has grown exponentially with excellent reach in our community since then. AMHI conducts youth support groups, arts-based activities such as Mind Palette, yoga sessions, and mental health awareness sessions targeting youth and families.

Recognition

AZINA was recognized with the **DAISY Team Award** for Advancing Health Equities during NAINA's 4th Clinical Excellence and Leadership Conference at Elmhurst, IL. This was an inspirational recognition for a young chapter such as AZINA, founded during COVID. This award speaks to the dedication and hard work of founding and current leaders, whose tireless efforts have brought AZINA's visibility at a national and international level. AZINA Bylaw Chair Sincy Thomas was nominated for the individual DAISY award at this conference. AZINA collaborated as an official collaborator for the second time at the **"International Virtual Conference on Substance Use and Behavioral Addictions"** conducted by a group of premier Mental health Institutions in India. AZINA collaborators brought expert speakers from the US on cutting-edge topics as speakers for the conference.

Editorial

The Editorial committee published two newsletters, One in May 2023 and the second in December 2023. The highlights of the first newsletter included flu updates, COVID vaccinations, and the two FDA-approved monoclonal antibody treatments such as Paxlovid and Remdesivir. The highlights from the second newsletter comprised of accomplishments of AZINA, including receiving the "Daisy team award for Nurses advancing Health Equity", the new project of the Arizona Indian Nurses Association Mental Health Initiative (AMHI), reflections from the NAINA conference, a poem, travel memoir, and PHASER or pharmacogenomics testing for veterans.

Scholarship and Awards

AZINA scholarship was given to one candidate this year. This year's academic scholarship recipient was Mary Minu Joji, an APRN student. We awarded two Nursing Excellence Awards to Dr. Ampili Umayamma and Dr. Girija Menon, respectively. We also introduced a Lifetime Achievement award in 2023, which was awarded to Mrs. Saramma Mathew, a veteran nurse in the Phoenix area. AZINA has made this year a more family-engaging year. Our nurse's day celebrations were an excellent success with member and community engagement as well as bringing in leadership networks. We conducted our annual picnic with members and family engagement, where we also celebrated the NP appreciation week. AZINA envisions continuing our community partnerships and leadership as the only organization for nurses of Indian origin in Arizona in the coming years.

Charity events

AZINA conducted charity events during the "Season of Giving". AZINA leaders and family volunteered at Feed My Starving Children on 12/02/23, and Andre's house hygiene donation drive was conducted on 12/10/2023. As part of the Season of Giving, it ended with a visit to the residents and staff at a long-term care facility along with youth volunteers on 12/23/2023. AZINA plans to do more charity events in the upcoming months.

NAINA CONFERENCE



The National Association of Indian Nurses of North America (NAINA) organized its 4th Clinical Excellence and Leadership conference in Elmhurst, Illinois, on October 6th and 7th, 2023.

Representing AZINA, Elizabeth Sam, Lakshmi Nair, Jolly Thomas, Mary Biju, and youth leader Sneha Iija delivered a podium presentation on the Birth of AZINA Mental Health Initiative (AMHI), outlining its current activities and future plans.

SNIPPETS FROM "THE MIND PALETTE EVENT"



CONGRATULATIONS LINNET!



CONGRATULATIONS JOLLY!



CITY OF PEORIA HONORS NURSE PRACTITIONERS: NP WEEK PROCLAMATION!





INDIAN NURSES ASSOCIATION OF NEW YORK (INANY) Chapter Report 2023

Indian Nurses Association of New York (INANY) is a 501(c)3 organization established in 2004 to unite all professional nurses and nursing students of Indian origin/heritage under the umbrella of the National Association of Indian Nurses of America (NAINA). INANY is committed to its members and believes in uplifting their potential and making their talents bloom under the tender care of INA-NY and its leaders.

INANY has been very active this year, as in the past, with many activities by its various committees. INANY received a grant of \$10,000 from the Coalition of Asian American Children and Families (CACF) for the year 2022/2023. INANY also started a new website, inany.org, in Jan 2023. Our Association added more than 40 members in 2023. INANY conducted many other colorful events in 2023, including educational events, Nurses Day celebration, India Day parade, health fairs, and charity work including food donations, cloth drive, and Back to School drive. INANY's annual picnic this year was like a family reunion of INANY. The research and Grants committee, under the leadership of Dr. Ani Jacob, had conducted several seminars on the topic of "Anti-Asian Hate," for which INANY received the grant. The Communication Committee, under the leadership of Mr. Paul Panakal, has been active in publishing all INANY activities to multiple social media platforms. INANY activities have also caught space in many news articles in various online and print publications.

The Bylaws Committee, under the leadership of Dr. Solymole Kuruvilla, has met three times already this year and discussed the goals and purposes of the Bylaws Committee and reviewed the Bylaws of INANY. Under Ms. Sini Bobby's leadership, the APRN Committee has conducted health fairs and Nurse Practitioner's Week in collaboration with the education committee. The Educational Committee, under the leadership of Mr. Anto Paul, has already undertaken two educational events that provided three contact hours. INANY is also planning to restart the INANY newsletter. The charity and Fundraising Committee has been very active this year under the leadership of Ms. Annie Sabu and has conducted multiple charity and fundraising activities. Food donations, cloth drives, and school drives are just a few. Awards & Scholarships: Under the guidance of Mr. Salil Panakal, presented awards and scholarships during the nurses' week. Under Ms. Shabnampreet Kaur's guidance, the membership committee keeps adding new members to INANY monthly. The cultural committee chair, Ms. Jessy James, is always available to add cultural activities to our events to make them more colorful. Under Ms. Mary Philip's leadership, the election committee has already started preparing for elections in 2024.

All INANY activities are spearheaded under the guidance of our Advisory Board, which consists of strong INANY leaders and past presidents Dr. Annie Paul, Ms. Sosamma Andrews, Ms. Usha George, Ms. Mary Philip, and Ms. Tara Shajan. INANY's very talented and efficient Executive

Board includes Vice President Dr. Shyla Roshin, Secretary Ms. Alphy Sundroop, Joint Secretary Dr. Jessy Kurian, Treasurer Ms. Jaya Thomas, and Joint Treasurer Ms. Aleyamma Appukuttan. They are the moving force of the organization.

Overall, INANY is blessed with highly professional and talented nurses willing to assume leadership roles and who are committed to serving INANY for the betterment of its members, the health of the community, and society at large.

INANY CHAPTER HIGHLIGHTS





Elizabeth Reddiar, RN, MSN, APRN, AGPCNP-BC

Is Coffee Good for the Heart?

Have you ever felt like skipping a beat or heart racing after drinking coffee? Have you ever told your patients with atrial fibrillation to avoid caffeine? Is caffeine good for us, and what is the real story behind coffee and health?

As per the 2015–20 Dietary Guidelines for Americans, consuming 3–5 cups of coffee daily reduces the risk of type 2 diabetes and cardiovascular disease. One cup of tea has about 45 mg of caffeine, and 1 cup of coffee has approximately 95 mg of caffeine. Peak concentrations are reached one hour following intake, with a half-life of ~6 h. (Chieng & Kistler, 2022).

The effects of caffeine on the cardiovascular system depend on variables such as genetic metabolic rate, gender, frequency of intake, concentration, and whether the individual smokes. Cytochrome CYP1A2 slow metabolizers have a higher risk for myocardial infarction (MI), and it increases depending on the number of cups of coffee, even at caffeine levels less than the 400mg cutoff, which is considered a safe intake overall. Rapid metabolizers have not been shown to demonstrate an increased risk for MI with less than 400mg caffeine. There is evidence that patients with underlying heart disease may have an associated caffeine sensitivity that triggers arrhythmia. However, less than 400mg is safe for most people, and caffeine intake is not associated with atrial fibrillation (Giardina, 2023).

Aortic stiffness increases in caffeine levels of 200mg, and this is amplified in patients who smoke. Blood pressure effects may include an increase of 10 mmHg, but this only applies to infrequent caffeine users and rapid metabolizers who are more likely to increase blood pressure. However, there is an increased risk of cardiac arrest in patients who drink ten or more cups of coffee a day (Giardina, 2023).

Interestingly, mortality from all causes has been shown in observational studies to be less in those who drink some coffee compared to those who abstain. There are benefits associated with mild to moderate caffeine intake (2-3 cups a day), especially for diabetes, metabolic syndrome, and hypertension. Furthermore, coffee consumption reduces the risk of [coronary heart disease](#), heart failure, arrhythmia, stroke, CVD, and all-cause mortality. Likewise, drinking more than 3 cups of green tea daily has proven cardiovascular benefits and decreased mortality per population-based studies. (Chieng & Kistler, 2022).

In conclusion, moderate drinking coffee has more benefits than not drinking or excessive drinking, and we should encourage patients to continue moderate drinking as per the new studies.

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Sujayalakshmi Devarayasamudram PhD, MPhil, MSN, RN, ACUE

Suicide Prevention- QPR Training

Introduction, significance of QPR: Suicide is a major public health concern. Just as people who are trained in CPR and Heimlich Maneuver help save thousands of lives each year, people trained in QPR (Question, Persuade, and Refer) learn how to detect the elevated suicide risk and refer them to appropriate mental health care services (Quinnett, P. G, 2022). Mental health advocates from QPR institute created this 2-hour training. It is designed for people who want to help others with mental health and substance use challenges. This emergency mental health intervention is based on evidence-based practice as it trains the community members how to recognize if someone is in a mental health crisis. Three steps are involved in this training. 1. Question the individual's desire or intent for suicide. 2. Persuade the person to seek and accept support. 3. Refer the person to the right resources by connections.

Benefits of QPR training: Early intervention by recognizing the signs of suicidal thoughts, enable them to intervene before the crisis flares up.

Community support: By reducing stigma and encouraging open conversations about suicide, it empowers members of communities to create a supportive, caring, and nurturing environment.

Skill development: The participants gain practical skills in asking direct questions related to suicide, convince to seek support, and referring to suitable mental health professionals.

Save lives: The ultimate goal is to save lives and enhance a sense of well-being in the communities.

Nurses' role in QPR: Get the QPR-certified instructor training and train community members, other healthcare team members. Participate in research programs related to the effectiveness of QPR training.

Serve as an advocate for QPR training.

Create a supportive environment to have open conversations about the significance of mental health and promote mental well-being activities.





Sujayalakshmi Devarayasamudram PhD, MPhil, MSN, RN, ACUE

Baobab Tree

- Seen in Africa, Australia, Madagascar
- Succulent
- Iconic tree, massive trunks
- Bottle shape
- Large woody fruit with a velvety shell
- “The tree of life”, symbol of resilience
- Meetings, ceremonies, rituals gather under the tree
- Bark and leaves used for medicinal purpose
- Has antioxidants, essential fatty acids, vitamins
- Supports in balancing ecosystem



Introduction, description, significance:

Baobab is a succulent, it absorbs water during rainy seasons, stores in its trunk and uses it during dry season to produce food. It is grown in 32 African countries, Madagascar, and Australia. It is an iconic tree, having a distinctive appearance with massive trunks, often swollen and bottle shaped, giving them a unique and easy silhouette. It is known as “The tree of life”. They have great longevity due to their adaptability. Its fruits are large and woody with a velvety shell. has a sweet, citrusy taste. It has a high concentration of essential fatty acids, antioxidants, and vitamins. They support balancing the ecosystem as they serve the habitat for various species.

Cultural significance:

Symbol of resilience: Symbol of strength and resilience due to its survival ability in harsh conditions.

Traditional uses: Pulp from the fruit is consumed, and bark and leaves used for medicinal purposes.

Cultural stories and Legends: Moral lessons, cultural values.

Social and spiritual gathering: Shade provides a natural gathering place for meetings, ceremonies, and rituals.

Economic benefits: Fruit, oils, and powders have economic benefits.

Nursing implications:

Understanding its nutritional properties and support for balanced diets

Cultural sensitivity: Nurses must be aware of the usage of baobab products in diet and medicinal purposes.

Provide culturally sensitive, holistic care by incorporating the values of the tree. Utilize the tree shade to conduct health education meetings and health camps as and when needed during community visits.

Reducing 30-Day Readmissions in Patients with Alcohol Use Disorder (AUD)

Laveena Meriga DNP APRN AGACNP-BC

Project Faculty: Christina Cardy DNP APRN AGACNP-BC

PROBLEM STATEMENT:

- A needs assessment identified increased 30-day readmissions for AUD.
- Increased readmissions were attributed to increased use of benzodiazepines and inter-rater variability in the CIWA-Ar protocol.
- The current unadjusted 30-day hospital readmission rate at the clinical site of interest for AUD is 20.5%, compared with 18.5% nationally (Pyramid Analytics, 2021).

PROJECT PURPOSE:

- Decrease 30-day hospital readmissions in veterans admitted with AUD to equal to or less than the 18.5% national benchmark.
- The overarching aim is to improve the current processes of care related to patients admitted with AWS and evaluate the effectiveness of the changes.

CLINICAL QUESTION:

- In Veterans admitted with a primary diagnosis of AUD, does implementation of the CIWA-Ar protocol and a revised AWS order set reduce 30-day hospital readmissions for AUD when compared to current practice over 90 days?

MODEL/NURSING THEORY:

- This QI project is guided by the IHI Model for Improvement with PDSA cycles.



METHODS:

- Subjects/Setting:** Veterans admitted to acute medicine wards with primary diagnosis of AUD from April through September 2023.

Instruments/Tools

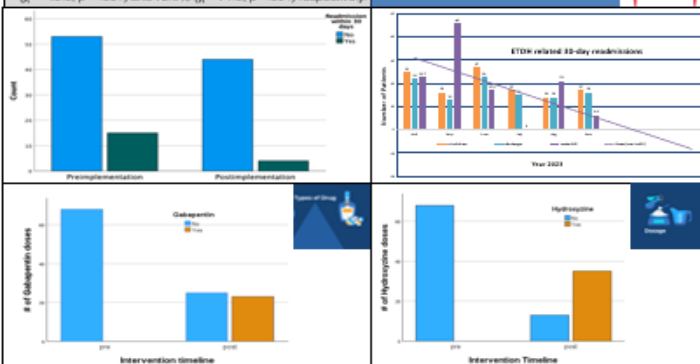
- ✓ CIWA-Ar tool
- ✓ AWS order-set

INTERVENTION & DATA COLLECTION:

- Key stakeholders, including nurses from all acute medicine wards, were educated on the CIWA-Ar tool revision and AWS order-set changes.
- Visual reminders of protocol changes posted on each ward and handouts highlighting the changes were distributed to all nurses.
- An elected nurse champion from each unit served as a resource to all nurses in adhering to revised changes.
- Chart review and data analysis of readmission rates and medication usage was completed pre-implementation and post-implementation.

RESULTS:

- Implementation of the revised AWS order set and CIWA-Ar protocol **significantly** decreased 30-day readmission rates by 14% ($p=0.04$) and
- Ativan administration was decreased from average of 92 doses pre-implementation to 61 doses post-implementation.
- Utilization of gabapentin and hydroxyzine increased by 47.9% ($\chi^2=40.6, p<.001$) and 72.9% ($\chi^2=71.0, p<.001$) respectively.



Revised CIWA-Ar protocol for benzodiazepine orders:

- For scores of 8-10, **AUD** **relapse** **stability** (HR >100/min and SBP >100mmHg, GSP >100mmHg), administer 1 mg lorazepam. Reassess every 2 hours x 72 hours.
- For scores 11-14, **AUD** **relapse** **stability** (HR >100/min and SBP >100mmHg, GSP >100mmHg), administer 2 mg lorazepam. Reassess every 2 hours x 72 hours. **Notify primary team for face-to-face assessment.**
- For scores 15-19, administer 2 mg lorazepam. Reassess every 30 min x 72 hours. **Notify primary team for face-to-face assessment.**
- For scores 20-23, administer 4 mg lorazepam. Reassess every 30 min x 72 hours. **Notify primary team for face-to-face assessment.**
- For scores 24-27, administer 6 mg lorazepam. Reassess every 30 min x 72 hours. **Notify primary team for face-to-face assessment.**
- For scores 28-30, administer 8 mg lorazepam. Reassess every 30 min x 72 hours. **Notify primary team for face-to-face assessment.**
- If patient does not meet vital signs criteria for medication administration per standard protocol, provider will assess if medication dosing is indicated.

Medications added to current AWS protocol:

- Gabapentin 300 mg TID x 5 days (fixed dose regimen)
- Hydroxyzine 25 mg qPRN for anxiety

DISCUSSION:

- Implementation of the revised CIWA-Ar tool along with the revisions in AWS order-set **significantly** decreased the 30-day readmission rates in AUD veterans.
- Use of ancillary medications has shown decreased need for benzodiazepines.
- The ancillary medications were bundled in the order set which increased compliance to the revised order set on admission.
- The revised CIWA-Ar protocol was effective in guiding nursing assessment and facilitating provider collaboration to limit using benzodiazepines when not indicated.
- Providers prescribed hydroxyzine more often than the gabapentin.
- Compliance to the revised protocol from both internal medicine and nursing staff requires ongoing education to maintain best practices.

IMPLICATIONS FOR ADVANCED PRACTICE NURSING:

- Decreasing readmission rates and unintended benzodiazepine doses promotes patient safety and satisfaction, reduces use of hospital resources, and reduces hospital costs.
- The new revised process could facilitate teamwork among various disciplines in the acute care setting.
- Integrating revised protocol could promote standardized care and safety among the various interdisciplinary team members.
- The new revised process could foster increased collaboration between nursing staff and medical providers promoting safe medication administration leading to positive patient outcomes.

SUSTAINABILITY:

- The revised CIWA-Ar protocol has objective element of vital sign instability, which would assist nurses in documenting accurate scores.
- The revised process is not specific to acute medicine wards and can be extended to other departments including critical care and emergency departments and improve compliance and sustainability.

REFERENCES:



In Veterans admitted with a primary diagnosis of AUD, implementation of the revised CIWA-Ar protocol and AWS order-set significantly reduced 30-day readmissions and use of unintended benzodiazepine doses.

UNIVERSITY OF SOUTH FLORIDA



LAVEENA MERIGA
DNP, APRN, AGACNP-BC





Culturing Healthy Work Environment through Employee Engagement: A Success Story

Pressanna Parackal DNP, RN, CCRN-K, CNRN, RN-BC, CRRN

Marie Mayfield MSN, RN, CNML, CCRN

Lisa K Pinola MSN/MHA, RN

Summary:

Engaged staff require a healthy environment that embraces diversity, equity, and inclusion to enhance their full potential. Everyone, regardless of abilities, disabilities, or health care needs, has the right to be respected and appreciated as a valuable member of the organization. Challenges facing culturally diverse groups can hinder our ability to achieve our full potential. This session will highlight Healthy Work Environment (HWE) standards by sharing successful diversity practices, inclusion strategies, and implementation opportunities that promote trust and employee engagement. Organizations should recognize that today's workforce is increasingly diverse. Providing a supportive HWE is necessary to facilitate employee engagement. Supportive and inclusive work environments increase employee engagement, allowing staff to feel valued and more committed, enthusiastic, and passionate about their work, resulting in decreased turnover. For employees, it means going to work every day where your performance and well-being are accounted for. Through authentic leadership and a focus on diversity and inclusion, organizations demonstrate their commitment to a genuinely inclusive workplace culture, allowing employees to feel respected, motivated, valued, and engaged in their work and community. The VA system has focused its priority on culturally appropriate programs and policies to embrace diversity, equity, and inclusion. One such example is the Asian Americans, Native Hawaiians, and Pacific Islanders (AANHPI) program that utilizes authentic leadership and participation in culturally diverse activities to set the tone for inclusion, building of relationships, camaraderie, and collaboration. Ultimately, authentically engage in the organization's values through cultural diversity activities and share resources and innovations for skill-building and advancement opportunities while having fun. Tangibly, employee survey results showed improvement in diversity, inclusivity, and overall engagement.



The VA Asian American and Pacific Islander (AAPI) Special Emphasis Program is designed to develop and implement strategies to identify potential employment barriers in the areas of recruitment, hiring, promotion, career development, and retention, affecting the full participation of all races, ethnicities, and gender groups in VA's workforce, including AAPIs.

On October 14, 2009, President Obama signed [Executive Order 13515](#) to restore the White House Advisory Commission and Interagency Working Group to address issues concerning the AAPI community and increase their participation in federal programs.

On January 20, 2021, President Joe Biden signed the Executive Order 13985. This order aims to build on those policies by establishing the President's Advisory Commission on Asian Americans, Native Hawaiians, and Pacific Islanders and the White House Initiative AANHPI. Both will work to advance equity, justice, and opportunity for AA and NHPI communities in the United States.

The activities of the future program manager of APPI had caught the eye of the EEO program director prior to the recruitment. Activities included outside community support to facilitate the provision of resources to VA nursing staff. Dr. Parackal's activities and participation within the facility and outside the community had been noticed by leadership. When the email came out, Dr. Parackal decided to take up the position. Dr. Parackal transferred her passion and active participation in the community and facility to her newly appointed position as the Special Emphasis Program Manager for AAPI.

Extending Mission

The proverb, "March winds and April showers bring forth May flowers," helped us plan the celebration of Asian Heritage Month in May 2023. The event coordinator's mind became super active. The initial thought of getting a chief guest and speaker was easy to think of in the name, but it was a nerve-racking experience. The thought of going to the director's office and anticipating rejection of the invitation brought forth anxiety.

As an active program manager, walking the hallways and looking for networking opportunities is necessary. During one of these opportunities, the hospital's medical director was walking by. After a brief conversation transpired, the upcoming plans for AAPI celebrations and plans quickly came to fruition as the Medical Director immediately agreed to participate. The guest's role and time were confirmed on the spot. Soon, a flyer was made, and brainstorming activities began to include recruiting and expanding membership representatives for the APPI community. As part of EEO, inclusivity was crucial for expanding and recruiting representatives to develop the facility's AAPI program successfully. Recruitment activities included the network of the AAPI program manager's connection with the facility and community to enhance facility AAPI membership.

The coordination and collaboration with the AAPI program manager and AAPI members were vital in strengthening our facility's AAPI program. Dr. Parackal established a virtual communication thread and scheduled meetings for AAPI members to attend at specific dates and times. Recruitment for an APPI secretary was beneficial to capture meeting minutes. The members provided various suggestions and resources when planning future AAPI cultural activities. Venues in the hospital were reviewed and identified. Suggestions included booking a conference room or in a cafeteria. The AAPI group's goal included access, visibility, and, most importantly, inclusivity involving frontline staff and patients. The hospital cafeteria option was ideal as the area was large enough to provide display booths to share culturally identified clothing, posters, food, and arts. The support from facility leadership was immeasurable. Nursing leadership allowed nursing AAPI members to participate and actively attend the two-hour AAPI event. The collaboration with the cafeteria management group assisted in preparing the designated location for AAPI members to establish their booths. The event was a success as staff arriving at the cafeteria were greeted by an AAPI member and provided a raffle ticket for prizes. AAPI poster boards and displays provided the opportunity to share cultural diversity and inclusivity among AAPI members within the VA facility. A question-and-answer session allowed the audience to engage and actively enjoy raffle prizes. In addition to the display booths, AAPI members showcased cultural diversity and ethnicity through beautiful and colorful clothing and fashion. Several AAPI members actively engaged with frontline staff and patients curious to learn and participate in the cultural dances and festivities.

The vibrance of joy spread as smiles were seen on both AAPI members and the facility staff coming into the cafeteria, and laughter filled the area. Numerous employees and patients stopped at the booths. The facility's medical director addressed the audience and participating employees by sharing the message of diversity, equity, and inclusion. Food prepared by AAPI members was then shared and served to participating members, supporting managers, and operational leaders. Many of our AAPI members made and provided the food representing their culture to share at the event. Participating AAPI employee members felt the event provided them the opportunity to have direct access and valuable conversations with leaders attending this impactful AAPI event. The AAPI event was a success and led to future planned culturally inclusive activities through the AAPI Program Manager and members.

Additional AAPI-supported events included active participation in patient experience month celebrations during the last week of April 2023. The event provided opportunities to expand on strengthening AAPI membership and collaboration with additional committees established within the facility. An AAPI marketing plan included a mass newsletter emailed to all facility employees. AAPI took the initiative to represent cultural diversity in the facility courtyard. Our AAPI Program Manager contacted our talented pool of AAPI members to help create a photo booth decorated with flags representing different nations. Participating AAPI members dressed in colorful ethnic dresses and arranged dance sessions, proudly representing their culture and diversity. Members brought a variety of foods to support a food-tasting session representing multiple cultures.

AAPI shared the event by hosting and promoting booths, music, and audio arrangements for established Special Emphasis Programs other than AAPI to include Latin, African American/Black, and Native American cultural groups and representatives. The event started with AAPI and EEO program directors and leaders addressing the importance of sharing activities that provide a platform and opportunity to present and share in the facility's cultural diversity and inclusion to all attendees and active participants. The event was well received, and those who took part found it empowering and enriching. AAPI leaders and members initiated and supported various celebrations and activities within the hospital facility. The process of poster presentation displays, tables and booths, and interactive games assisted in showcasing the cultural diversity of our VA facility. AAPI members are provided the platform to provide cultural education and the opportunity to empower all to be curious through an open invitation to experience diverse cultures within their facility. AAPI representation and active participation included the facility's celebration of Women's History Month as well as previous activities and engagements of the prior year, most notably the 5K Walk a Thon held on December 18, 2022. It was windy, cold, and raining, yet AAPI members and participants were determined to walk to showcase their support for cultural diversity and inclusion. We had a guest speaker to address the audience prior to the start. During the walk, participants were seen sharing conversations on various topics, including hospital and community experiences. Most notably, smiles and laughter despite the challenging weather. After the walk, folks shared in eating a healthy breakfast. Pictures were taken and shared, some participants received medals, and most importantly, all went home cheering their peers and filled with spirit and energy from the AAPI activity.

Membership Promotion, Recruitment, and Marketing

Each activity was established to share and promote cultural diversity within the workplace. AAPI Program Manager and members were vital in promoting, recruiting, and marketing by sharing resources and communication. The AAPI Program Manager established a group email to enhance communication among AAPI members. A Teams Chat Channel was created for AAPI members to assist with virtual meetings and provided communication avenues to ask and answer questions among AAPI members. The Teams Channels file offered a virtual location that all members could access. The virtual file provided direct access for AAPI members to recorded meetings, dictated meeting minutes, agendas, and photos. With the support of the VA facility's Office of Public Affairs, OPA representatives published AAPI events on the VA intranet. An AAPI member presented and shared a webinar to help launch the facility's AAPI program, resulting in increased membership and AAPI representatives. AAPI-supported events and meet-and-greet activities assisted in enhancing the AAPI program. Dr. Parackal participated in multiple venues and took every opportunity to educate and share the AAPI program mission through interviews, committee presentations, and networking, to share AAPI program mission of cultural diversity, equity, inclusion, and belonging practices. AAPI membership, AAPI representation, and AAPI leadership participation in VA facility programs supporting and showcasing cultural diversity, equity, and inclusion programs such as AAPI have been shown to be a benefit for all.

NAINA'S 4TH CLINICAL EXCELLENCE & LEADERSHIP CONFERENCE (CELC) REPORT

The fourth Clinical Excellence and Leadership Conference by The National Association of Indian Nurses of America (NAINA) was conducted in Chicago on October 6-7, 2023. The Indian Nurses Association of Illinois hosted the conference in the Waterford Conference Center with the theme "Future of Nursing- Innovate and Adapt, Evolve, Empower and Embrace." The conference planning committee chose the theme as it encapsulates the essence of our purpose and the challenges we face in an ever-changing healthcare landscape. By recognizing the constantly evolving environment, the organization recognized the need for the members to adapt and stay abreast of the latest knowledge, technologies, and best practices. The conference was designed to provide the attendees with the tools and insights to navigate this dynamic environment effectively.

This conference brought together professional Indian nurses, their diverse team of nursing friends, and nursing students from across the globe, featuring esteemed speakers of national and international reputation. There was an engaging lineup of renowned speakers, industry experts, and thought leaders who shared wisdom, experiences, and strategies for achieving clinical excellence and leadership. The conference was an excellent opportunity for networking and collaboration among the attendees and speakers. The two-day conference provided an opportunity for 20 members for podium presentation and five for poster presentation. All the attendees received 11.5 continuing Education hours.

The conference also provided our attendees with an incredible networking evening, a gala night with multi-cultural breathtaking events, and a DAISY award ceremony, bringing us all together to celebrate our accomplishments. The felicitations from Vice President Kamala Harris and Surgeon General Vivek Moorthy marked the recognition of our organization during the event. Finally, NAINA introduced an inaugural charity fundraiser event during this 2023 conference to support the local community of Elmhurst, Illinois. NAINA, with pride, donated \$1000/- and 30 pairs of shoes to the Elmhurst Walk-in Assistance Network (EWAN) to conclude this great event.













MEMBER HIGHLIGHTS



Dr. Solymole Kuruvilla - was inducted to the most prestigious 2023 class of American Academy of Nursing on October 7, 2023. INANY is delighted to announce that Dr. Solymole Kuruvilla, our current bylaws committee chair and immediate past vice president of INANY was inducted to the most prestigious 2023 class of American Academy of Nursing on October 7, 2023. Dr. Kuruvilla is the 3rd president of NAINA and current Advisory Board member. Thirty plus years in nursing, Dr. Kuruvilla is currently the Director of Occupational Health Services at New York City Health and Hospitals, Jacobi & North Central Bronx. Provides strategic direction for the delivery of optimal occupational health services to staff and all other customers. She is a ANCC Board-certified nurse practitioner since 1997, with six years of critical care nursing experience. Completed BSN from College of Nursing, University of Calicut in India. Graduated as an Acute Care NP in 1997 and PhD in Biblical Counseling in 2005. Completed Post-Masters in Nursing Education in 2008. Dr. Kuruvilla is one of the few Indian American nurses to receive this prestigious designation.



MEMBER HIGHLIGHTS

Congratulations to Dr. Shyla Roshin on receiving the Nightingale Award 2023 from the India Press Club of America (IPCNA) at the IPCNA International Media Conference November 2023 in recognition of her contribution and commitment to the welfare of society. Dr. Roshin is the current Vice President of the Indian Nurses Association of New York (INANY) and the current Editorial Chair of NAINA. She is currently the Director of Nursing, Behavioral Health Services at New York City Health & Hospitals/Kings County Hospital.



MEMBER HIGHLIGHTS



NISHA MATHEWS, PhD, RN

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Nisha Mathews PhD, RN & Shaine Joseph, DNP, RN, RN-BC

Joseph, S., & Mathews, N. (2022). Pressure Injury Prevention Education for Nurses and Its Impact on Patient Outcomes (poster presentation, SIGMA 47th Biennial Convention, 11/03-11/07, 2023, San Antonio, TX).

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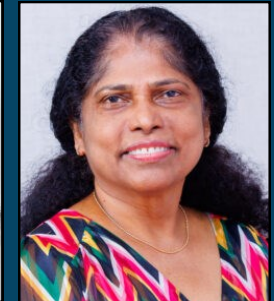
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