

## NAINA BOARD MEMBERS

### Executive Board

#### President

Sara Gabriel, MSN, MBA, RN  
sgabriel01@gmail.com

#### Executive Vice President

Jackie Michael, PhD, RN

#### Vice President

Beena Vallikalam, RN, MSN, M.S.Ed

#### Secretary

Mary J Abraham, RN, BSN

610-850-2246

sapabraham@yahoo.com

#### Treasurer

Mariamamma Koshy, RN, BSN

#### Advisory Board

Solymole Kuruvilla, PhD, RN

Omana Simon, DNP, FNP, BC

Thangamani Aravindan, MSN, RN

## COMMITTEE CHAIRS

### Professional Development

Agnes Therady, MSN, MBA, RN

Amita Avadhani, DNP, ACNP

### APN Forum

Lydia Albuquerque MSN, RN, ACNP, CCRN

### By-Laws

Marykutty Kuriakose, RN, MBA

### Awards & Scholarships

Mini Jacob, RN, MSN

### Cultural

Jessy Varkey, RN, MSN

### Election Committee

Jainamma Cherian, RN, MSN

Rachel Zachariah, DNSc, RN

### Editorial Board/Webiste

Suja Peter, RN, MSN

Munira Wells, PhD, RN

### Membership

Anna Cherian, RN, MSN

### Fundraising

Pauline Alookaran, RNC, MSN

### Research/ Grant

Nancy Dias, PhD, RN, CNE

### Public Relation

Varsha Singh, RN, MSN, NP

## CONFERENCE

### PLANNING COMMITTEE

Sara Gabriel(NAINA) 773-793-4879

Mercy Kuriakose (INAI) 773-865-2456

### Conveners

Dr. Jackie Michaels, 214-7070-0092

Philomina Philip, 847-894-5663

### Education

Dr. Amita Avadhani, 908-421-3168

Agnes Therady, 630-877-5305

Lydia Albuquerque, 862-754-6311

Dr. Simi Joseph, 773-677-3225

### Registration

Mary Jose, 678-357-6433

Regina Xavier, 630-887-6663

Chinnamma Njaraveli 847-372-8535

### Souvenir & Journal

Dr. Rachel Koshy, 973-478-7147

Aney Abraham, 847-809-3171

Lisy Peters, 847-902-6663

### Fund Raising

Pauline Alookaran, 813-449-3870

### Sponsors and Vendors

Varsha Singh, 908-723-3453

### Hospitality

Juby Vallikalam, 312-685-5829

### Public Relations

Beena Vallikalam, 773-507-5334

Siby Kadiyampally, 847-970-2090



# NAINA

## NATIONAL ASSOCIATION OF INDIAN NURSES OF AMERICA

# 5th BIENNIAL NATIONAL CONFERENCE

**OCTOBER 21 & 22, 2016/CHICAGO**

**EMERGING PARADIGMS IN NURSING AND HEALTHCARE**  
**TECHNOLOGY, EVIDENCE-BASED PRACTICE, INTER-PROFESSIONAL COLLABORATION & DIVERSITY**

**10th Anniversary**

The National Association of Indian Nurses of America (NAINA) welcomes you to our Fifth Biennial Education Conference in Chicago, Illinois. NAINA is a non-profit, 501(c) (3) national organization of professional nurses and nursing students of Indian origin/heritage that seeks to maintain excellence in nursing practice and healthcare. This conference holds special meaning to us as we celebrate our tenth anniversary as the voice of Indian nurses in the United States.

The purpose of this conference is to provide nurses and nursing students with the opportunity to learn from and share with their colleagues, knowledge and experiences related to emerging trends in healthcare. For the very first time, we are also pleased to present a forum for Advanced Practice Nurses. All participants will be encouraged to explore key strategies in achieving excellence in nursing education, practice and research through presentations and discussions with experts and peers. An integral part of this conference is the emphasis on networking with local and national leaders and colleagues, and recognition of chapter activities. We look forward to seeing you at this energizing and stimulating conference.

**Conference Attire:** Casual Professional-Western or Traditional Indian Style  
**Dinner And Banquet:** Formal Western or Indian Style

### HOTEL ACCOMMODATIONS

#### CLARION INN

933 S. RIVERSIDE DR.

ELMHURST, IL 60126

(630) 279-0700

www.clarioninnelmhurst.com

### WATERFORD BANQUET & CONFERENCE CENTER

933 S. RIVERSIDE DR.

ELMHURST, IL 60126

(630) 279-0700

www.waterfordbanquet.com

Mention the NAINA conference while booking for reduced rate of \$99.00 plus applicable taxes and charges per night. Deadline for NAINA rate is **September 21, 2016**. All registrants are expected to book the hotel directly. Do not send payments for accommodations to NAINA

### Registration Cancellation Policy

All cancellations MUST be received in writing. Cancellations on or before July 31, 2016 will be refunded the full amount after deduction of \$50.00 for processing fee. Cancellations from August 1 to October 7, 2016 will be refunded 50% of the paid amount. There will be no refunds after October 7, 2016. All returned checks will incur a fee of \$35.00

### Goals and Conference Objectives

- Analyze the latest paradigms in nursing and healthcare.
- Evaluate the impact of changes in technology on nursing and healthcare.
- Differentiate the value of Evidence Based Practice from traditional practice.
- Utilize Inter-professional collaboration and diversity as foundations of nursing practice.
- Summarize the overall effect of fast paced changes in the current state of nursing and healthcare.
- Emphasize the role of nurses in leading change in healthcare.

### Target Audience

Registered professional nurses at all levels of education and practice settings and nursing students are welcome regardless of country of origin. NAINA membership is not required to attend.

### Conference Highlights

- Earn up to 16. CEUs
- Laugh with the humorist
- Reconnect with Alumni
- Showcase your Chapter
- Celebrate the journey of a decade

### Invited Chief Guest

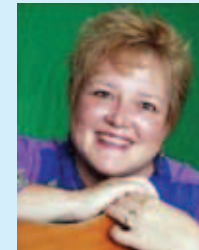


**Sylvia Trent-Adams**  
Ph.D., R.N., F.A.A.N.  
Rear Admiral (RADM)  
Deputy Surgeon General  
U.S. Public Health Service

### Main Speakers



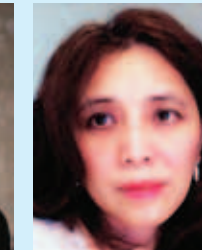
**Dale E Beatty**  
RN, MSN, NEA-BC  
Chief Nursing Officer  
University of Illinois  
Hospital and  
Health Sciences



**Deb Gaulding**  
RN, PMS  
Professional Humorist and  
Musician specializing in  
healthcare morale and  
women's well-being



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



**Philoan M Tran**  
Esq., Attorney At Law  
Sugarland, Texas

### REGISTRATION INFORMATION

**Conference Dates/Time:**  
Oct 21, 2016  
(8:00 AM - 5:30 PM)  
Oct 22, 2016  
(8:00 AM - 5:30 PM)

### REGISTRATION FEES

#### Members

\$250 (ends July 31st)  
\$275 (ends Oct 7th)  
\$290 (on site)

#### Non-members

\$275 (ends July 31st)  
\$300 (ends Oct 7th)  
\$315 (on site)

#### Pre-licensure nursing students

\$200 (ends July 31st)  
\$225 (ends Oct 7th)  
\$240 (on site)

#### Retired members

\$200 (ends July 31st)  
\$225 (ends Oct 7th)  
\$240 (on site)

Registration Fee (US Dollars Only):  
Registration fee covers educational sessions including conference materials, certificate, and contact hours. Guest tickets can be purchased for \$55.00 per person for Gala night dinner.

Mail registration form along with payment (Check Payable to NAINA) to:

**NAINA**  
Mary Xavier,  
PO Box 2456,  
Northlake, IL 60164-2583

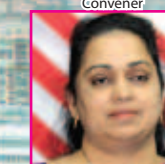
OR Register online at our website  
**www.nainausa.com**



Sara Gabriel  
NAINA President



Jackie Michael  
Convener



Mercy Kuriakose  
INAI President



Philomina Philip  
Convener



Amita Avadhani  
Education



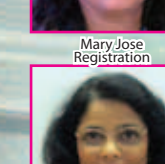
Agnes Therady  
Education



Lydia Albuquerque  
APN Forum



Mary Jose  
Registration



Mary Regina Xavier  
Registration



**Hosted by INAI**



PROGRAM SCHEDULE

Special Sessions	Time	Day 1 (10-21-2016)	
	0700-0800	Registration and Breakfast	
		APN Professional Development Program	Leadership Development Program
		Room: Hampton Hall	Room: Cambridge Hall
	0800-1200	Moderator: Lydia Albuquerque, MSN, RN, ACNP-BC, CCRN, Nurse Practitioner, Heart Failure Program, University Hospital, New Jersey.	Moderator: Jackie Michael, PhD, APRN, WHNP-BC, Clinical Assistant Professor, University of Texas, Arlington.
	0800-0900	Choices Vs. Decisions regarding Workplace Health and Wellness: Solymole Kuruvilla, PhD, RN, ACNP, Associate Director, Hospitals, NYC Health + Hospitals/ Jacobi & North Central Bronx, Bronx, NY	Leadership Opportunities and Challenges- Two sides of the same coin: Agnes Therady, RN, MSN, MBA, NEA-BC, FACHE, Executive Director of Nursing, Cook County Health & Hospitals System, Chicago, Illinois.
	0900-1100	Pharmacological Management of Pain and Delirium: Paul Langlois, PhD, RN, CCRN, CCNS. Master Instructor, Critical Care, Cook County Health & Hospitals System, Chicago, Illinois.	NAINA Operations: Creating Effective and Efficient Processes, Understanding Roles and Responsibilities of the Office to Create Dynamic environments for Success: Jackie Michael, PhD, APRN, WHNP-BC, Clinical Assistant Professor, University of Texas, Arlington.
	1100-1200	Advanced Practice-Collaboration Not Competition: A Guide to Building Practice Relationships: Ratna Kanumury, MMSc, PA-C, Director, Physician Assistant Services, Cook County Health and Hospitals System, Chicago, Illinois.	1030-1200 Sustaining and Growing NAINA to be the National Professional Organization of Choice: Sara Gabriel, RN, MSN, MBA, President, National Association of Indian Nurses of America Philoan M. Tran, Esq. Attorney At Law
Lunch & Learn	1200-1300	International Travel and Risk of Infectious Diseases-Awareness and Management: Varsha Singh MSN, APN, Director Ambulatory systems, Jersey City Medical Center, RWJ Barnabas Health System, New Jersey	Main Hall
General Session I	1300-1320	Welcome and Opening remarks: Sara Gabriel, MSN, MBA, RN, <b>President, National Association of Indian Nurses of America</b>	Main Hall
	1320- 1420	“Leadership and Culture: Developing a Healthy Practice Environment.” Dale Beatty, RN, MSN, NEA-BC, Chief Nursing Officer, University of Illinois Hospital & Health Sciences System, Chicago, Illinois	Main Hall
	1420-1520	Technology Advances; What’s new, What’s next: Paul Langlois, PhD, RN, CCRN, CCNS, Master Instructor, Critical Care, Cook County Health & Hospitals System, Chicago, Illinois.	Main Hall
Break	1520-1535	Vendor Exhibits / Poster Setup	Main Hall
General Session II	1535-1635	Scope of Fiduciary Duties for Officers and Board Members: Philoan M. Tran, Esq,, Jackie Michael, PhD, APRN, WHNP- BC, Clinical Assistant Professor, University of Texas, Arlington.	Main Hall
Break	1645-1700	Vendor Exhibits	TBD
Poster Session/ Break	1700-1800	POSTER SESSION	TBD
	1800-1900	Vendor Exhibits	TBD
Dinner & Alumni Celebration	1900-2130	Networking Dinner, Alumni Night, Chapter Celebration: Lighten Up and Look Ahead. Songs Stories and Humour Celebrating YOU!: Deb Gauldin, RN, PMS, Professional Humorist and Musician	Main Hall
	2130-2200	NAINA Business Meeting	Main Hall
Day 2 (10-22-16)			
General Session III	0700-0730	Registration and Breakfast	
	0730-0830	Content Importing Technology in Electronic Health Record-Risks & Benefits: Lydia Albuquerque, MSN, RN, ACNP-BC, CCRN, Nurse Practitioner, Heart Failure Program, University Hospital, New Jersey.	Main Hall
	0830-0930	Lessons in Leadership: Trish Anen, RN, MSN, MBA, NEA-BC. Vice President of Clinical Services, Metropolitan Chicago Health Care Council / Illinois Health and Hospital Association, Chicago, Illinois.	Main Hall
Poster/Break	0930-1000	Posters/ Vendor Exhibits	

Up to 16 Continuing Education Hours-Pending Approval through Rutgers University School of Nursing Newark, New Jersey, Continuing Education Department \*

\*Rutgers School of Nursing is an approved provider of continuing nursing education by the New Jersey State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission On Accreditation.

Provider Number P290-6/14-17.

All relevant financial relationships with any commercial interests and/or manufacturers must be disclosed to participants at the beginning of each activity. All individuals who affect the content of the continuing education activities are required to disclose to the audience any real or apparent conflict of interest related to the activity. The activity faculty are further required to disclose discussion of off-label/investigational uses in their presentations. These disclosures will be made at the time of the activity.

Concurrent Sessions	1000-1230	APN Track Moderator: Lydia Albuquerque, MSN,RN,ACNP-BC,CCRN	Research Track Moderator: Solymole Kuruvilla Phd,RN,ACNP	Clinical Practice Moderator: Amita Avadhani DNP, DCC,ACNP, CCRN
		Room-Cambridge	Room-Hampton	Room-Kingston
	1000-1020	A Patient with Heartburn: Emerging changes & treatment guidelines 2016: Simi Jesto Joseph, DNP, APN, NP-C	Immigration and Bereavement: Challenges and Health Status of Immigrant Indian Bereaved Parents - A longitudinal, case-based, mixed method study: Nancy Dias PhD, MSN, RN, CNE	Medication error reduction using PDA technology by nursing students at the point of care: Laly Joseph, DVM, DNP, MSN, ARNP, ANP, B.C
	1025-1045	Effects of NP Visits on Health Outcomes among African American Teens with Asthma, Anne B Luckose, PMANP, APN, NP-C, RN	Gap Analysis and Recommendations to Promote Exclusive Breastfeeding: Subha Kukkala, DNP, MSN, PGDHE, RN, CLC Devrayasamudaram Sujaya, PhD, M. Phil, MSN, RN	The Influence of Nursing Culture and Perceptions of the Profession on Inter-Professional Collaboration: Jaime Kuriakose, BS, RN
	1050-1110	Management of Type II Diabetes in Asian Indians: Letha M. Joseph MSN, NP-BC, Diane Berry, PhD, ANP-BC, FAANP, FAAN, Ann Jessup, PhD, FNP-BC	Bringing the digital age into the nursing classroom: Munira Wells PhD, RN	Nurses’ role in Technology usage of Chronic Disease Management: Devrayasamudaram Sujaya, PhD, M. Phil, MSN, RN
	1120-1140	Access to Medical Care: A closer look at Telemedicine: Ashraf Abbas, RN	Professional Collaboration and Evidence Based Practices Lead to improved patient outcomes: Example from a Pediatric Dialysis Program: Stephen Pottoore, RN, BSN, MBA, CCNT, CNN, LSSGB, FACHE Haridas Thankappan, RN, BSN, MBA, CNN	Educational model for a 6-week Comprehensive Bridge /Transition Program for enhancing ESL nursing student success, Anitha Saravanan, RN, MSN, ANP-BC, PCCN
	1145-1205	Alarm Fatigue-Critical Care Alarm Management: Minothy Varghese, DNP, RN	Simulation Training of Nursing students and self-efficacy-A clinical case study: Diasamma Mathew, EdD, RN, CCRN	Alarm Fatigue: Improving patient safety and staff satisfaction by using data to identify opportunities for improvement: Lily Anickat, RN, MSN, CCRN, Ray Snider RN, MSN, James Holden RN
	1210-1230	A Descriptive Study- Implementation of an evidence-based protocol to improve APNs knowledge, skill, and practice on preventive care for Immunocompromised patients: Simi Jesto Joseph, DNP, APN, NP-C	Inter-professional Education Competencies in Nursing Education: Devrayasamudaram Sujaya, PhD, M. Phil, MSN, RN	Effect of Continuous Family Visitation in the Neuroscience ICU: Mini Jacob, DNP, RN
Lunch & Learn Session	1240-1340	Recent developments in the treatment of altered GI Motility and Visceral Hypersensitivity) Sponsored by Allergan Pharmaceuticals. Dr Darren Brenner, M.D, Northwestern Medical group, Illinois, Chicago.		Main Hall
General Session IV	1340-1400	Supporting Nursing Informatics Practice at the Unit Level-Nursing Informatics Development of a Nursing Informatics Competency Assessment tool (NICAT): Alphonsa Rahman, DNP, APRN-CNS, CCRN		Main Hall
	1400-1500	Mindfulness for the Healthcare Provider: How Important is it? :Amita Avadhani, DNP, DCC, ACNP, ANP, CCRN, Assistant Professor, Director- Post Masters DNP Program, Rutgers University, Newark, NJ		Main Hall
	1500-1600	Aspiring Nurse Leadership Training: Reflections on NAINA's First Grant Sponsored Learning Program. Nancy Dias, PhD, MSN, RN, CNE; Jackie Michael, PhD, APRN, WHNP-BC, Clinical Assistant Professor, University of Texas, Arlington; Agnes Therady, RN, MSN, MBA, NEA-BC, FACHE, Executive Director of Nursing, Cook County Health & Hospitals System, Chicago, Illinois.		Main Hall
	1610-1640	Conference Wrap Up session: NAINA Executive Board		Main Hall
Break	1640-1800	Vendor Exhibits		
Gala Night Celebration	1800-2130	Gala Night: Social Hour, Public Meeting, Dinner, Presentation of Awards & Scholarships, Induction of New Officers & Variety Entertainment		Main Hall