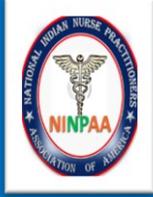


# NATIONAL INDIAN NURSE PRACTITIONERS ASSOCIATION OF AMERICA (NINPAA)

c/o 37 Etna Place, Nanuet, NY 10954  
www.ninpaa.com; [nfo@ninpaa.com](mailto:nfo@ninpaa.com)



Volume 6  
Issue 1

## Executive Committee 2021-2023

### Chairman

Dr. Aney Paul, DNP, MSN, PNP, MPH  
[aneypaul@yahoo.com](mailto:aneypaul@yahoo.com)

### President

Dr. Anu Varghese, MSN, FNP, DNP  
[anumedicostar@gmail.com](mailto:anumedicostar@gmail.com)

### Executive Vice President

Prasanna Babu, MSN, FNP

### Vice President

Dr. Beenu Karun, MSN, DNP

### Secretary

Dr. Cigi Mathew, MSN, FNP, DNP  
[Cigism@gmail.com](mailto:Cigism@gmail.com)

### Joint Secretary

Leena Alappat, MSN, PNP

### Treasurer

Beulah John, MSN, FNP [buelajohn@Aff.net](mailto:buelajohn@Aff.net)

### Joint Treasurer

Dr. Susamma Abraham, FNP, DNP

### Committee Members

**Chair, Awards/Scholarships**  
Dr. Alphonsa Mathew, ANP, DNP

**Chair, Bylaws**  
Dr. Grace Mani, MSN, FNP, DNP

**Chair, Editorial/Newsletter**  
Blessy Varghese, MSN, ANP

**Chair, Research and Grant**  
Dr. Varsha Singh, MSN, FNP, DNP

**Chair, Membership**  
Bridget Parappurath, FNP, APRN

**Chair, Nominations**  
Stella Cherian MSN, FNP

**Chair, Finance**  
Dr. Rose Puthenkulam, MSN, FNP, DNP

**Chair, Professional Development/Education**  
Dr. Smitha Prasad MSN, ANP, DNP

**Chair, Public Relations**  
Jessin Varghese, MSN, FNP

**Chair, Social/Community Programs**  
Shiny Paul George, MSN, FNP

**Directors-at-Large**  
Sunitha Menon, MSN, FNP  
Dr. Maya Upadhey, MSN, FNP, DNP  
Dr. Shyla Roshen, MSN, FNP, DNP  
Brigit Karimkuttiyl, MSN, FNP  
Dr. Seline Jacob, MSN, FNP, DNP  
Mercy Prakash, MSN, FNP

### Auditor

Dr. Kripa Palpetta, MSN, FNP, DNP



## Greetings!!

As we embrace the year 2022 with great enthusiasm, I thank God for keeping us safe and healthy to celebrate 2021 Christmas and the New year. The current governing body has completed a busy and productive year. As the president of NINPAA, I like to reflect with great satisfaction of the member's support in completing many successful projects in 2021.

Some of the important projects to ponder with great satisfaction are; the monthly zoom meetings and educational presentations, in-person handing over in CT, National Educational seminar and NP week celebrations in New York, two fundraisings Simini fund and COVID India relief, our Chairman's visit of NINPAA members in Florida, President's visit of Dallas members, General body and Christmas celebrations in December and many volunteer activities by the members. I count each one of these activities as a blessing especially because we were able to do so much during the long pandemic period.

The COVID pandemic had made us face many challenges in 2021, treating patients with COVID, mitigating the spread of infection, and developing suitable short term and long-term plans. Although, some of our members and their families were infected with COVID, we were able to rebound back to health to serve the community. This gives me the reassurance that I can count on all of you regardless of what difficulties we will face in 2022.

NINPAA has grown in membership as well as in activities and the multitalented NP members are its asset. Leaders like county legislator, state representative of different specialty organizations, Mayor's advisor, nursing administrators and business owners that are active NINPAA members, the role models that adorn NINPAA. This year's awardees and new graduates enhanced the brightness of the organization.

Working with each one of you, especially with the Chairman Dr. Aney Paul, executive board, the directors at large and the committee members, has been a pleasure. I request your continued participation in monthly zoom meetings, WhatsApp discussions and Face book group. Please let me know your valuable feedback and suggestions for the year 2022. Let us work as a team and make this year another productive year for NINPAA.

Wishing you a year full of joy and prosperity and looking forward for a fruitful 2022.

Sincerely,

Dr. Anu Varghese, DNP FNP  
NINPAA President



# NATIONAL INDIAN NURSE PRACTITIONERS ASSOCIATION OF AMERICA (NINPAA)

www.ninpaa.com; [info@ninpa.com](mailto:info@ninpa.com)

## Executive Committee 2021-2023

**Chairman** Dr. Aney Paul, DNP, MSN, PNP, MPH  
[aneypaul@yahoo.com](mailto:aneypaul@yahoo.com)

**President** Dr. Anu Varghese, DNP, MSN, FNP  
[anumedicostar@gmail.com](mailto:anumedicostar@gmail.com)

**Executive Vice President** Prasanna Babu, MSN FNP

**Vice President** Dr. Beenu Karun, , DNP, MSN

**Secretary** Dr. Cigi Mathew, DNP, MSN, FNP  
[Cigism@gmail.com](mailto:Cigism@gmail.com)

**Joint Secretary** Leena Alappat, MSN, PNP

**Treasurer** Beulah John, MSN, FNP

[buelajohn@Aff.net](mailto:buelajohn@Aff.net)

## **Joint Treasurer**

Dr. Susamma Abraham, , DNP ,FNP

## Committee Members

### **Chair, Awards/Scholarships**

Dr. Alphonsa Mathew, , DNP ANP

### **Chair, Bylaws**

Dr. Grace Mani, , DNP MSN, FNP

### **Chair, Editorial/Newsletter**

Blessy Varghese, MSN, ANP

### **Chair, Research and Grant**

Dr. Varsha Singh, , DNP MSN, FNP

### **Chair, Membership**

Bridget Parappurath, MSN, FNP

### **Chair, Nominations**

Stella Cherian MSN, FNP

### **Chair, Finance**

Dr. Rose Puthenkulam,, , DNP, MSN, FNP

### **Chair, Professional Development/Education**

Dr. Smitha Prasad, DNP, MSN, ANP

### **Chair, Public Relations**

Jessin Varghese, MSN, FNP

### **Chair, Social/Community Programs**

Shiny Paul George, MSN, FNP

## Directors-at-Large

Sunitha Menon, MSN, FNP

Dr. Maya Upadhey, , DNP, MSN, FNP

Dr. Shyla Roshen, , DNP,, MSN, FNP

Brigit Karimkuttyil, MSN, FNP

Dr. Seline Jacob, , DNP, MSN, FNP

Mercy Prakash, MSN, FNP

**Auditor:** Paulson Varghese MSN, FNP

Dr. Kripa Palpetta, , DNP, MSN, FN



Dr. Aney Paul, DNP, RN, MSN, PNP, MPH

NINPAA Chairman

Greetings!

I feel humbled and honored to serve as the Chairman of NINPAA. The pandemic has challenged our lifestyle, working style, personal lives and community. Despite of these challenges, we have done our best to serve our patients and have achieved great things together. This pandemic has not made anything easy We have had to work harder and smarter and learn a lot of new technology.

Our Third national conference was held in 2021 November along with NP week celebration. I am glad to say that we had great speakers and well attended conference. We had the opportunity to give award certificates and scholarship for DNP student. Monthly meetings with presentations and discussions continued most of the months. NINPAA members participated or organized many educational events, health fair and community services. Mentoring NP students and DNP students is another important task.

NINPAA exists to serve its member's needs and their interests. As we journey together, we can take strength from each other and help each other to learn, grow, and cope throughout this very challenging time. Engage with your fellow members, join a committee, and become involved.

I am grateful for the progress NINPAA has made so far under the leadership of the President Dr. Anu Varghese. I am thankful to the Executive Board, Directors, Committee Chairs, and members and to all those working hard to make our association successful. Please continue your support for becoming a stronger organization through Education, Strategic planning, and Member Engagement.

“Coming Together is a beginning. Keeping Together is progress.

Working Together is Success”. – Henry Ford

Dr. Aney Paul, DNP, RN, MSN, PNP, MPH

NINPAA Chairman

## EDITORIAL CORNER



Greetings to all the wonderful nurses out there! I would like to thank each one of the NINPAA members for their motivation and sincerity when it comes to dedications towards serving the community. The world of NP's is not an easy world to step into nor to continue to serve in. Especially when facing a pandemic in times unlike ever before, we witness our brave NP's rush to the frontlines with courage and kindness. We couldn't get through this grueling time without every bit of your effort.

Thank you for working in less-than-ideal condition, long hours, and often time even risking your own safety. As the great Poet Rumi once said, "You were born with potential. You were born with goodness and trust. You were born with ideals and dreams. You were born with greatness. You were born with wings. You are not meant for crawling so don't. You have wings. Learn to use them and fly." It is during difficult times that we truly realize what we are made of. I am honored to bear witness to the fact that each of our NINPAA members took the challenge and rose to greatness.

Thank you to each and every one of you wonderful NINPAA members for not backing away from the challenge that faced us during this difficult time. Let's step towards the future with the same resilience and with prayers of hope and peace in times ahead!

Blessy Varghese, MS, ANP-C, CEN

NINPAA Editor

## SECRETARY'S MESSAGE



Greetings to all,

Thank you for choosing me as NINPAA secretary. It is my honor and a privilege to serve as a NINPAA secretary. My mission is to work together with all the members. We have an incredibly talented group of people in the organization. As Mother Theresa said I can do things you cannot, you can do things I cannot, together we can do great things. Let us work together, we will continue the mission to unite, empower and promote the role of Nurse Practitioners. We support our members with meetings, education, discussions, teaching events, volunteering, and networking.

The COVID-19 situation has evolved further, and we are dealing with a significant global challenge. Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all. I know without a doubt that our country and world will survive this pandemic.

I encourage you to help educate your colleagues about NINPAA and invite them to become a member of our organization.

Thank you for your continued support and let us have a great year.

Sincerely,

Cigi Mathew, MSN, FNP-BC, DNP

NINPAA secretary

3<sup>rd</sup>



# NATIONAL NURSING CONFERENCE

November 6, 2021

— Saturday —

## THEME:

“Nursing Now: Excellence, Leadership, and Innovation”

Venue: Sitar Palace

38 Orangetown Shopping Center,  
Orangetown, New York 10962

**GREAT CEU OPPORTUNITIES**

Visit us @ [www.ninpaa.com](http://www.ninpaa.com)

**SAVE THE  
DATE!**

Call for Poster Presentation





**Dr. ANEY PAUL** Chairman Seminar  
**Disclosure**



**NINPAA'S 3<sup>RD</sup> NATIONAL EDUCATIONAL SEMINAR AUDIENCE**



**LUMINARY AWARDS for Speakers**



**Dr. ANU VARGHESE** President  
**Welcome Speech**



**Dr. MRIE CARMEL**  
**Keynote Speaker**



**EXECUTIVE BOARD** presenting award



**Dr. VARSHA SINGH** Speaker



**Dr. EUGINE CAVIN** Speaker



**Exec. VICE PRESIDENT**



**NINPAA MEMBERS ATTENDING SEMINAR**



**Dr. ROCHELLE KEPES, Dr. SIBI MATHEW & Dr. SOFFY** Speakers



**NINPAA MEMBERS FROM FIVE STATES Networking & MEMBERS IN ACTION**



**POSTER PRESENTATION**



**SEMINAR AUDIENCE**

# 3<sup>rd</sup> National Educational Conference

Saturday, November 6, 2021

**Introduction:** National Indian Nurse Practitioners Association of America's 3<sup>rd</sup> National educational conference took place on November 6, 2021, at Sitar Palace Indian Cuisine, 38 Orangetown Shopping Center, Orangeburg, New York, USA under the presidency of Dr. Anu Varghese and Chairman/ Conference planner Dr. Aney Paul. The target audience was Registered nurses, Nurse Practitioners, Advanced Practice Nurses. And Nursing students. The theme of the conference was "Nursing Now: Excellence, Leadership and Innovation " Six contact hours were provided by the American Association of Nurse Practitioners (AANP).

**Registration and breakfast:** Started from 7Am to 8AM: By Prasanna Babu NINPAA Executive Vice President, Cigi Mathew - Secretary, Carmichael John- Treasurer, Sherin Ninan -Research Co- chair and Alphonsa Mathew – Scholarship chair.

Welcome Speech: Dr. Anu Varghese, NINPAA President.

Conference disclosure/Announcements by Dr. Aney Paul, Conference Planner/ Chairman.

Moderators: Leena Alapatt and Sunitha Menon

**Keynote Speaker:** Dr. Marie Carmel Garcon, DNP, FNP *Tele visits for the Elderly: advantages and Challenges.*

**Other Speakers:** Dr. Varsha Singh, DNP, NEABC, FAHA presented on *Climate Change Awareness and action by APRNs*. Dr. Eugene Cauvin, DNP, FNP-BC, ACHPN, CPE presented on *Greater Comprehension and Art of Utilizing Opioids with Adjuvants*. Dr. Rochelle Kepes, DNP, PMHNP presented on *Psychological First Aid: Crisis Counseling, Emergency and Disaster Response*. Dr. Siby Mathew, DHA, FNP-BC, GNC, OCN presented on *Leadership in Nursing Practice*. Dr. Soffy Vilson, DNP, RN, LNHA, NE-BC presented on *Unleash to Innovate, Integrate, and Motivate Clinical Excellence*.

**Poster Presentations:** Poster Presentation evaluation by Dr. Geetha Ajay and Dr. Kochurani Joseph.

**Seminar Evaluation/CE Certificates** by Dr. Aney Paul Conference Planner/ Chairman.

**Computer & slide show** by Jessin Varghese and Roshini Mathew

**Sponsor/ Informational seminar** by Mr. Jinu Tharian, *Family is Everything:* How to avoid long term care expenses, Retirement Income protection and Living Benefits.

**Certificates of Appreciation:** Poster Presentation 1<sup>st</sup> prize Alphonsa Mathew, 2<sup>nd</sup> Kochurani Joseph, 3<sup>rd</sup> Sherin Ninan. Appreciation plaques were given to all the speakers. AANP approved CEs Certificates were given to the seminar attendees.

**Vote of Thanks:** Closing remarks and vote of thanks by Cigi Mathew NINPAA Secretary

**National Indian Nurse Practitioners Association of America (NINPAA)**  
**NP Week Celebration**  
Saturday, November 6, 2021 3.30PM - 5.30 PM  
Venue: Sitar Palace, 38 Orangetown Shopping Center, Orangeburg, NY 10962



## *NP Week Celebration 2021*

Each year in November, NINPAA celebrates National NP week as NINPAA is dedicated in recognizing the NPs commitment and their contributions to healthcare. This year, we celebrated NP week on November 6, 2021, at Sitar Palace, N.Y. NINPAA extend its thanks to all those 50 participants.

The theme of the day was Nursing Now: Excellence, Leadership and Innovation. The celebration included recognition of graduates, achievement awards, service awards and scholarships. NINPAA received Citation from New York Senator Elijah Reichli -Melnick and Proclamations from Honorable Assembly man Ken Zebrowski and Honorable Vice Chairwoman Legislator Dr. Aney Paul. The NP week celebration started with national anthem by Abigail Koshy.

After the lighting of the Lamp Ceremony, Welcome speech by Chairman Dr. Aney Paul, DNP, MSN, PNP, MPH.

Presidential Message by Dr. Anu Varghese, DNP, FNP who reviewed NINPAA's major historical timeline, and that NINPAA promotes professional excellence and leadership. President encouraged new graduates NP to be more active and continue NINPAA's mission and vision.

Our chief guest was Dr. Laly Joseph, DNP, CNE, RN-C, MSN, APRN, FNAP, discussed about nursing education, and providing the leadership needed to implement evidence- based practice.

Felicitation by Dr. Marie Carmel Gagnon. We were entertained with Amanda Gorman's poem by Abigail Koshy and songs by Reena Sabu and Leena Alappat. NINPAA gave recognition to Nurse Practitioners; Graduates NPs and DNPs, Service Awards to NPs and Scholarships to DNP student Leena Alappat

The program master of ceremony was Reena Sabu and Shiny Paul

Registration and membership renewals by Treasurer: Carmichael John.

Vote of thanks by Secretary Cigi Mathew, thanked chief guest and all the participants, NINPAA Chairman, President, Executive board and directors at large for all the hard work behind the success of this great program.

Regards,

Cigi Mathew -DNP

NINPAA Secretary





## **Insulin Pump & The Diabetic Patient:** by Jessin Varghese MSN, FNP

Insulin pump is a small battery-powered, programmable device that delivers rapid-acting insulin in very small doses into a subcutaneous space to mimic natural insulin release by the pancreatic beta cell. Meeting glycemic targets is vital, as higher HbA1c levels are associated with an increased risk of premature morbidity and mortality.

In the DCCT (Diabetes Control and Complications Trial) -Landmark trial conducted from 1983 to 1993, intensive insulin therapy reduced long-term complications compared with non-intensive with DM1. INT (insulin pump and MDI (3-4injections daily) with 4 or more glucose monitoring and goal treatment a1c <6.05% and BG target 70-120 premeal and <180 post meal) vs non- INT (1 to 2 injections a day with testing blood sugars 1x daily) and aim to reach asymptomatic glucose control.

### Medtronic: 630G and 670G Insulin pump (3 parts +/- CGM)

Infusion set (tubing): one end with cannula inserted sc using insertion device the other end connects to reservoir. The Reservoir: Inside pump holds up to 300 units insulin. Pump: contains personalized settings for insulin delivery. CGM sensor. Pumps use rapid acting insulins.



### Hybrid closed loop Systems (commonly known as artificial pancreas)

Current closed-loop insulin delivery systems are all hybrid systems. Qualitative studies reported parents spending less time performing diabetes-related activities and feeling less stressed. Reduced management burden overall. Gives the patients a sense of control in an otherwise uncontrollable setting and time in their lives.

The pump's basal adjustment just isn't powerful or responsive enough to prevent high and low glucose levels when confronted with anything that causes blood sugars to rise or fall quickly, such as:

- Food (particularly carbohydrates)
- Physical activity particularly heavy exercise
- Stress particularly sudden, unexpected crisis
- Sudden hormone changes (resulting from injuries/trauma. Rebounds from lows)
- Active bolus insulin

Summary: Insulin pumps are a great tool to have better and more precise control over their blood sugars. It has positive outcomes which reduces the risk for diabetes related complications. It is a complex piece of equipment that requires in depth education and close monitoring. Insulin pump management should be overseen by the endocrinology team.



## Beautiful Pond-Poem by Dr. Aney Paul



I was waiting for my ride  
I saw a small pond nearby  
I sat next to the pond  
A beautiful fountain in the middle  
Spraying water a few feet up  
I saw one shiny little fish  
Then many came  
Swimming around  
In the blue water  
Blowing bubbles  
coming closer to me  
Multicolored scales  
Shining like diamonds  
Big and small  
Beautiful to see  
I was wondering  
What they are looking for  
Food or freedom?



## SCOPE OF PRACTICE FOR NURSE PRACTITIONERS BY BEENU KARUN DNP

Nurse practitioners (NPs) practice in nearly every health care setting. The nurse practitioner role is consistent with the APRN consensus model practicing in the population foci of family, pediatrics, women's health, adult-geriatrics, neonatal, and psychiatric mental health. The scope of practice is not setting specific but rather based on the needs of the patient (APRN consensus model, 2008). National NP education program accreditation requirements and competency-based standards ensure that NPs are equipped to provide safe, high-quality, cost-effective patient centered care upon graduation. Clinical practice competency and professional development are hallmarks of NP education. Nu geriatrics, neonatal, and psychiatric (APRN consensus model, 2008).

**ACCOUNTABILITY AND RESPONSIBILITY** Accountable to patients, the nursing profession, and the state board of nursing. NPs are expected to practice consistent with an ethical code of conduct, national certification, evidence-based principles, and current practice standards. The patient-centered nature of the NP role. Commitment to meet the evolving needs of society and advances in health care science. Responsible to the public and adaptable to the dynamic changes in health care. NPs are leaders in health care. NPs combine the roles of provider, mentor, educator, researcher, advocate, and administrator. NPs take responsibility for continued professional development, involvement in professional organizations. Participation in health policy activities at the local, state, national, and international levels. Five decades of research affirms that NPs provide safe, high-quality, cost-effective patient centered care.

<https://www.aanp.org/advocacy/state/state-practice-environment>.

# CHRISTMAS 2021 COLLAGE



# JANUARY 2022 EDUCATIONAL PRESENTATION

**National Indian Nurse Practitioners Association of America (NINPAA)**

**COMMITTEE MEETING FOLLOWED BY PRESENTATION: 1/13/2022 at 8:45PM EST.**

<https://us02web.zoom.us/j/84009941948?pwd=TGMWk1hGhQ24sNTAwUmxGRk9rc1U0aD09>

**COVID-19 AND OMRICON**  
 Sunita Menon, MSN, FNP: Update Florida Status  
 Veneeta Roy, MSN, PNP, DNPs: COVID-19 AND OMRICON among Pediatric population

**Sunita Menon, MSN, FNP** **Veneeta Roy, MSN, PNP, DNPs**

Chairman: Dr. Anny Paul, DNP, PNP, MPH | President: Dr. Anu Varghese, DNP, FNP | Secretary: Dr. Cigi Mathew, DNP, FNP | Treasurer: Carnot Jaku, MSN, FNP | Chair, Education: Dr. Sirena Prasad, DNP, ANP | Co-Chair, Education: Dr. Sara Joseph, DNP, NP | Co-Chair, Education: Dr. Geeta Appan, DNP, FNP

Visit our website: [www.ninpaa.com](http://www.ninpaa.com), Take membership or renew membership.



THANK YOU, SUNITHA, AND VINEETHA!!

**NINPAA VISION:** The vision of the National Indian Nurse Practitioners Association of America (NINPAA) is to promote professional excellence, career advancement, quality healthcare through leadership, education, and advocacy by Nurse Practitioners.

NEWLY ELECT DIRECTOR-AT Large ELIZABETH ROHINI

CHRISTISON MSN, APRN, BC

DIRECTOR AT LARGE CT



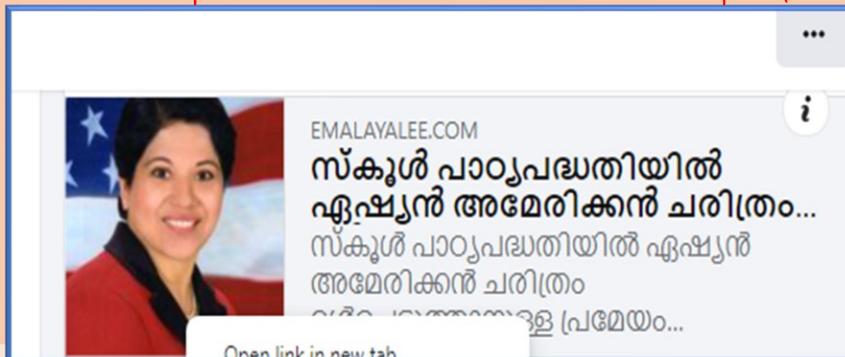
Ninpaa zoom meetings: 2<sup>nd</sup> Thursday of the month

<https://us02web.zoom.us/j/84009943948?pwd=TGtMWkRlYmJGlaQ24xNTAwUmxGRFRClU09>

NINPAA LEADERS IN THE INDIAN COMMUNITY

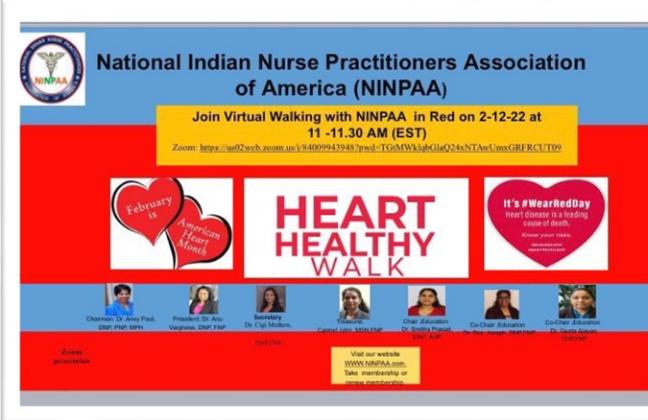


INDIA REPUBLIC DAY CELEBRATION WITH ICHAA/YOGA DAY WITH FOKANA



**NINPAA JOINED**  **HEART HEALTHY MONTH CELEBRATION**

**WEARING RED TOPS-February 2022**



**National Indian Nurse Practitioners Association of America (NINPAA)**

Join Virtual Walking with NINPAA in Red on 2-12-22 at 11 -11.30 AM (EST)  
Zoom: <https://us02web.zoom.us/j/34089943948?pwd=TGMWNSlpRkQ2NkNTAeUmhGRkFCTD09>

February is American Heart Month

**HEART HEALTHY WALK**

It's #WearRedDay Heart disease is a leading cause of death. Know your risks. Know your risks.

Chairman: Dr. Anny Paul, DNP, PhD, MPH  
President: Dr. Anu Varghese, DNP, PhD  
Secretary: Dr. Gigi Mathew  
Treasurer: Carol Ann, MSN, FNP  
Chair, Education: Dr. Shyla Roshin  
Co-Chair, Education: Dr. Sini Joseph  
Co-Chair, Education: Dr. Sini Joseph

Visit our website [www.ninpaa.com](http://www.ninpaa.com). Take membership or renew membership.



**FEBRUARY EDUCATIONAL PRESENTATION**



**National Indian Nurse Practitioners Association of America (NINPAA)**

COMMITTEE MEETING FOLLOWED BY PRESENTATION: 2/10/2022 at 8:45PM EST.  
Zoom: <https://us02web.zoom.us/j/84029943948?pwd=TGMWNSlpRkQ2NkNTAeUmhGRkFCTD09>

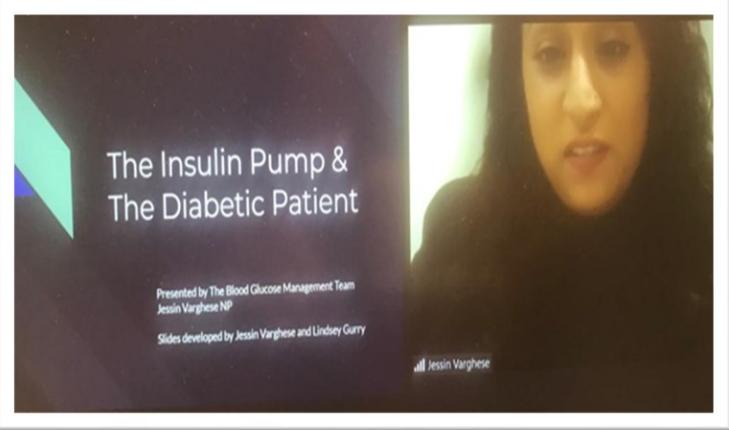
Inpatient diabetic management using insulin pump: **Jessin Varghese, MSN, FNP**

COVID-19 AND OMRICON in Texas: **Dr. Sini Joseph, DNP, MSN, FNP**

COVID-19 AND OMRICON in NY: **Dr. Shyla Roshin, DNP, MSN, FNP**

Chairman: Dr. Anny Paul, DNP, PhD, MPH  
President: Dr. Anu Varghese, DNP, PhD  
Secretary: Dr. Gigi Mathew, DNP, PhD  
Treasurer: Carol Ann, MSN, FNP  
Chair, Education: Dr. Shyla Roshin, DNP, PhD  
Co-Chair, Education: Dr. Sini Joseph, DNP, PhD  
Co-Chair, Education: Dr. Sini Joseph, DNP, PhD

Visit our website [www.ninpaa.com](http://www.ninpaa.com). Take membership or renew membership.

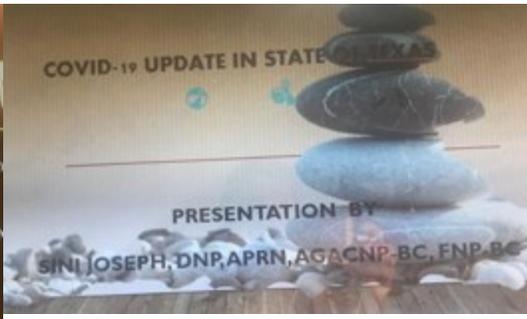


**The Insulin Pump & The Diabetic Patient**

Presented by The Blood Glucose Management Team  
Jessin Varghese NP

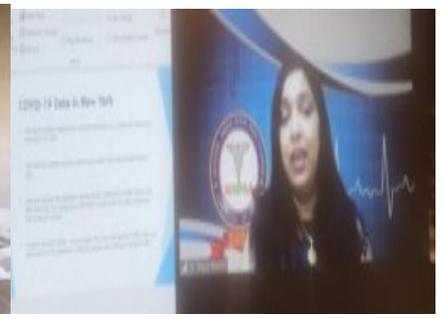
Slides developed by Jessin Varghese and Lindsey Gurry

Jessin Varghese

**COVID-19 UPDATE IN STATE TEXAS**

PRESENTATION BY  
**SINI JOSEPH, DNP, APRN, AGACNP-BC, FNP, BC**



**COVID-19 Data in New York**

Jessin Varghese

**THANKYOU DR. SHYLA, DR. SINI & JESSIN!!**

# CEREBRAL PALSY MANAGEMENT NURSE PRACTITIONER'S ROLE

By Dr. Anu Varghese DNP



Cerebral Palsy (CP) is the most common motor disability in childhood. The period prevalence of CP for 2008 was 3.1 per 1000 eight-year-old patients. Reports from Centers for Disease Control and Prevention (CDC) indicate that approximately 80% of the patients with CP suffer from spasticity. CP is a long-term chronic medical condition that requires multidisciplinary supportive care services.

Spasticity is also called hypertonia or stiff muscles and it is associated with several factors. It may be related to neurologic conditions like multiple sclerosis, brain and spinal cord injuries such as stroke, anoxia, traumatic injuries and Cerebral Palsy. People with spastic CP has increased muscle tone with subsequent uncoordinated movements. Although patients with CP are often born with low or normal muscle tone, their muscle rigidity increases during the first year of life. Once spasticity has developed, it does not resolve spontaneously, thus requiring lifelong treatment.

Spasticity causes pain and functional impairment. Psychosocial consequences like depression, anxiety and social isolation can also develop. Spasticity also affects activities of daily life, impair balance and mobility. Management of spasticity is complex requiring a team of multidisciplinary expert health care providers.

The goal of treatment for spasticity is to alleviate pain, improve functional activity and mobility, lessen the risk of preventable complications like orthopedic surgeries. Therapeutic interventions like Physical Therapy, occupational Therapy, Speech Therapy are essential and should be ongoing. Medication interventions include muscle relaxants like Tizanidine benzodiazepines, Clonidine and oral Baclofen. Each of these medications may cause side effects or adverse reactions. When oral medications are not enough to control spasticity, intrathecal medications may be an option. Research adds to the understanding that Intrathecal Baclofen is a safe, effective treatment that decreases pain and increases motor function in patients with CP. However, this also requires long term maintenance including frequent need to refill of baclofen pump and risks of complications.

Spasticity is not the only condition associated with Cerebral Palsy. Other associated conditions that usually seen are seizure disorders, delayed growth and development, impaired vision, hearing loss, speech language disorders, incontinence and learning disabilities.

Nurse Practitioners play a vital role in improving quality and efficiency of health care for the patients with chronic illness. American health care systems are challenged more and more to provide essential care and empower patients to participate in their care. The NP's role in the care of these medically complex patients is, early identification of the problem, coordination of a multidisciplinary team in order to come up with the best treatment plan and providing evidence- based treatment modalities and ongoing patient education.



# PROFESSIONAL BUSINESS NEWS



CONGRATULATIONS!! WE ARE PROUD OF YOU



Dr. Varsha Singh DNP, APRN, NEA-BC, FAHA

2022 FAANP from AANP

2022 DIVA from NJSNA



NINPAA members at volunteer work

Pravasi Channel: Adopt a high way

Anu Varghese Lhmch

Please support the flower power. Thanks



NINPAA  
ninpaa.fpfundraisin  
g.com

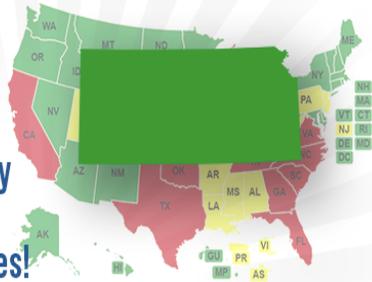
NNPAA FUNDRAISING

<http://ninpaa.fpfundraising.com/>

CONGATULATIONS !!!

## Congratulations Kansas NPs!

Full Practice Authority is in 26 states, D.C. and two U.S. territories!



## Congratulations, New York!

Full Practice Authority for NPs in 25 states, D.C. and two U.S. territories gives patients full and direct access to NP-delivered care.



2022 Nurse practitioner full practice states---Congratulations NPS

### NURSE PRACTITIONER SCOPE OF PRACTICE MAKING HEADWAYS

"To date, half of states and U.S. territories have adopted FPA licensure laws for NPs. These include Alaska, Arizona, Colorado, Connecticut, Delaware, District of Columbia, Guam, Hawaii, Idaho, Iowa, Kansas, Maine, Maryland, Massachusetts, Minnesota, Montana, Nebraska, Nevada, New Hampshire, New Mexico, New York, North Dakota, Northern Mariana Islands, Oregon, Rhode Island, South Dakota, Vermont, Washington and Wyoming.

How will it impact my patients and my practice?

Adopting FPA for NPs provides patients with full and direct access to all the services that NPs are equipped to provide. FPA:

- Improves Access — FPA creates greater access to care, especially in underserved urban and rural areas. States with FPA are more likely to have NPs working in rural and underserved areas and NP practices than states with more restrictive licensure models.
- Streamlines Care and Makes Care Delivery More Efficient — FPA provides patients with full and direct access to NPs' services at the point of care. FPA removes delays in care that are created when dated regulations require an NP be part of an unnecessary regulatory-mandated contract with a physician as a condition of practicing their profession.
- Decreases Costs — FPA avoids duplication of services and billing costs associated with outdated physician oversight of NP practice. FPA reduces unnecessary repetition of orders, office visits and care services.

- Protects Patient Choice — FPA allows patients to see the health care provider of their choice. FPA removes anti-competitive licensing restrictions that interfere with patient-centered health care.” AANP MARCH & APRIL EDUCATIONAL PRESENTATION



**National Indian Nurse Practitioners Association of America (NINPAA)**

COMMITTEE MEETING FOLLOWED BY PRESENTATION: 3/10/2022 at 8:45PM EST.  
Zoom: <https://us02web.zoom.us/j/840099439487?pwd=TGM1MklsbG5lQzQ4NTAwUjlmGjRFRkU0Q0p1>

**“Music as complementary therapy in adjunct to standard care for postoperative pain Management”**  
By Dr. Rebecca Pothen &  
**COVID update in Delaware by Dr. Grace Mani**

Rebecca Pothen, DNP  
Graci Mani, DNP

 Chairman, Dr. Any Paul, DNP, PNP, MPH	 President, Dr. Blessy Varghese, DNP, FNP	 Secretary, Dr. Cigi Mathew, DNP, FNP	 Treasurer, Dr. Carmel John, MSN, FNP	 Education Chair, Dr. Smitha Prasad, DNP, ANP	 Co-Chair, Education, Dr. Siva Joseph, DNP, FNP	 Co-Chair, Education, Dr. Geeta Appen, DNP, FNP
--	---	---	---	---	---	---

Visit our website: [www.ninpaanet.org](http://www.ninpaanet.org). Take membership or renew membership.



**National Indian Nurse Practitioners Association of America (NINPAA)**

COMMITTEE MEETING FOLLOWED BY PRESENTATION 4/21/2022 at 8:45PM EST.  
Zoom: <https://us02web.zoom.us/j/840099439487?pwd=TGM1MklsbG5lQzQ4NTAwUjlmGjRFRkU0Q0p1>

**HONING THE ART AND SCIENCE OF NURSING RESEARCH 1CE AANP approved**  
By Dr. Varsha Singh DNP

Dr. Varsha Singh, DNP, APN, CT-CP

 Chairman, Dr. Any Paul, DNP, PNP, MPH	 President, Dr. Blessy Varghese, DNP, FNP	 Secretary, Dr. Cigi Mathew, DNP, FNP	 Treasurer, Dr. Carmel John, MSN, FNP	 Education Chair, Dr. Smitha Prasad, DNP, ANP	 Co-Chair, Education, Dr. Siva Joseph, DNP, FNP	 Co-Chair, Education, Dr. Geeta Appen, DNP, FNP
--	--	---	---	---	---	---

Visit our website: [www.ninpaanet.org](http://www.ninpaanet.org). Take membership or renew membership.

THANK YOU GRACE, REBECA & VARSHA



**Research**  
Systems inquiry or study conducted to generate new knowledge or refine existing knowledge

Dr. Any Varghese, Any Paul, Varsha Singh, Sini's iPhone 13 Pro (m... Carmichael John, Blessy Varghese



**How Nursing Research Evolved**

- Florence Nightingale- First Nurse Researcher
- 1900-1940 – Developing Nursing education and students
- 1950-1970 – Curriculum issues, administration and teaching
- 1980 –Qualitative studies, computers, Data Collection
- 1990 – Healthcare delivery, cost, quality and access to care
- 21 century – Evidence based practice that can be applied to clinical practice

Varsha Singh DNP, APRN, CT-CP, ANP, BCFAHA

SAVE THE DATE FOR NINPAA'S FIRST CONVENTION  
NOVEMBER 12, 2022



**NINPAA**  
NATIONAL INDIAN NURSE PRACTITIONERS ASSOCIATION OF AMERICA

**1<sup>ST</sup> CONVENTION**  
& 4<sup>th</sup> Nursing Conference

**Save the Date! Nov. 12, 2022**

Great CEU opportunities For NPs, RNs, APRNs...



SEE YOU ALL IN NEW YORK