

# National Indian Nurse Practitioners Association of America

## (NINPAA)

### Nurse Practitioner News & Views

November 2018

Volume 2 Issue 2



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Shobha Panicker-Thomas, MSN,  
FNP

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



#### **President's Message**

Greetings to all!

I am happy and honored to serve as President of the National Indian Nurse Practitioners Association of America (NINPAA). We had a very busy and productive year. I really appreciate our great team work across the nation. We are only two years old and within the short period of time NINPAA has grown and has accomplished many of its goals.

Our "Professional Excellence" Conference was very successful with great representation. We are proud to say that now we are a member of the American Association of Nurse Practitioners (AANP). Please visit their website and make use of the benefits.

Our monthly conferences calls with case presentations are very informative and useful to all members. NINPAA members are extending their helping hands to community. Our community education "Hands-only CPR" classes and Health Fair across the nation were attended and appreciated by many. We are promoting nursing and advanced nursing education by providing mentorships, preceptorships and scholarships.

I have the privilege to serve as the President of NINPAA, which is uniquely rewarding. I am also grateful to the Executive Committee, Directors-at-Large, and Committee Chairs and Co-Chairs for their support. I encourage all the Indian nurses to continue their education, and share their knowledge and talents to promote a healthy community. You are all doing the best and continue doing the best.

I want to congratulate all the new NP and DNP graduates. Let us all stay together; and together we can make a difference.

Thank you,

Aney Paul DNP, RN, MSN, CPNP, MPH  
President, NINPAA





### **Editorial Board**

Nurse practitioners are engaging with incredible enthusiasm, rising above and beyond our imagination, and making great difference in many lives across the nation. Its time for us to embrace changes and be prepared to invest and sustain in clinical practice as strong NP leaders for years to come. As vital and crucial transformation is, let us not ignore but welcome the latest medical advancement through our unequivocal all encompassing contribution and commitment. Keeping an open mind to novel ideas, we can improve and expand our scope at a multidimensional level. It is an honor and privilege for me to be part of NINPAA as it clears the path for many opportunities for nurse practitioners to flourish and serve the medical community with pride and compassion.

Thank you once again for embarking your journey alongside NINPAA, an organization to hold hands and walk with each and every one of you to reach your goal .

Tesmol James MSN, FNP-BC



### **Secretary's Message**

It's that time of the year again! I am very much looking forward to NINPAA's second NP-Week celebration in New York on November 10, 2018. I invite all of you to come and enjoy a day of education, relaxation and celebrations. This year's NP-week theme is "Nurse Practitioners as leaders". There will be numerous, valuable and enlightening sessions for Nurse Practitioners at all levels. As the Secretary, I want to ensure that all members will get something of value from the day.

In our first NP-week celebration in 2017, we had a crowd of Nurse Practitioners from different US states, making it an exciting national forum for discussion and a memorable day in NINPAA's history. Looking back at the first two quarters of 2018, I am proud to report that NINPAA promoted several activities to accommodate the nature and the need of the world's current health care and the nursing profession. To continue this successfully, we will listen to your needs and we request support from the members.

I am very pleased to continue my role as secretary at this groundbreaking moment for NINPAA. My heartfelt gratitude goes to Dr. Aney Paul, NINPAA President, the exceptional Executive Board, Directors-at-Large and the Committee Members for providing their unique perspective to the organization. Their direction has been of great help to me and the association.

Sincerely,

Anu Varghese, MSN, RN, DNP, FNP

NINPAA Secretary

## **EDUCATIONAL CORNER**

### **ROLE OF BREAST FEEDING: KEEPING THE GENERATION HEALTHY**



**Brigit Karimkutyil MSN-FNP C, IBCLC,**

In modern society, breastfeeding has an important role to keep the newest generation healthy.

Considering the skyrocketing health care costs, the obesity epidemic and associated health problems, breastfeeding has an important role in keeping the generation healthy. Easy access to formula, lack of understanding of breastfeeding and its benefits, and the lifestyle changes have caused many obstacles to breastfeeding success. Nurse practitioners are in the forefront of preventative health and must take every effort to protect and promote breastfeeding. It is unquestionable and proven that breastfeeding has numerous health benefits to infants, mothers, and it decreases the financial burden on families. There are several key organizations that have made tremendous success in increasing breastfeeding rates. Organizations such as WHO, UNICEF, CDC, Healthy People 2020, Women's Health, and AAP have made significant efforts to protect breastfeeding. Together with these key organizations, we can also make a change in the lives of the people we meet on a daily basis.

Breastfeeding is the biological norm for all mammals. The uniqueness of the species specific milk ensure the survival of its offspring. Human milk also offers these species specific protection to the vulnerable infants. Lack of breastfeeding can undoubtedly affect the health of the children in many ways. The benefits of breastfeeding are countless. It decreases the rates of gastrointestinal and respiratory illnesses, decreases Sudden Infant Death Syndrome, decreases allergies, asthma, obesity, diabetes, and certain cancers. It also decreases the incidences of necrotizing enterocolitis (NEC) in preterm infants. Breastfeeding also benefits mothers. Breastfeeding decreases cancers such as pre-menopausal breast cancer, ovarian cancer, and uterine cancer. It also decreases osteoporosis, Type II diabetes, postpartum depression and so on.

Early counseling, teaching, support, and timely referrals are important in improving the rates of any length of breastfeeding. Maintaining a collaborative relationship with the local community support groups, hospitals, and clinicians can offer timely support to our clinics and the clients we serve.

# NINPAA FIRST NATIONAL CONFERENCE: JUNE 2018



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**PROGRAM**

7:00 AM Registration/Breakfast

8:00 AM **Welcome**  
Dr. Aney Paul DNP, PNP, MPH  
President, NINPAA

8:10 AM **Conference Disclosure/  
Announcement**  
Bridget Parappurath CCRN, CRNP,  
Conference Planner  
Leena Alapat PNP-BC  
Program Chairperson

8:15 AM **Nursing and Political Action  
Improves patient outcomes**  
Judith E. Schmidt  
MSN, DHA(c), CCRN  
Keynote Speaker

9:15 AM **Nursing and Nursing Education  
Yesterday, Today, and  
Tomorrow**  
Dr. Anna George PhD, APRN, FNP-C

10:15 AM **Improving Communication in  
End of Life Care for Nurses and  
Nursing Assistants in Long-Term  
Care Settings**  
Dr. Shari Isenberg-Cohen DNP,  
MSN, APN

10:45 AM **BREAK**

11:00 AM **Utilizing Evidence-Based  
Practice: Faculty role of  
empowering nursing students**  
Thangamani Aravindan MSN, CCRN

11:45 AM **Diabetes Mellitus type 2:  
Aggressive management can  
prevent complications**  
Dr. Ronald Cobbs MD, FACP

12:30 PM **LUNCH**

1:00 PM **Integrative Wellness Solutions for  
Nurses: A wholistic bedside  
nursing**  
Varsha Singh MSN, APN

1:45 PM **Prevention and Management of  
Hyperlipidemia to Improve  
Cardiovascular Health**  
Sunitha Menon MSN, FNP-BC

2:30 PM **BREAK**

2:45 PM **Developing "Safety Culture" and  
Strategies to Improve Patient  
Safety and Quality of Care**  
Dr. Susan Kurian EdD, MSN

3:30 PM **Serious illness Conversations:  
Overview**  
Angela Suvarna  
APN, GNP-BC, ACHPN

4:15 PM **Evaluation/Closing Remarks**  
Dr. Anu Varghese DNP, FNP-C  
Secretary, NINPAA

Prasanna Babu FNP-BC  
Treasurer, NINPAA



**SPEAKERS**



Judith E. Schmidt  
MSN, DHA(c) CCRN, Keynote Speaker



Dr. Anna George  
PhD, APRN, FNP-C



Dr. Shari Isenberg  
DNP, MSLAPN



Thangamani Aravindan  
MSN, RN, CCRN



Dr. Ronald E. Cobbs MD,  
FACP  
(Endocrinologist)



Varsha Singh  
MSN, APN



Sunitha Menon  
MSN, FNP-BC



Dr. Susan Kurian  
EdD, MSN



Angela Suvarna  
APN, GNP-BC, ACHPN



# SAVE LIVES: NINPAA COMMUNITY PROJECT



HEALTH FAIR  
DALLAS TX



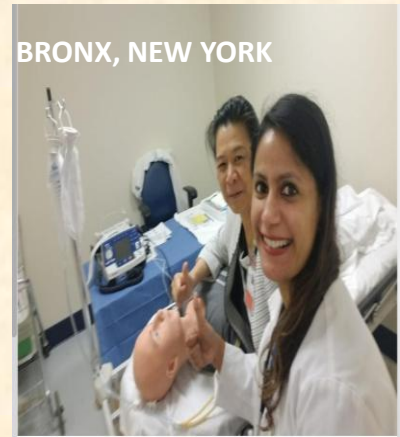
WMC  
EDISON NJ



SMCC PATTERSON, NEW  
JERSEY



SMCC PATTERSON,  
NEW JERSEY



BRONX, NEW YORK



## Nurse Practitioner owned-clinic Vishnu Maya Upadhyay DNP, APRN, WHNP-BC, FNP-BC

There is a great need of primary care providers throughout the United States due to the increasing shortage of primary care physicians. There are 23 states that allow Advanced Practice Registered Nurses (APRNs) to practice independently and others require supervision by a medical doctor. APRNs are trained to provide preventive, acute, chronic, and urgent care to help fill this shortage. APRNs-run clinics are known to offer personalized and high-quality care with compassion.

An in-depth understanding of scope of practice, area of expertise, and high level of confidence are fundamental for a smooth operation. APRNs-owned practices should have a carefully drawn agreement with a collaborating physician for safety and quality purposes. There are many factors to consider before opening a practice, some of the most essential ones to consider are comprehension of initial start-up costs, location, types of patients you want to serve, clinic flow, billing, basic accounting, business skills, and knowledge of Medicare, Medicaid, and private insurances. Multitasking and entrepreneurship are definitely advantageous to own and operate Nurse Practitioner-owned clinics.

There are always going to be ups and down when running a business. Focusing on the positives and trying to find solutions over any obstacles until you resolve them is the key to success. Also, it very important that the general public and other professions are informed and educated on who APRNs are to avoid misunderstandings and miscommunications. Necessary elements to own and operate an APRN owned practice successfully is a deep passion in your profession and the will power to thrive regardless of any circumstances.

Lija Gireesh, DNP, FNP-BC,  
Drexel University, Philadelphia



# Congratulations Graduate

Mary Mammen FNP  
Chamberlain, Illinois



Annie Samuel DNP, FNP BC  
UMASS Massachusetts  
May 2018



Susamma Abraham DNP, FNP-C  
Chamberlain University



Carmichael Buela John FNP



Bincy Toby, DNP  
Chamberlain University,  
March 2018



Princy Varughese DNP, FNP-C  
UMASS



Vishnu Maya Upadhyay DNP, WHNP-BC, FNP-BC



Rani Thomas FNP



Deena Thomas FNP-C  
UTRGV, EDINBURG, TX



Anie George FNP



Thresiamma K Chacko FNP-C  
Texas A & M Corpus Christi



Shyno Jose FNP



Princy, Sonia, Rebecca, Alby, Lolita, Reshma,  
Minie, Lincy, Rekha, Anie, Benita Gincy, & Nisha



Shiny Paul George AGPCNP-C  
Farleigh Dickinson University

# Congratulations



Beenu Karim DNP, FNP



Paulson Varghese, FNP



Kripa Plapetta Damodharan, DNP, FNP

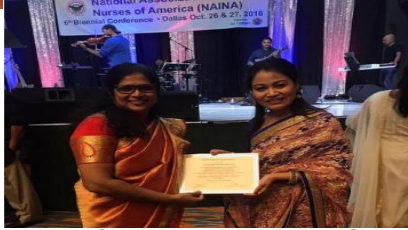


## Acute Coronary Syndrome

Alphonsa Mathew DNP, FNP

ACS (Acute Coronary Syndrome) is associated with sudden reduced blood flow to the heart: These include MI (myocardial infarction) and Angina. This happens due to reduced blood supply to the heart. ACS a medical emergency. According to the 2016 Heart Disease and Stroke Statistics: 15.5 million American adults  $\geq 20$  years of age have coronary heart disease, or CHD. 1 million hospitalizations annually due to CHD. The prevalence of CHD increases with age for both women and men. **Pathophysiology** : plaque on the walls of the coronary arteries which can rupture or split. These traveling to the coronary arteries can obstruct blood flow to the heart muscles. Inadequate supply of blood/oxygen causes heart muscle to work inefficiently, even in absence of cell death. **Risk factors:** Modifiable factors include smoking, obesity, high-fat diet, lack of exercise, high serum cholesterol, hypertension and diabetes mellitus. Non-modifiable factors include: older age, male gender, ethnicity and family history. **Clinical features of ACS** include chest pain, nausea/vomiting, dizziness, dyspnea, murmurs, palpitation, sweating, hypo/hypertension, syncope, pallor, indigestion and confusion. **Diagnosis:** history, clinical presentation, 12 lead EKG and cardiac specific enzymes (troponin, CKMB). **ACS management:** oxygen, nitrates, Aspirin & ACE inhibitors, Morphine (if pain not relieved by nitrates) Fibrinolytic therapy (e.g. heparin), Beta blockers, Statins (HMG-CoA reductase inhibitor and ADP antagonists (e.g. clopidogrel). Emergency Cardiac consult.

## NINPAA TEAM IN ACTION ACROSS THE NATION



### Kudos Corner: NINPAA is AANP organization member with many benefits

AANP American Association of NURSE PRACTITIONERS							View
Mount Carmel College of Nursing	127 S Davis Ave	Columbus	OH	43222-1504	mccn.edu		
Mount Mercy University	1330 Elmhurst Dr NE	Cedar Rapids	IA	52402-4763	https://www.mtmercy.edu		
National Association of Neonatal Nurse Practitioners (NANNP)	8735 W HIGGINS RD	CHICAGO	IL	606312703	http://www.nann.org		
National Association of Nurse Practitioners in Womens Health (NPWH)	505 C St NE	Washington	DC	20002-5809	http://www.npwh.org		
National Association of Pediatric Nurse Practitioners - Georgia Chapter (NAPNAP)	3425 Willow Oak Dr	Norcross	GA	30092-3523	http://www.ganapnap.org		
National Association of Pediatric Nurse Practitioners (NAPNAP)	5 Hanover Sq Rm 1401	New York	NY	10004-2697	http://www.napnap.org		
National Black Nurse Practitioner Association (NBNA)	PO Box 842033	Houston	TX	77284-2033	https://nbnpa.enpnetwork		
<b>National Indian Nurse Practitioners Association of America (NINPAA)</b>	37 Etna Pl	Nanuet	NY	10954-1105	http://ninpaa.com/		
National Kidney Foundation (NKF)	30 E 33rd St	New York	NY	100165337	http://www.kidney.org		
National Nurse Practitioner Symposium	4255 S Buckley Rd # 118	Aurora	CO	80013-2951	http://www.npsymposium		
National Nurse-Led Care Consortium	1500 Market St	Philadelphia	PA	19102-2100	http://nurseledcare.org/		
National Organization of Nurse Practitioner Faculties (NONPF)	1615 M St NW Ste 270	Washington	DC	20036-3209	http://www.nonpf.org		

### NPO Member Benefits

#### Networking Opportunities

- Free AANP National Conference registration for one elected official or executive staff
- Invitation to Organization Leadership Meeting at AANP National Conference for one elected official or executive staff.
- Significant discount on exhibit space at AANP National Conference (subject to availability).
- Invitation to Regional Leadership Meeting for one elected official or executive staff.

#### Advocacy and Representation

- Free practice and legislative consultation with AANP Government Affairs staff
- National representation in Washington, D.C. by AANP's Government Affairs Office lobbyists.
- Opportunities to partner with AANP on national programs and initiatives.

#### Continuing Education

- CE application fee waived for up to 16 contact hours or less and 50 percent discount additional contact hours per membership year. Contact ceapps@aanp.org for details

#### Individual Membership Dues Discount

- Individual members of your organization receive an annual \$10 discount on AANP's

### Mailing Lists

- Free access to mailing lists from the AANP membership database (one-time use only, subject to approval and certain restrictions).

### Yes, there's more!

- Email subscription to AANP's E-Bulletin, a weekly e-newsletter with AANP updates and information, for one contact.
- Email subscription to AANP SmartBrief, a daily email summary of professional and industry news for NPs, for one contact.
- One free online subscription to the Journal of the American Association of Nurse Practitioners (JAANP).
- One free subscription to The Journal for Nurse Practitioners (JNP).
- Access to AANP Job Center, a web-based career placement service for NP job seekers and employers.

[Join AANP](#)

*NP Organization membership is subject to approval. Membership benefits and pricing are*

