



National Indian Nurse Practitioners Association of America (NINPAA)

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Executive Committee 2019-20

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aneypaul@yahoo.com

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President's Message

Greetings to all!

The Frontline health workers are integral to the global response to COVID-19. The integral role nurse practitioners (NPs) play in health care has been highlighted throughout this disaster. I want to thank to all those who are on frontline.

It is my honor and privilege to serve as the President of NINPAA. I am grateful for the progress NINPAA has made so far. I am thankful to the Executive Board, Directors-at-Large, Committee Members, and to all those working hard to make our association successful.

NINPAA encourages networking at both state and national levels and strives to provide educational and professional development among its members. We had two National Conferences with CEUs, both with great speakers and were well attended. The third for April 2020 was planned, speakers were ready but unfortunately we had to postpone it to next year.

NINPAA continues its monthly conference calls or zoom meetings and quarterly educational workshops with different subjects, panel discussions, mentors for NP students, providing scholarships, helping NP students in clinical placements and jobs. I want to thank all the presenters and the participants. We also have NP- week celebrations and recognizing new graduates and presenting service awards to value the ongoing dedication and commitment to excellence.

I want to thank the executive board, committee chairs, and the editorial team for the hard work and support for the growth of the association. Please continue to be active in discussions in WhatsApp group, Facebook page and website www.ninpaa.com.

“Stay Safe and Strong”

Thank you.

Aney Paul, DNP, MSN, PNP, MPH
NINPAA President

“Alone we can do so little; together we can do so much”- Helen Keller

EDITORIAL CORNER



To our true heroes in this noble nursing community of practitioners!!

We are taking pride in making a thumbprint for the future generation to feel the profounding effect of NINPAA's contribution in this world's unprecedented time, none other than the Covid 19 imposed despair and helplessness, a global cry for cure. NINPAA team has gone above and beyond many occasions to be there to encourage, educate and lead people across the globe. As we continue to innovate vaccination, a new medicine and its challenges; our journey to serve continues.

So, it is with great pleasure, I am here under the leadership of Dr. Aney Paul and the executive team who is guiding each one of us and inspiring us to be the light to the world reminding the emerging light in the darkness to a new dawn with hope and strength.

Florence Nightingale: The Lady with the Lamp inspires you all as always and lets enhance those lives with our caring hands, comforting words and beautiful smile!

Wishing the best to all our nursing community

Tes James



SUB EDITORS NOTE

We live in unprecedented times and had someone told, we would experience times like this in 2019, each one of us would have dismissed declaring it's a delusion. As health care workers we are in the forefront continuing to do our best for the community. We conscientiously provide care offering hope for a better tomorrow. NINPAA endures to take positive steps in many innovative ways to contribute to this country and our mother country India. NINPAA expressed solidarity and contributed, to flood relief in Kerala, support nursing students in need of financial support and conducted community outreach programs in NY. It has been a challenge in pursuing our goals amidst the COVID-19 but NINPAA are committed to continue this great rewarding journey.

We are passionate and committed to make this world a better place by delivering holistic care. Our vision is to educate the community and peers, lead the healthcare to a new dimension, innovate through technology, transform lives, and to empower health care professionals. NINPAA continues to influence the nurses, nurse practitioners by supporting them and encouraging them to become entrepreneurs. NINPAA actively promotes (ELITE), Educate, Lead, Innovate, Transform and Empower (ELITE) to establish a constructive change to touch lives. As Florence Nightingale quotes "Rather, ten times, die in the surf, heralding the way to a new world, than stand idly on the shore." Let us continue our mission to be there for the hurting.

Beenu Karun, BHMS, DNP. APRN.

SECRETARY'S MESSAGE



Greetings!

I am honored to report that this year, National Indian Nurse Practitioner Association of America (NINPAA) celebrated NP week on November 23, 2019 at Sitar Palace, Orangeburg, New York. The theme of the day was "Nurse Practitioners: Shaping the Future of Health Care". This theme was selected to complement with NINPAA's vision. Prominent Professional leaders gave keynote speech and representatives of several professional organizations gave felicitations. Several politicians enriched the audience, celebrated this day with us and promised future support for Nurse Practitioners. The Keynote speech and the presentation on vaping was well received by the NP audience displaying their interest in health care policy advocacy. NINPAA gave scholarship award given to DNP student and provided recognition of NP Service awards as well as certificate of achievement to all new grad NPs. The day was enriched with Cultural activities and delicious lunch. I believe this special occasion provided the NPs an opportunity to celebrate their profession and a venue to express appreciation of the NP role. The day was indeed a very memorable day in the history of NINPAA.

NINPAA EXECUTIVE BOARD, COMMITTEE CHAIRS, EDITORIAL BOARD



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Joseph
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Large

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FNP (DE)
Director-at-
Large

Selin Jacob
FNP (NM)
Director-at-
large

Aliamma Samuel
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Professional
Development &
Education

Dr. Sheeba John
FNP (TX)
Co-chair Finance

Mariamma Dubey
FNP (NY)
Chair,
Nominations



VOLUNTEERING

Community Education on Benefits of walking:



Walking Day

Benefits of Walking

American Heart Association
My Heart. My Life.

Research shows that walking for just 30 minutes a day offers these benefits:

- Reduces the risk of coronary heart disease and stroke
- Lowers blood pressure
- Reduces high cholesterol
- Reduces body fat and helps control body weight
- Boosts mental well being
- Increases bone density, which helps to prevent osteoporosis
- Reduces the risk of diabetes
- Helps you fall asleep faster and sleep more soundly
- Increases muscle strength, increasing the ability to do other physical activities

Healthy Living *Healthy Living For All*



Making cloth masks and donated to the community.




Community Education - Dr. Maya Organized a Community CPR in Texas.



NINPAA: TELECONFERENCE ON COVID-19 MANAGEMENT AND PREVENTION ON 04/16/2020 @ 8.30 PM



 **National Indian Nurse Practitioners Association of America (NINPAA)**
Educational Teleconference - COVID-19 Management and Prevention

Dr. Saubha Prasad, DNP, APRN	Epidemiology and Viriology
Dr. Maya Upadhyay, DNP, APRN	Diagnosis and Management of COVID-19
Dr. Hema Karan, DNP, FNP	Psychosocial impact and its management
Dr. Vandana Singh, DNP, APRN	Stress Management Related to Corona
Dr. Shylu Resham, DNP, FNP	Preventive measures

Q&A, Discussion

April 16, 8.30 PM Eastern Time
Call In number 302-202-1102 Code-731890

Contact Information:

Executive Director Dr. Anu, PhD, DNP, FNP, APRN 302.202.1102	Executive Vice President Rajesh Patel, DNP, APRN 302.202.1102	CEO/President Shamir Khan, FNP 302.202.1102	Executive Director Dr. Anu, PhD, DNP, FNP, APRN 302.202.1102	Executive Director Dr. Anu, PhD, DNP, FNP, APRN 302.202.1102	Program President Lata Singh, PhD 302.202.1102
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Dr. Smitha Prasad, DNP, ANP

Dr. Maya Upadhyay, DNP, APRN, WHNP

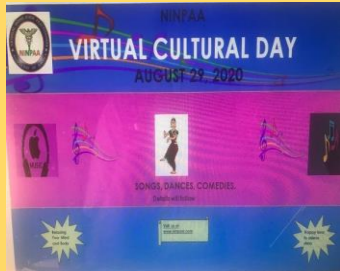
Dr. Beenu Karim, DNP, PMHNP

Dr. Varsha Singh, DNP, ANP

Dr. Shyla Roshin, DNP, FNP

NINPAA's CULTURAL DAY CELEBRATION

NINPAA's cultural day celebration a great success. It was a day of relaxation for many hardworking frontline workers and for those who celebrate Onam. The chief guest was honorable AK Vijaykrishnan, Consul of Community Affairs from Indian Consulate and the guest speaker was Tara Sajan, president INANY. Opening song by Jomon Mathew, songs by Esther Pottor, Leena Alapatt, Bobin Thomas and Rama Shaji, Dance by Vineetha Roy and comedy by Abigail Koshy. Everyone loved the program and many requested that we should have another day of cultural celebration.



CHARITY DONATIONS AND SUPPORT In India



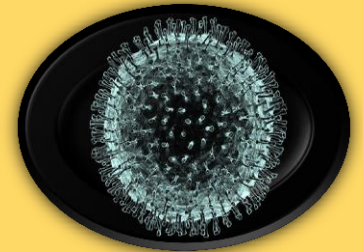
CHARITY DONATIONS AND SUPPORT IN USA





Psychological impact of Covid -19 and its management

**BEENU KARUN, BHMS, DNP, APRN,
Psychiatric APRN, PTSD/Anxiety Clinic,
Veterans' Health Administration, West Haven, CT.**



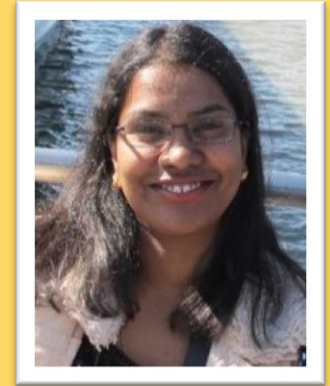
The ongoing COVID-19 pandemic and measures to combat the spread of the virus have significantly affected the mental health of individuals throughout the United States and the world. Many psychiatrists have quickly transitioned to using telehealth for patients to access mental health and substance use disorder treatment while keeping patients, clinicians, families, and communities safe through physical distancing and mitigating their impact. Health care workers experience more concerns about their personal health and their family, stigma from within their communities, and managing the distress of patients. There is a surge in staffing shortages from illness in health care workers, the need to care for sick relatives, or absence due to fear of contracting the illness. They have concerns about the adequacy of their personal protective equipment, which can be uncomfortable as well as restrict the ability to communicate and perform work tasks.

Patients with posttraumatic stress disorder (PTSD), and complex PTSD, can be triggered by COVID-19 fears especially shortness of breath, may compound anxiety and panic attacks that patients experience. Anxiety can lead to ignoring early symptoms of the virus or to confabulating symptoms, with or without secondary gain. Telehealth can worsen patient's paranoia and delusion about an evil government or an evil world. People with severe mental illness may have auditory hallucinations which can interfere with one's ability to communicate by telephone. Individuals with cognitive deficits may not understand the seriousness of the situation. Absence from work, healthcare costs, and financial burdens can result in socioeconomic distress. Covid-19 survivors will face stigmatization and rejection by neighbors, co-workers, friends, and even family members many studies document elevated suicide rates among medical professionals due to helplessness, hopelessness, Guilt, Survival guilt and Stress. Secondary consequences of social distancing may increase the risk of suicide due to loneliness, changes in economic, psychosocial, and health-associated risk factors. Family and friends remain isolated from individuals who are hospitalized, even when their deaths are imminent.

We can promote psychological wellbeing by Physical Distance and not Social Distance, Tele-Mental Health, Increase Access to Mental Health Care, Distance-Based Suicide Prevention and Media Reporting- guidelines. Encouraging Pulling-together effect- whereby individuals undergoing a shared experience might support one another, thus strengthening social connectedness by having more family time, interaction and healthy relationships. As health care professional we have to Stay informed, educate ourselves, correct misinformation, Limit media exposure, Anticipate and address stress reactions. We should Normalize, Validate, Empathize and Support our patients and each other. Practice Self-care and self-love and Honor your service - Be proud that we are here to make a difference.



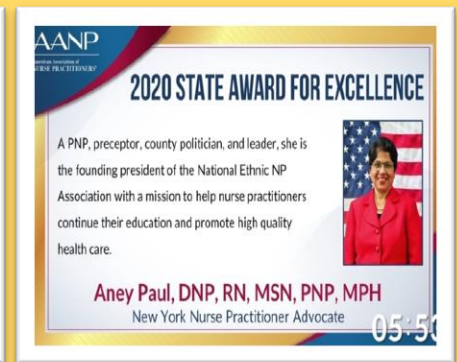
Covid-19 Care in a Nutshell: Blessy Varghese MS, ANP-C, CEN



Covid 19 is a global pandemic. The burden of deaths in US crossed 223 K and the number of cases crossed 8.5 million. Patients with co-morbidities are at higher risk for worse outcomes of the virus. The major issue with Covid 19 is the deficiency of definitive and particular treatments. Non serious presentations can be treated in outpatient settings and unwell patients requires hospitalizations for serious complications such as pneumonia, respiratory failure and acute respiratory distress Syndrome. Nonserious presentation can be treated as outpatient with instructions for self-isolation for 14 days. Also, instruct the patient to wear face mask and disinfect surfaces regularly. Additionally, instruct the patient to look out for deterioration and signs of gravity. Clinical management of unwell patients requires hospitalization for bilateral pneumonia, respiratory failure, thromboembolism, Covid encephalopathy, Chill blains and respiratory distress. Use of dexamethasone, anticoagulants and remdesivir found to be showing improvements in patients with Covid. In pediatric population, cases of Kawasaki Disease were noted in US and in Europe secondary to Covid infection. Measures includes measures which support the body against the consequences of the infection, and also fight the infection itself. Despite ACE2 being the receptor for SARS-COV-19, the recommendations include not stop ACE inhibitors or ARBs in patients who take them except in ATN. Also, it is recommended to continue statins in patients with HLD. It is also advised to avoid nebulized medications to avoid aerosolization. MDI of nebulized medications are advised. Patients with polymorphic ventricular tachycardia (torsades de pointes (Tdp) should have an immediate assessment of the symptoms, vital signs, and level of consciousness to determine if they are hemodynamically stable or unstable. Stable patients with Tdp can be become unstable rapidly without warning. Patient needs to be treated with IV magnesium sulfate along with correction of metabolic/electrolyte derangements and /or removal of any inciting medications. Continuous Monitoring and frequent reevaluations will prevent the harmful Tdp. Patients with multiple self-terminating episodes of tdp, should receive additional interventions to increase the heart rate, which include overdrive pacing and/or IV isoproterenol infusion. The management of other arrhythmias in the setting of Covid 19 infection is no different than from the routine management. Patients receiving QT-prolonging treatments needs to be closely observed when giving Zithromax. There are insufficient data thus far to know whether hydroxychloroquine or chloroquine has a role in treatment of COVID-19; In June 2020, the US FDA revoked its emergency use authorization for these agents in patients with severe COVID-19, noting that the known and potential benefits no longer outweighed the known and potential risks. Essential elements in the healthcare system in battling Covid 19 includes adequate Covid 19 tests, Adequate staff with appropriate training, adequate protection for staff and patients, adequate number of beds for the very unwell (ICU) and equipment (ventilators, etc.), adequate capacity to keep treating other medical problems because although attention is focused on Covid people don't stop getting sick for a variety of other reasons.

NP SPOTLIGHT

Dr. Aney Paul, DNP, RN, MSN, PNP, MPH Winner of AANP state award for excellence 2020 Rockland County Legislator 3rd term



This Nurse Practitioner (NP) always try to make a positive impact on the profession through excellence in clinical practice. She helps with advancement and promotion of the profession through involvement in professional associations, political involvement and community service. She has been a speaker locally, nationally and internationally on various health topics. She volunteers locally, nationally and internationally. She volunteered to go to Haiti for a week for medical mission with Haitian Nurses. She has received numerous professional awards and leadership awards. She continually advances her own personal knowledge and exemplifies what it means to be a lifelong learner.

She took leadership in establishing the association of NINPAA an ethnic NP association and she is the current president of this organization. Through this organization, she helps nurses and nurse practitioners to continue education and promote high quality health care. Dr. Paul got elected as a County Legislator, first Ethnic Nurse from her country to be a County Legislator and she is on her third term as the legislator. As a legislator, she had sponsored and supported many resolutions related to health. She has a passion towards community's health and she works tirelessly for the benefit of the community through many activities. As a CPR instructor she organizes Family and Friends CPR in the churches and community centers which helps to save lives. She volunteered in Haiti and she is active in community education on Covid-19 and she spreads the word on how to prevent COVID infection through radio presentations mainly for underserved residents of the county.

She worked in many capacities, as a Nurse Practitioner, an Educator, a politician, and a Leader. She is working as a Pediatric Nurse Practitioner at a private clinic, an Adjunct Professor at a local College and Vice Chair of the County Legislature.

NP SPOTLIGHT

Dr. Vishnu Maya Upadhyay, DNP, APRN, Appointed as health advisor to the Mayor of Mesquite 2020 and the Preceptor of the year.



Dr. Vishnu Maya Upadhyay, DNP, APRN, is a dual certified Family and Women's Health Nurse Practitioner. She has been practicing as a nurse practitioner since 2000. Currently, she owns and operates a family practice clinic in Mesquite, TX.

Dr. Upadhyay graduated with her BSN from Raj Kamari Amrit Kaur College in New Delhi, India. After immigrating to America, she received certification in Women's Health Nurse Practitioner and Family Nurse Practitioner from UT Southwestern and Texas Woman's University respectively in 2000 and 2008. She completed her DNP in 2017 with a distinct honor from Chamberlain University. She has authored two professional paper entitled: "Assessment of Grief After Miscarriage Using Perinatal Bereavement Scale for Advanced Nurse Practitioners" and "Screening Tool for Depression in Primary Care for Young Adults".

She has assigned the role of online faculty to precept NP students from numerous universities. She offers clinical training to registered nurses, nurse practitioner students, pre-physician assistant, pre-medical students, and Medical assistant students at her clinic. Dr. Upadhyay has been very active in her community. She was appointed as health advisor to the Mayor of Mesquite this year. She is also an executive member and Women Empowerment coordinator of USA-Nepal Community Outreach Network, a US-based non-profit organization. She also holds a position of a director at the Nepalese American Chamber of Commerce. She has participated in several community service events, holds free health fairs, setting up blood drives, and health education lectures to various organizations. She was able to organize two colposcopy machines to be sent to Nepal to get screening and diagnostic treatment for underserved women in rural areas of Nepal in 2018. She firmly believes in "you are never too old to stop learning." She does not hesitate to receive education on anything. She has been admirable for her never-ending desire to learn. She can inspire others around her with her constant enthusiasm and passion for health,

wellness, and women empowerment. Her passion is to promote preventive care and raise awareness and wellness. Dr. Upadhyay lives in Sunnyvale, Texas, with her supportive husband and three

NP SPOTLIGHT

JESSIN VARGHESE, MS, FNP-BC WAS IN THE SPOTLIGHT UMASS MEMORIAL INPATIENT DIABETES NURSE PRACTITIONER, 2020



Jessin earned her BS in neuroscience from Stonehill College, followed by a BSN and MSN degree in Nursing from University of Massachusetts Medical School. Jessin enjoys educating and helping people living with diabetes, with a goal of motivating them to take action and control their blood sugars to live a long and healthy life. She has been working as a nurse practitioner at the UMass Diabetes Center of Excellence since 2015. Jessin is a member of the Inpatient Blood Glucose Management care team, who works with patients living with diabetes while they're being treated at UMass Memorial hospitals.

Jessin responds Why Diabetes

The South Asian community has a high rate of type 2 diabetes (T2D) due in part to genetics, as well as a sedentary lifestyle and dietary changes after relocating to the United States. Jessin enjoys putting her neuroscience education to use helping people through a holistic mind and body approach by making lifestyle modifications to improve their health. “We create treatment plans specific to each individual, and tailor it to fit their lifestyle to ensure they’ll follow through and remain compliant.” As an inpatient NP, I have their undivided attention an opportunity to motivate people to intervene and change their lives. Many people underestimate the serious consequences of uncontrolled blood sugars until it affects them personally. As an outpatient NP, I update and discuss with the patient the diabetic self-management strategies, including cost effective treatment plans that have been proven to be successful.

Jessin’s Typical Day

After reviewing the charts of the newly admitted patients living with diabetes of her assigned patients, Jessin makes the rounds to meet them all. She then provides recommendations to the primary care team about medication modifications while in the hospital. In addition to advising the hospital care team, she also educates the patient and their families about how best to self-manage their blood sugars after returning home. Jessin is also involved in many quality improvement projects in the hospital as well as developing education materials. She believes that “the person living with diabetes is the most important member of their own care team. They must feel empowered to manage properly their blood glucose each day when they return home” She goes above and beyond to achieve this goal for her patients.



NP SPOTLIGHT

DR. VARSHA SINGH, DNP, APN

Dr. Varsha Singh is a neuroscience nurse practitioner working at St. Joseph's Health New Jersey and is serving as Director at Large for ANA. She has earned her doctoral degree from Bombay university and Seton Hall University. She has expertise in occupational health, worker's compensation administration and infectious diseases. Dr. Singh believes that for nurses' scope of practice 'sky is not the limit'. Today there are many diverse platforms available for nursing professionals to navigate the care of the patients. She has assumed many leadership positions, primarily as president of AAIN-NJ2, NJSNA Region 3 and NJ Stroke Coordinators consortium; she has motivated many nursing professionals. Finally, she is the first Indian nurse to be serving as a Director at large on ANA BOAD which serves 4 million nurses in United States. She is now appointed on the communication group on International Council of Nurses NP/APN group. She is a member of Stroke Advisory Panel for NJ Dept of health and serving on membership committee of World Stroke Organization. Recently appointed on Jonas Scholars Alumni Council & she is also accepted as a Fellow for NYAM (New York Academy of Medicine) For South Asian community related work, she is advisor on SATHI (South Asian Total Health Initiatives) and SSAI (Sigh Saving Academy of India). Dr. Singh is the recipient of many prestigious awards such as March of Dimes nurse of the year, AANP New Jersey State Clinical Excellence Award. In past two years Dr. Varsha Singh is dedicating her time in developing the strategies for self-care for healthcare providers. A certified yoga teacher from American Yoga Academy and currently pursuing functional medicine certification, she believes that lifestyle changes and modifications are keys to a good healthy mind and body. She combines her clinical expertise with the integrative medicine approach.

November 2020 Fellow NYAM

April 2020 GOPIO Community Service Award

Dec 2018 Sarah Eriksson Medal-Graduating DNP award Seton Hall University

2018 AANP State Clinical Excellence Award New Jersey

November 18,2016 FNAP NJ APN Excellence NANCY FONTANA Scholarship Award

November 16, 2015 March of the Dimes –Nurse of the Year Award –Advanced practice

June 2014 Jonas Scholar- Seton Hall University.

Dec 2012 Elizabeth Seton Young Alumni Award – by Seton Hall University

June 2012 Finalist- 2012 NJ- BIZ Healthcare Heroes award.

Sept 2008 Nominee-Nursing Excellence Award –New Jersey. National Association of Indian Nurses in America (NAINA)

May 2005 Alumni Award from Trinitas School of nursing.

April 2005 New Jersey State award for Union County College.

All American Academic Team –2005 (USA- Today & Phi Theta Kappa).



NINPAA CONGRATULATES GRADUATES



Dr. Geetha Ajay, DNP, FNP



Dr. Smitha Prasad, DNP, ANP



Dr. Gracy Mani Mani, DNP, FNP



Dr. Esther Pottoore, DNP, FNP



Dr. Reena Sabu, AGNP



Manju Alias FNP

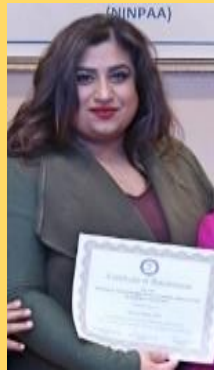


Anssa Shaji FNP

NETWORKING TO MAKE A CHANGE



NP WEEK CELEBRATION 2019





SCHOLARSHIPS OFFERED BY NINPAA

NINPAA congratulates Hon .Dr. Aney Paul for Third term winner as a County Legislator





NINPAA Congratulates to our members who started their Own Practice,



Pioneer Healthcare Clinic Family Medicine Practice



Best Family Practice



Voluntary work- Diabetes Education in Boston



2020 Year of the Nurse - NINPAA members

