



National Association of Indian Nurses of America

# NAINA'S 5TH Clinical Excellence and Leadership Conference

## ENGAGE, EDUCATE, EMPOWER:

Advancing Nursing Excellence through  
Practice, Leadership, and Innovation



SEPTEMBER 19<sup>TH</sup> - 20<sup>TH</sup>, 2025

Sheraton Valley Forge  
480 N Gulph Rd, King of Prussia,  
Pennsylvania, 19406

Hosted by



Pennsylvania Indian  
American Nurses  
Organization

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# Pre-conference Sessions

## Day 1 - Sept 19<sup>th</sup> 2025



**Time**

**Pre Conference Session I**  
**Room:**

**9:00 - 12:00 PM**

**Grant Writing Workshop**  
**Dr. Vinciya Pandian & Dr Lydia Albuquerque**  
**Dr. Nitha Mathew Joseph & Dr. Jessica Varghese**  
*Attendees will earn 3 Contact Hours by completing this activity*

**Time**

**Pre Conference Session II**  
**Room: Grand Ball Room**

**9:00 - 11:30 AM**

**Clinical Skills Workshop**  
**Sessions include:**

- **Suturing Skills**
- **ABG Analysis**
- **Wound Care**
- **12 Lead EKG**
- **IV Skills**



# Conference Schedule

## Day 1 - Sept 19<sup>th</sup> 2025



Time	Event	Details (Room: Grand Ballroom)
1:00 - 1:08 PM	Welcome Remarks Conference Conveners	Tara Shajan MSN, RN, MBA, PMH-BC Bindu Abraham BSN, RN Binu Shajimon DNP, MSN, AGACNP-BC, FNP-BC, ANP-BC, AACC
1:08 - 1:12 PM	Inaugural Address	Umamaheswari Venugopal MSN, RN, NEA-BC, CCRN NAINA President
1:13 - 1:15 PM	ANCC Statement and Disclosures	Sukhbinder Sangha DNP, RN, NPD-BC, CMSRN ANCC Provider-Program Director Manju Samuel DNP, MSN Ed., RN Professional Development Chair
1:15 - 2:00 PM	Disrupt, Lead, Heal: The Nurse Leader's Role in Reimagining Healthcare Keynote Session	Claire Mooney DNP, MBA, MASN, RN, NEA-BC Central Region Chief Nursing Officer Thomas Jefferson University Hospital
2:00 - 2:45 PM	Advancing Nursing Excellence through Practice, Leadership, and Innovation Plenary Session	Chaudron Carter Short PhD, EdD, RN, NEA-BC Chief Nursing Executive & Executive VP, Patient Care Services Temple University Hospital Services
2:45 - 3:30 PM	From the Nurses' Station to the Hill: How Nurses Can Shape Policy and Turn Bills into Law Plenary Session	Simit H. Pandya, MPS Director, Congressional & Grassroots Advocacy American Nurses Association
3:30 - 4:00 PM	Break/ Networking/ Vendor/Sponsor Exhibits	
4:00 - 4:45 PM	The Silent Strengths - The Heart of Leadership: Building Impactful Nurse Leaders by Mastering Human Connectedness Panel Discussion	<b>Panelists:</b> Jincy Anthony DNP, MSN, MBA-HCS Umamaheswari Venugopal MSN, RN, NEA-BC, CCRN Shyla Roshin DNP, RN, CNS, ANP, NP-C Simi Jesto Joseph PhD, DNP, RN, APRN, ANP-C, NEA-BC, FNAP Aney Abraham DNP, RN, NE-BC
4:00 - 4:45 PM	Networking With Intention: Elevate your Impact through Connections	Liffy Cherian MSN, APRN, AGCNS-BC, OCN
4:45 - 5:45 PM	NAINA Business Meeting	NAINA General Body
5:45 - 6:15 PM	Poster Session	Dr. Sukhbinder Sangha & Dr. Manju Samuel
6:15 - 7:30 PM	Networking Dinner	

# NAINA BUSINESS MEETING



4:45 - 5:45 PM



SEPT 19, 2025



GRAND BALLROOM

Join NAINA for our Business Meeting as we connect, collaborate, and chart the path forward together. Your voice matters—be part of the conversation!



UMAMAHESWARI VENUGOPAL  
PRESIDENT



LIFFY CHERIAN  
EXECUTIVE VP



TARA SAJAN  
VICE PRESIDENT



MUNIRA WELLS  
SECRETARY

# Poster Session

## Day 1 - Sept 19<sup>th</sup> 2025



### Poster Topic

### Presenter

**Silencing the Spray: Infection Prevention Strategies Post-Legionella Remediation in Long-Term Care**

**Dr. Soma Samuel**

**Reducing Femoral Central Line Use to Prevent CLABSI in Hospitalized Adults**

**Geena Arackal**

**Implementation of Post-Discharge Phone Calls to Reduce 30-Day Readmission Rates After Cardiac Surgery: A Quality Improvement Project**

**Dr. Leena Joseph**

**A Cross-sectional Study to Explore Healthcare Providers Wellness: Current Challenges & Gut Health**

**Dr. Simi Jesto Joseph**

**Reimagining Pedagogy: Anonymous Peer Review as a Catalyst for Engagement, Reflection, and Collective Learning**

**Dr. Maya Joseph  
Umamaheswari Venugopal**

**Mental Health Challenges Among Indian American Adolescents: Navigating Bicultural Identity and Stigma**

**Dr. Gloria John**

**High-Fidelity Manikin or Standardized Patient to Teach Cultural Concepts to Nursing Students**

**Dr. Aisha Chahal**

**Implications of Case Management Leadership in Health Care**

**Biju Ittan**

**Ensure Tree Equity for Health Equity in Every Community**

**Anto Ayinikal Paul**

**Factors Influencing Dementia Treatment-Seeking Behavior Among Asian Indian Americans**

**Dr. Anju Wadhawan**

**A Silent Collision and the Race for Combined Therapies: Bridging Gaps in the Management of MASLD and OSA**

**Vyshnavi Pande**



# Conference Schedule

## Day 2 - Sept 20<sup>th</sup> 2025



Time	Event	Details (Room: Grand Ballroom)
7:00 - 12:00PM	Registration	
8:00-8:05 AM	Welcome Remarks Conference Conveners	Tara Shajan MSN, RN, MBA, PMH-BC Bindu Abraham BSN, RN Binu Shajimon DNP, MSN, AGACNP-BC, FNP-BC, ANP-BC, AACC
8:05 -8:10 AM	Inaugural Address	Umamaheswari Venugopal MSN, RN, NEA-BC, CCRN NAINA President
8:10 -8:15 AM	ANCC Statement and Disclosure	Sukhbinder Sangha DNP, RN, NPD-BC, CMSRN ANCC Provider-Program Director Manju Samuel DNP, MSN Ed, RN Professional Development Chair
8:15- 9:00 AM	Fearlessly Moving Forward: Turning Vision into Action Keynote Session	Katie Boston-Leary PhD, MBA, MHA, RN, NEA-BC, FADLN, FAONL Senior Vice President of Equity and Engagement American Nurses Association (ANA)
9:00 -9:30 AM	Blueprints of a Trailblazer: Clinical Mastery, Policy Influence, and the FAANP Journey Plenary Session	Maria Molina DNP, AGACNP-BC, CSSGB Senior Heart Transplant Nurse Practitioner Hospital of the University of Pennsylvania
9:30-10:00AM	Empowering career mobility and care model evolution through knowledge, innovation and partnerships Plenary Session	Rodrigo Gouveia LLM, MPA Chief Global Affairs Officer TruMerit
10:00 -10:30AM	Break/ Networking/ Vendor/Sponsor Exhibits	
10:30 -11:15AM	Transformative Power of Advanced Practice Providers: Leading the Future of Healthcare. Panel Discussion	<b>Panelists:</b> Binu Shajimon DNP, MSN, AGACNP-BC, FNP-BC, ANP-BC, AACC Lydia Albuquerque DNP, ACNP-BC, CCRN, FNAP, FAAN Liffy Cherian MSN, APRN, AGCNS-BC, OCN Grace Samuel DNP, FNP-C, APRN Jackie Michael PhD, APRN, WHNP-BC, PMHNP-BC
11:15 -12:00 AM	Next-Generation Valve Surgery: Innovations Transforming Patient Outcomes Dr. Alexandra Tuluca MD Clinical Session	Mental Health and Substance Abuse Prevention Program for South Asian Indians Panel Discussion <b>Panelists:</b> Rani Kappen DNP, MBA, RN, CPHQ Gins Thachil DNP, RN Anne Luckose PhD, FPA-APRN, ANP-C, FNAP Nimmy Tom MSN, APRN, FNP-BC
12:00 -1:00 PM	Lunch /Networking/ Vendor/Sponsor Exhibits	



# Breakout Sessions

## Day 2 - Sept 20<sup>th</sup> 2025



Time	Clinical Practice & Innovation/Advanced Practice Room - Ardmore	Leadership & Education Room - Haverford	Research & Evidence-Based Practice Room -Berwyn
1:00 - 1:30 PM	<p>Enhancing Nursing Practice through Nursing Grand Rounds: A Catalyst for Evidence-Based Care <b>Dr. Esther Devadoss</b></p>	<p>Expert Clinician to Novice Entrepreneur <b>Dr. Jiji Varghese</b></p>	<p>Validation of the Affiliate Stigma Scale for Asian Indian American Dementia Family Caregivers <b>Dr. Anju Wadhawan</b></p>
1:35 - 2:05 PM	<p>Artificial Intelligence Foundations for Nurses: From Basics to the Bedside <b>Dr. Bilja Sajith</b></p>	<p>Improving ICU Nurses' Suctioning Competency Through Structured Education: A Quasi-Experiment Study <b>Manizhe Amir Mohammadi</b></p>	<p>Enhancing Resilience in addressing lateral violence among nurses through the practice of Cognitive Rehearsal and DESC intervention <b>Dr. Minu Shibu</b></p>
2:10-2:40 PM	<p>Empowering Patients in Fall Prevention: Enhancing Adherence through Self-Assessment <b>Dr. Renimol Philip</b></p>	<p>A Comparative Study of Message Design and Audience Engagement on Infection Prevention and Control Across Social Media Platforms <b>Dr. Anne Luckose, Dr. Nisha Mathews &amp; Dr. Lydia Albuquerque</b></p>	<p>Vegetable Gardening as a Therapeutic Intervention for Stress Reduction in Nurses and Community Members <b>Dr. Pressanna Parackal</b></p>
2:45 - 3:15 PM	<p>Empowering ICU Nursing: Standardizing SAT/SBT to Advance Practice, Leadership, and Innovation in Patient Liberation <b>Dr. Manjula Das</b></p>	<p>Global Surgery and Nursing Interest, Participation and Barriers: A Cross-Sectional Survey <b>Elizabeth Khvatova</b></p>	<p>Preprocedural Anxiety in Patients Awaiting Invasive Cardiac Interventions in an Outpatient Setting <b>Dr. Binu Shajimon</b></p>
3:20 - 3:50 PM	<p>Reducing 30-Day Readmissions in Patients with Alcohol Use Disorder <b>Dr. Laveena Meriga</b></p>	<p>A Phenomenological study on living with heart failure as a middle -aged person in the United States of America <b>Dr. Preethy Mathew</b></p>	<p>Innovative Diabetes Care: A Nursing-Led Text Messaging Program to Enhance Glycemic Outcomes <b>Dr. Grace Samuel</b></p>
3:50- 4:00 PM	<p>Closing Remarks Grand Ballroom</p>	<p>Liffy Cherian MSN, APRN, AGCNS-BC, OCN NAINA Executive Vice President</p>	



JOIN US

**NAINA'S**  
**GALA NIGHT & DAISY AWARDS**  
**CELEBRATION**

**ON SEPTEMBER 20TH**

**6:30–  
10:00PM**

**THE SHERATON  
GRAND BALLROOM**

Join us for an unforgettable evening of  
elegance, recognition, and inspiration.  
Here's to honoring excellence and the  
bright future ahead!



Contact us at:  
[nainaconferences@gmail.com](mailto:nainaconferences@gmail.com)  
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