

National Association of Indian Nurses of America **10 TH BIENNIAL CONFERENCE**



The Power of Nursing: Leading the Future of Care Through Excellence, Resilience and Innovation

**UP TO
15.25
CONTACT
HRS**



Hosted by
Indian American Nurses Association of North Texas

Join us for 2.5 days of networking,
learning, and empowerment as we
celebrate our 20th Anniversary!

OCTOBER 1-3, 2026



Four Points by Sheraton
DFW Airport North
1580 Point West Blvd Coppell
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For More Information
<https://biennial.nainausa.org/home>





FROM THE DESK OF PRESIDENT

Welcome to NAINA's 10th Biennial Conference and 20th Anniversary Celebration

Greetings from the National Association of Indian Nurses of America (NAINA)!

It is with great pride and excitement that I invite you to join us for NAINA's 10th Biennial Conference, to be held October 1-3, 2026, in Dallas. Hosted by the Indian American Nurses Association of North Texas (IANANT), this milestone gathering marks a significant moment in our shared journey of advancing nursing excellence.

Guided by our theme, *"The Power of Nursing: Leading the Future through Excellence, Resilience, and Innovation,"* this conference will bring together a dynamic community of over 300 nurses and healthcare leaders, from clinicians and advanced practice providers to educators, researchers, and innovators from across the nation and beyond.

This biennial is more than a conference, it is a platform for inspiration, collaboration, and transformation. Attendees will benefit from:

- Visionary keynote speakers and expert-led panels
- Interactive workshops and skill-building sessions
- Dedicated tracks in Clinical Practice, Leadership, and Research
- Meaningful networking with national nursing leaders

Whether you are a current member, a prospective member, or a valued partner, I warmly invite you to be part of this enriching experience. Your participation strengthens our collective voice and advances our mission to promote leadership, education, innovation, and health equity in nursing. For our partners and sponsors, this event offers a unique opportunity to engage with a highly motivated healthcare audience, elevate your visibility, and contribute to initiatives that shape the future of our profession. Together, let us celebrate our achievements, inspire one another, and lead the future of nursing with purpose and passion.

We look forward to welcoming you to Dallas!

Sincerely,

Uma Venugopal

Umamaheswari Venugopal, MSN, RN, NEA-BC, CCRN
10th National President 2025-2026
National Association of Indian Nurses of America (NAINA)
President@nainausa.org

Mobile: 609-937-5987

ENGAGE, EDUCATE, EMPOWER





Conference Overview

NAINA's 10th Biennial Conference

The Power of Nursing: Leading the Future through Excellence, Resilience, and Innovation

Join a powerful gathering of visionaries, leaders, and change-makers in nursing.

This is more than a conference—it is where purpose meets innovation and great minds come together to inspire, collaborate, and lead the future of healthcare. Engage with nationally recognized leaders, connect with peers across diverse specialties, and be part of meaningful conversations that drive excellence in practice, education, and research.

Objectives :

- **Discover emerging trends and innovations shaping the future of nursing**
- **Gain practical, evidence-based strategies to enhance patient care and outcomes**
- **Strengthen your leadership skills to thrive in complex healthcare environments**
- **Engage in impactful discussions on policy, advocacy, and system transformation**
- **Experience powerful networking opportunities with professionals who share your passion and vision**

Be Inspired. Be Empowered. Be the Future of Nursing

Continuing Education Hours (CE) :



The National Association of Indian Nurses of America is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

**Attendees may earn up to 15.25 Contact Hours
by completing this activity**



NAINA'S 10TH BIENNIAL CONFERENCE



Featured *Speakers*

Speaker



Dr. Kenya Beard

EDD, AGACNP, FNYAM, ANEF,
FAAN, FADLN

is a nationally recognized scholar whose work shapes nursing leadership, healthcare policy, and the ethical use of artificial intelligence (AI).

Speaker



Lee Mathew

MSN, MBA, NEA-BC

is a dynamic healthcare executive whose interests lie in transforming operations, advancing value-based care models, and driving sustainable strategic growth in healthcare delivery.

Speaker



Virginia Lynch

D. Litt. (hon), MSN, RN, FCNS,
DF-IAFN, DF-AAFS, FAAN,
DF-AFN

is recognized as the preeminent scholar and founder of forensic nursing as a scientific discipline. Her expertise is sought globally, taking her to more than 30 countries, including India.

NAINA's 10th Biennial Conference



Theme: The Power of Nursing

**Leading the Future through
Excellence, Resilience, and Innovation**

Why Should You **attend?**



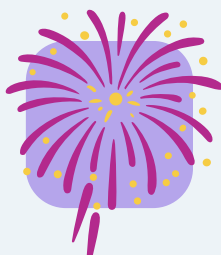
Speakers

Inspirational, knowledgeable and exciting presenters



Networking

Meet like-minded nurses from across the nation



Celebration

It's NAINA's 20th Anniversary! Come celebrate this momentous occasion with us

Contact Us



Phone

+1 413-NAINARN
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Website

<https://biennial.nainausa.org/home>



Conference Registration



1

Full Conference

Includes Networking and Gala Night

Members: \$350.00

Non-members: \$450.00

EARLY

Deadline: May 31, 2026

2

Full Conference

Includes Networking and Gala Night

Members: \$400.00

Non-members: \$500.00

Nurses: \$250.00

Undergraduate Non-RN Students: \$200.00

REGULAR

June 1 - Jul 31 2026

3

Conference: One day only

Includes Networking OR Gala Night

Members: \$300.00

Non-members: \$350.00

Retired Nurses: \$150.00

REGULAR

June 1 - Jul 31 2026

4

Full Conference

Includes Networking and Gala Night

Members: \$475.00

Non-members: \$500.00

Retired Nurses: \$350.00

Undergraduate Non-RN Students: \$350.00

LATE

Aug 1 - Aug 31, 2026

5

Conference: One day only

Includes Networking OR Gala Night

Members: \$375.00

Non-members: \$500.00

Retired Nurses: \$200.00

Undergraduate Non-RN Students: \$200.00

LATE

Aug 1 - Aug 31, 2026

6

Guest (Non-conference attendee): \$200.00

Friday & Saturday - All day food includes Networking Night & Gala Night.

7

Guest - Gala night only: \$100.00

Gala night for family and friends only (Non-RN Attendees)





Pre-conference Sessions

Day 1 - October 1, 2026



12:00 - 1:00 PM	Registration
1:00 - 2:30 PM	Pre-Conference Concurrent Session 1A: Wellness
	Micro-Habits, Macro Impact: Moving from Crisis Management to Flourishing Rajitha Bommakanti, BSN, RN, NBC-HWC
1:00 - 2:30 PM	Pre-Conference Concurrent Session 1B: Artificial Intelligence
	Artificial Intelligence in Healthcare Workshop Halli Carr, DNP, APRN, ACNP-BC, CNE
3:00 - 4:00 PM	Artificial Intelligence Powered Video Solutions for Nurse Well-Being and Resilience Dr. Dileep Raman



Conference Schedule

Day 2 - October 2, 2026



Time	Event	Details
7:00 - 8:00 AM	Breakfast	
8:00 - 8:08 AM	Welcome Remarks	Liffy Cherian, MSN, APRN, AGCNS-BC, OCN Angel Jyothi, MSN, RNC-NIC Mahesh Pillai, DNP, MSN, APRN, NP-C Conference Conveners
8:09 - 8:12 AM	Inaugural Address	Umamaheswari Venugopal, MSN, RN, NEA-BC, CCRN NAINA President
8:13 - 8:15 AM	ANCC Statement and Disclosures	Grace Samuel, DNP, FNP-C, WCC, APNC ANCC Accredited Provider-Program Director
8:15 - 9:00 AM	Keynote Session Beyond Algorithms: Why AI Can't Replace the Power of Nursing	Kenya Beard, EdD, AGACNP, FNYAM, ANEF, FAAN, FADLN President, K Beard & Associates, LLC
9:00 - 10:00 AM	Concurrent Session A: Panel Discussion The Power of Nursing: Leading the Shift Toward Planetary Health in Nursing Practice Panelists: Munira Wells, PhD, RN, APN, PMHNP-BC Jessica Varghese, PhD, RN, FADLN Anto Paul, BSN, RN-BC, MS/MPH Pressanna Parackal, DNP, RN, CCRN, CNRN, RN, CRRN	Concurrent Session B: Panel Discussion An Ongoing Study on Impact of a Leadership Skill-Building Bootcamp on Nurses using a Mixed Methods Approach Panelists: Lakshmi Nair, PhD, APRN, PMHNP-BC Sun Jones DNP, APRN, FNP-BC, FAANP Nisha Mathews, PhD, RN, PNAP Maya Joseph, PhD, RN, CCRN, PNAP
10:00 - 10:30 AM	Break/ Networking/ Vendor/Sponsor Exhibits	
1030 - 11:15 AM	Plenary Session The Science of ForensicNursing	Virginia Lynch D. Litt. (hon), MSN, RN, FCNS, DF-IAFN, DF-AAFS, FAAN, DF-AFN
11:15 - 12:00 PM	Concurrent Sessions	
12:00 - 1:00 PM	Lunch /Networking/ Vendor/Sponsor Exhibits	
1:00 - 4:00 PM	Concurrent Sessions	
4:15 - 5:00 PM	Business Meeting	
5:00 - 7:00 PM	Networking Dinner	



Concurrent Sessions

Day 2 - October 2, 2026



Time	Clinical Practice & Innovation/Advanced Practice	Leadership & Education	Research & Evidence-Based Practice
11:15 - 12:00 PM	Psychotropic Medication Management in Primary Care: Best Practices for APRNs Suryamol Chacko, DNP, PMHNP, FNP	Beyond the Binary: Nurse Leadership in Navigating Legislative Barriers and Advancing LGBTQIA+ Health Equity Fatima Arastu, DNP, MBA, RN, NEA-BC, CNE®	Postmenopausal Obesity: A Culturally adapted, Family-Centered intervention Maya Aji, MSN, APRN, FNP-BC
12:00 - 1:00 PM	Lunch /Networking/ Vendor/Sponsor Exhibits		
1:00 - 1:45 PM	Urinary Incontinence in Women: Evaluation and Management Jaisy Sonny, DNP, APRN, FNP-BC	Clinical Judgment Skills Among Nontraditional Prelicensure Nursing Students and Gamification Strategies Jiji Varughese, DNP, MSN-Ed, RN	The Brilliancy of Creating an Authentic Connection Janet Sohal, DNP, RN, NEA-BC
1:45 - 2:30 PM	Adrenal insufficiency in primary care patients as well as oncologic population Benzy John, MSN, FNP-C	Mobile Application-Based Education vs. Booklet-Based Education on Anticoagulation Compliance in CVT Stroke Patients: An RCT Gopichandran Lakshmanan, Ph.D, FCRMEBM(AHMS)	Balancing the Scale: Tackling Weight Gain from Second-Generation Antipsychotics in Psychiatric Care Melita Saldanha, BSN, RN
2:30 - 3:15 PM	Insulin Resistance and Type 2 Diabetes: What You Need to Know Dency Joseph, MSN, APRN, AGACNP-BC, BC-ADM	Understanding Artificial Intelligence in Nursing Practice: A Leadership Framework for Safe and Ethical Integration Pheba Thomas, BSN, RN	National Blueprint for Infection Control in U.S. Nursing Homes: From Policy To Practice Sagar Patel, MSN, FNP-BC, MS, BSN-RN
3:15 - 4:00 PM	Breast Health, Current Innovations and Nursing Practice Premilla Mendonca, MSN, APN-C	Sustaining a Robust Leadership Pipeline Through Emerging Nurse Leader Program Usha Cherian, DNP, RN, CCRN, NEA-BC	Implementation of the Jackson/Cubbin Scale to Reduce the Incidence of Hospital-Acquired Pressure Injuries: A Quality Improvement Project Lisa Augustine, DNP, MBA, RN



NAINA

BUSINESS MEETING

Join NAINA's General Body Session

4:15 - 5:00 PM CST



OCT 2, 2026



**UMAMAHESWARI VENUGOPAL
PRESIDENT**



**LIFFY CHERIAN
EXECUTIVE VP**



**TARA SAJJAN
VICE PRESIDENT**



**MUNIRA WELLS
SECRETARY**



**SHEELA SAJJAN
TREASURER**



Conference Schedule

Day 3 - October 3, 2026



Time	Event	Details
7:00 - 12:00 PM	Registration	
8:00 - 8:05 AM	Welcome Remarks	Liffy Cherian, MSN, APRN, AGCNS-BC, OCN Angel Jyothi, MSN, RNC-NIC Mahesh Pillai, DNP, MSN, APRN, NP-C Conference Conveners
8:05 - 8:10 AM	ANCC Statement and Disclosure	Grace Samuel, DNP, FNP-C, WCC, APNC ANCC Accredited Provider-Program Director (APPD)
8:10 - 9:00 AM	Keynote Session The Future is Nurse-Led: Driving Excellence, Innovation, and Transformational Care	Lee Mathew, MSN, MBA, NEA-BC
9:00 - 9:45 AM	Concurrent Session: Clinical Practice & Innovation/Advanced Practice Love Your Heart, Lose the Weight: Preserve Cardio-metabolic Health Nisha Jacob, DNP, MBA, FNP-C, AGACNP-BC, CDCES	Concurrent Session: Leadership & Education AI-READY Framework for Ethical and Sustainable AI Integration in Nursing Education Geetha Kada, Ph.D., MSN, MA, RN, CNE Concurrent Session: Research & Evidence- Based Practice Understanding How Asian Indian Families Navigate Memory Loss and Care Options Anju Wadhawan, MSN, MHA, MA, RN
9:45 - 10:15 AM	Break/ Networking/ Vendor/Sponsor Exhibits	
10:15 - 11:00 AM	Concurrent Session: Clinical Practice & Innovation/Advanced Practice From Missing to Measured: Strengthening Glycemic Monitoring with a Nursing-Led Population Health Model Mamta Thapar, MSN, RN, CNL	Concurrent Session: Leadership & Education An Autoethnography of the Mentoring Experiences of BIPOC Nurse Faculty Nisha Mathews, PhD, RN Concurrent Session: Research & Evidence- Based Practice Nurse Practitioner Led Non-Stimulant Psychiatric Care Model Addressing the Amphetamine Misuse Crisis Jacqueline Michael, PhD, APRN, WHNP-BC PMHNP-BC, FAAN, FNAP
11:00 - 12:00 PM	Networking Session	
12:00 - 1:00 PM	Lunch /Networking/ Vendor/Sponsor Exhibits	
1:00 - 4:00 PM	Concurrent Sessions	
4:00 - 4:30 PM	Poster Session	
6:00 - 10:00 PM	20 th Anniversary Gala Dinner	



Concurrent Sessions

Day 3 - October 3, 2026



Time	Clinical Practice & Innovation/Advanced Practice	Leadership & Education	Research & Evidence-Based Practice
1:00 - 1:45 PM	Virtual Multidisciplinary Rounds: Bridging Inpatient and Outpatient Teams to Transform Care Transitions Sandip Sall, DNP, NP-BC	Your ZIP Code Is Your Health Destiny: Social Determinants of Health Among South Asians in the United States from Crib to Coffin Anto Paul, BSN, RN-BC, MS/MPH	Nurse-Led Innovation in Chronic Disease Management: Integrating Remote Patient Monitoring (RPM) and Chronic Care Management (CCM) to Advance Health Equity Lydia Albuquerque, DNP, RN, ACNP-BC, CCRN, FAAN, FADNL, FNAP
1:45 - 2:30 PM	Don't Miss the Breath: Early Detection of ILD in Connective Tissue Diseases Neena Mathew, MSN, FNP-C	Elevating Safety from a Distance: Integrating Safer, Smarter Care Gins Thachil, DNP, RN	Exploring the Lived Experiences of Pain Management Among People of Indian Descent Navneet Bhangu, DNP, FNP-BC, AP-PMN, ONC, CADC
2:30 - 3:15 PM	Interprofessional Collaboration in Fast-Paced Primary Care: A Scalable NP-Led Model to Improve Preventive Screening Elizabeth Reddiar, DNP, APRN, AGPCNP-BC, GS-C	From PICO to Poster: Early Outcomes of Implementing Ovid Synthesis to Accelerate Nurse Residency Evidence-Based Practice Projects Simi Jesto Joseph, PhD, DNP, APRN, ANP-C, NEA-BC, FACHE, FNAP, FNAAP	Power in Partnership: Transforming Community Health Through Innovative Teaching and Shared Leadership Sujaya Devarayasamudram, PhD, M.Phil, MSN, RN, ACUE
3:15 - 4:00 PM	Technology in Diabetes Care: Practical Strategies for Nurses to Simplify Glycemic Management Bilja Sajith PhD, MSN, APRN, FNP-C	Safety in Sync: A New Model for Instant Insight, Immediate Action, Safer Patients Elsa John, MSN, RN, CMSRN	Code Ready: Improving Role Clarity and Team Collaboration Nimmy Tom, MSN, APRN, FNP-BC
4:00 - 4:30 PM	Poster Session		
4:30 - 4:45 PM	Closing Remarks		



Poster Topic	Presenter
Pupillometry-Based Assessment of Seizure Activity: Trend Analysis in the EMU	Sonia Joseph
Cultural Norms and Health Care Access Barriers in Dementia Treatment/Care Seeking Behavior Among Asian Indian Family Caregivers in the United States: Integrative Literature Review	Anju Wadhawan
Implementing Whole Health Initiatives to Reduce Staff Burnout	Mini Dominic
Absolute Insulin Deficiency in the Oncology Population after Total Pancreatectomy	Dency Joseph
Building Nursing Research Capacity: Needs Assessment and Evaluation of a Grant Writing Workshop for NAINA Nurses	Dr. Vinciya Pandian
Utilizing Green Belt to improve the Patient Controlled Analgesia administration process	Dr. Usha Cherian
Empowering wellness through nursing innovation from touch to digital self-care	Dr. Sujayalakshmi Devarayasamudram
Reducing Fatigue from Alarms and Alerts in an Acute Stroke Unit and Epilepsy Monitoring Unit	Sonia Joseph
Culturally Sensitive simulation for age friendly care integrating the four M's into nursing education	Dr. Sujayalakshmi Devarayasamudram
Toolkit and Business Plan for Launching a Nurse Practitioner Led Psychiatric Practice: The Access Behavioral Care Model	Dr. Jacqueline Michael

20TH ANNIVERSARY GALA



2006 ~ 2026

*Join us for an unforgettable evening celebrating 20 years of
NAINA excellence - a night of cultural events, awards and
scholarships and more!*

SATURDAY, OCTOBER 3 | AT 6:00 PM

**FOUR POINTS BY SHERATON
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NAINA Conference Block

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Fort Worth
Stockyards



The Sixth Floor Museum





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See you in
Dallas

