

Indian Nurses Association of Illinois

2017-2018 Activity Report



Mission

The mission of the Indian Nurses Association of Illinois (INAI) is to establish a professional body to identify and meet the professional, cultural and social needs unique to nurses of Indian origin and heritage


Highlights

- Became a 501c (3) organization
- Bylaws Revised
- 25 CEUs through multiple educational events
- Community outreach programs- Healthfair and Friends and Family CPR series
- Alliance with Organizations and legislative actions
- Continuing education agreements with APRN World
- Recognition of achievements
- Fundraising and charity initiatives
- Successful Membership initiatives
- Website revamped with addition of yellow pages and mentor resources

Educational Events

March 16th 2017:

Ethical and Legal Issues and Decision-Making in the Healthcare Settings:

 **Indian Nurses Association of Illinois**
Educational Seminar


"Ethical and Legal issues and Decision- Making in the Healthcare settings"

Come and listen to Dr.Peter McCool, an experienced physician and an expert witness :

- Electronic Nursing Documentation
- Electronic Medical Record Strategies
- Healthcare Litigation
- Elements of Lawsuit
- Ethical Issues and What if the Worst Happens?


Dr.Peter McCool, MD
Vista Health System


Beena Vallikalam
INAII President


Susan Mathew
Education Coordinator

Date: March 11, 2017, Saturday
Time: 10 AM - 12 PM
Place: CMA Hall, 834, E. Rand Road, Mount Prospect, IL 60056

Contact:
Sunina Chacko: 847-403-1670
Susan Mathew: 847-708-9266
Rejeena Xavier: 630-887-6663
Beena Vallikalam: 773-597-5334





Educational Events

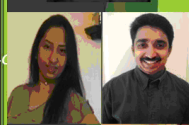
November 11th 2017:

Pharmacology seminar and APN Week Celebrations: 7 CEUs

CONFERENCE AGENDA

- 7:00-8:00 AM: REGISTRATION
- 8:00-8:45 AM: BREAKFAST
- 8:45 AM: APN NATIONAL WEEK INAUGURATION
- 9:00AM-10:00AM: ANTIBIOTICS IN THE PRIMARY CARE SETTINGS
SANDHYA SATHYAKUMAR, MD
- 10:00AM-11:00AM: ASTHMA: PHARMACOLOGY
LUKE CARLSTROM, MD
- 11:00-12:00AM: ANTIPLATELETS & ANTICOAGULANTS
MARGARET KIPTA, DNP, FNP-BC, CRNA
- 12:00-1:00PM: LUNCH
- 1:00PM-2:00PM: ADHD: DIAGNOSIS AND TREATMENT
BENOY GEORGE, DNP, APN, M.PHIL
- 2:00PM-3:00PM: STD: CURRENT TREATMENT GUIDELINES
ANNE BIJUMON LUCKOSE, PM-ANP, APN, NP-C
- 3:00-3:30PM: DIABETES: CURRENT TREATMENT UPDATES
CHRISROSE VADAKARA, MSN, APN, FNP-C
- 3:30-4:00PM: HYPERTENSION: CURRENT TREATMENT UPDATES
CHARY MATHEW, MSN, APN, FNP-C
- 4:00-5:00PM: UPPER GI DISORDERS: PHARMACOLOGY
SIMI JESTO JOSEPH, DNP, APN, NP-C
- 5:00 PM: CLOSING REMARKS & EVALUATIONS

SPEAKERS



Educational Events

November 11th 2017:

Pharmacology seminar and APN Week Celebrations: 7 CEUs





Educational Events

March 24th 2018:

INAI Cardiology Conference:

14 CEUs, 4 CEUs onsite and 10 from APRN World collaboration online

INAI CARDIOLOGY CONFERENCE, 2018


WHEN
 March 24th 2018
 Saturday
 8:00AM-1:00PM

WHERE
 Holiday Inn
 5300 West Touhy Ave, Skokie, IL
 60077


14 CEU

REGISTRATION
 \$20 MEMBERS
 \$35 NONMEMBERS
www.inaiusa.com


Contact for info:
 773-6773225
 847-7089266
 847-6689883




Beena Vallikalam
 MSN, MEd
 President



Susan Mathew, DNP, MSN
 Education chair
 Conference Planner



Regeena Francis, DNP, APN
 Conference Planner



Simi Jesto Joseph, DNP
 APN Chair
 Conference Planner

CONFERENCE AGENDA

- 8:00-8:30 AM: REGISTRATION & BREAKFAST
- 8:30-9:30AM: **CARDIOLOGY DISEASES: UPDATES ON EVIDENCE-BASED INTERVENTIONS**
DR. PARI DOMINIC /CARDIOLOGIST
- 9:30-10:30AM: **CAD: DIAGNOSIS & MANAGEMENT**
SUSAN MATHEW, DNP, MSN,RN
REGEENA FRANCIS, DNP, APN,RN
- 10:30-11:00AM-**IAPB & PACEMAKERS**
KUNJUMOL YESUDASAN, MSN, RN
- BREAK 11:00-11:15AM**
- 11:15-11:45AM- **12-LEAD EKG**
SHIJY ALEX, MSN, RN
- 11:45-12:15AM- **ARRHYTHMIAS & ABLATIONS**
SUSAN EDAMALA, MSN, RN
- 12:15-12:45PM-**HEART FAILURE**
SUNINA CHACKO, MSN, APN, RN
- 12:45 PM: CLOSING REMARKS & EVALUATIONS

SPEAKERS



Educational Events



Educational Events



Educational Events

May 12th, 2018: Physical Assessment Workshop



Hands-on Training by Experts

		
Diane Csajaghy APN, NP	Dr. Margaret, K CRNA, NP	Dr. Regeena, F APN, NP
		
Anne Luckose APN, NP, PhD©	Dr. Benoy George, APN, NP	Lisy Peters APN, NP



12 May, 5 PM

St. Mary's Knanaya Church Hall
7800 Lyons St,
Morton Grove, IL
60053



Review
Refresh
Be an Expert

PHYSICAL ASSESSMENT WORKSHOP FOR NURSES

	<ul style="list-style-type: none"> ❖ Eye & Ear ❖ Cardiovascular & Lungs ❖ Abdomen ❖ Neuro & Musculo-Skeletal ❖ Female & Male wellness exam ❖ Neonatal ❖ Psychiatric 	
Dr. Simi Jestu Joseph INAI APN Chair & Faculty		Beena Vallikalam, MSN, MSEd INAI President

INDIAN NURSES ASSOCIATION OF ILLINOIS
NURSES DAY CELEBRATION

Educational Events

May 12th, 2018:

Physical Assessment Workshop



Educational Events

Poster Presentation for student nurses:

For pre-licensure nursing students



Indian Nurses Association of Illinois

Poster Presentation-Call for Abstracts

2018 Nurses Day Celebrations! May 12th, 5 PM	We welcome all Pre- Licensure Nursing Students to showcase your posters!
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Let's Celebrate our Profession!!

Visit www.inaiusa.com for poster guidelines.

Submission deadline April 30th.

Email inaiusa@gmail.com with any questions.



The logo of the Indian Nurses Association of Illinois (INAI) is circular with a yellow border. Inside, there is a blue background with a white lamp of knowledge (diya) in the center. The text "INDIAN NURSES ASSOCIATION OF ILLINOIS" is written around the top inner edge, and "INAI" is at the bottom.

Educational Events

November 17th, 2018

INAI Pharmacology Conference: 4 CEs in collaboration with APRN World

Indian Nurses Association of Illinois

PHARMACOLOGY CONFERENCE

NOVEMBER 17, 2018

Presentations by Experts!!



Keynote Speaker: Dr. Dhruvil J. Pandya, MD
Medical Director, Neurocritical Care, Presence Health
Associate Professor, University of Illinois at Chicago
"Management of a acute ischemic stroke: reviewing new data for mechanical thrombectomy"

This conference activity has been submitted for approval to award 4.0 contact hours by APRN WORLD. APRN WORLD is an approved CE Provider by California Board of Registered Nursing (#16872)



COME AND LEARN:

Management of

- Ischemic Stroke
- Anxiety Disorders
- Wound Care
- Depressive Disorder
- Post-Operative Pain
- End of Life Care

Register and pay
On-line
www.inaiusa.com

Members-\$20
Non-members-\$35

Holiday INN
5300 West Touhy
Ave, Skokie, IL 60077
8AM-1 PM

CONTACTS:
SIMI JOSEPH-7736773225
SUSAN MATHEW-8477089244
REGEENA FRANCIS-8476689883
RANI KAPPEN-6306567339
BEENA VALLUKALAM-7735075334



Educational Events

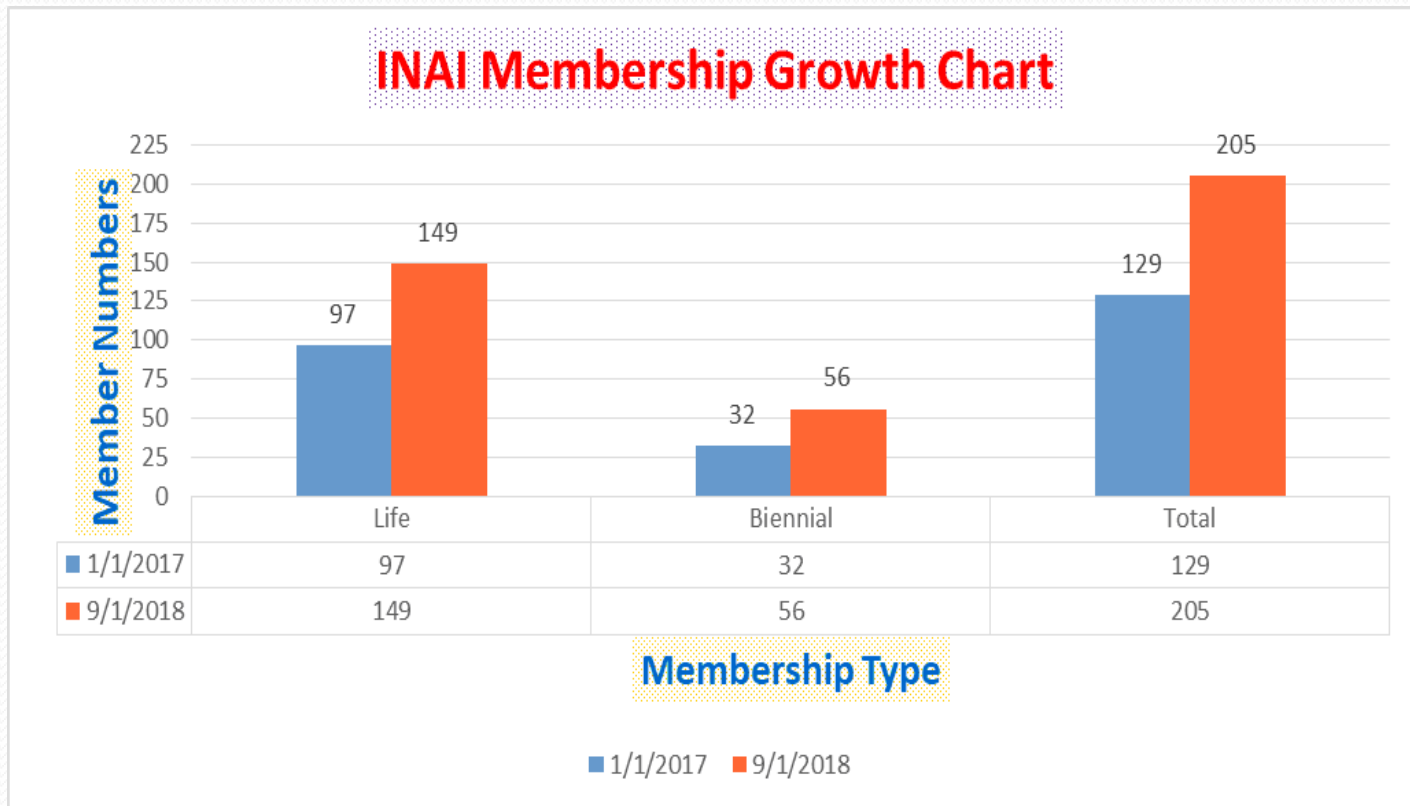
November 17th, 2018

INAI Pharmacology Conference: 4 CEs in collaboration with APRN World



Membership

54% increase in Life membership, 75% increase in biennial membership and a total of 59% increase in total membership.



Community service/ Charity Initiatives

Family and Friends CPR:

Event 1: March 11th: St. Mary's Church, Maywood

FAMILY & FRIENDS
CPR
CARDIOPULMONARY RESUSCITATION
TRAINING

We're pleased to support the American Heart Association and its important mission to increase survival from cardiac arrest.

At this training, you will learn (please check all that apply):


- Adult Hands-Only CPR and AED
- Adult CPR With Breaths
- Mild and Severe Airway Block:
How to Help a Choking Adult
- Child CPR and AED
- Mild and Severe Airway Block:
How to Help a Choking Child
- Infant CPR
- Mild and Severe Airway Block:
How to Help a Choking Infant

Please join us:

Indian Nurses Association of Illinois
CPR FOR FRIENDS AND FAMILY
St. Mary's Church, 7800 Lyons St, Morton Grove, 60053
Sunday, March 11th, 11:30AM
Every Second is Valuable in Saving a Life !!

Please email: inaiusa@gmail.com or Call Lisly Peters 847-902-6663
or call: Beena Vallikalam 773-507-5334
with event questions.

We'll see you there!



American Heart Association
Life is why™



Community service/ Charity Initiatives

Family and Friends CPR:

Event 2: April 15th, Syromalabar Church, Bellwood

FAMILY & FRIENDS
CPR
CARDIOPULMONARY RESUSCITATION
TRAINING


We're pleased to support the American Heart Association and its important mission to increase survival from cardiac arrest.

At this training, you will learn (please check all that apply):

- Adult Hands-Only CPR and AED
- Adult CPR With Breaths
- Mild and Severe Airway Block: How to Help a Choking Adult
- Child CPR and AED
- Mild and Severe Airway Block: How to Help a Choking Child
- Infant CPR
- Mild and Severe Airway Block: How to Help a Choking Infant

Please join us:
Syro Malabar Women's Forum & Indian Nurses Association of Illinois
CPR FOR FRIENDS AND FAMILY
Syro Malabar Cathedral, 5000, St.Charles Rd, Bellwood, 60104
Sunday, April 15th, 930AM
Every Second is Valuable!!Come and Learn How to Deal with Emergencies!!
Please email: inaiusa@gmail.com or call Sheeba Shabu : 630-730-6221
or call: Beena Vallikalam 773-507-5334
with event questions.

We'll see you there!

 American Heart Association
life is why™



Community service/ Charity Initiatives

Family and Friends CPR:

Event 3: April 29th, Marthoma Church, Des Plaines

FAMILY & FRIENDS
CPR
CARDIOPULMONARY RESUSCITATION
TRAINING


We're pleased to support the American Heart Association and its important mission to increase survival from cardiac arrest.

At this training, you will learn (please check all that apply):

- Adult Hands-Only CPR and AED
- Adult CPR With Breaths
- Mild and Severe Airway Block:
How to Help a Choking Adult
- Child CPR and AED
- Mild and Severe Airway Block:
How to Help a Choking Child
- Infant CPR
- Mild and Severe Airway Block:
How to Help a Choking Infant

Please join us:
Mar Thoma Yuvajana Sakhyam & Indian Nurses Association of Illinois
CPR FOR FRIENDS AND FAMILY
Chicago Mar Thoma Church, 240 Potter Rd, Des Plaines, IL 60016,
Sunday, April 29th, 11:30AM
Every Second is Valuable!! Come and Learn How to Deal with Emergencies!!
Please email: inaiusa@gmail.com / Sunina Chacko : 847-401-1670
or call: Roy Thomas 2247950619/Shijiy Alex 2244369371
with event questions.

We'll see you there!



American Heart Association
Life is why™



Community service/ Charity Initiatives

Family and Friends CPR:

Event 4 : April 29th, Sacred Heart Church, Bellwood

FAMILY & FRIENDS[®]
CPR
CARDIOPULMONARY RESUSCITATION
TRAINING

April 29th, S

We're pleased to support the American Heart Association and its important mission to increase survival from cardiac arrest.


At this training, you will learn (please check all that apply):

- Adult Hands-Only CPR and AED
- Adult CPR With Breaths
- Mild and Severe Airway Block: How to Help a Choking Adult
- Child CPR and AED
- Mild and Severe Airway Block: How to Help a Choking Child
- Infant CPR
- Mild and Severe Airway Block: How to Help a Choking Infant

Please join us:

Indian Nurses Association of Illinois
CPR FOR FRIENDS AND FAMILY
Sacred Heart Knanaya Church, 611 Maple Street,
Maywood, 60153 Sunday, April 29th, 1100 AM
Every Second is Valuable! Come and Learn How to Deal with Emergencies!!
Please email: inaiusa@gmail.com or call Regina Xavier : 630-887-6663
or call: Lisy Peters 847-902-6663
with event questions.

We'll see you there!

 American Heart Association
Life is why.

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Community service/ Charity Initiatives

Health Fair

September 23rd, 2017

Health fair: 150 people attended / over 6 hours) screening for vision, blood pressure, and diabetes, mini presentations on GI disorders, stroke, diabetes, cardiac arrest, sleep apnea, breast examination and advance directives.



Indian Nurses Association of Illinois

Health Fair
"Know your Health"
September 23rd, 2017
Hosted by Chicago Syro Malabar Cathedral Women's Forum

Screening:

- Blood Pressure, Blood Sugar, Cholesterol Screening
- Glaucoma and vision screening
- BMP Measurement

Mini Talks and Hands-on Training:

- Prevention and treatment of Heart attack
- Saving a Life during Heart Attack
- Early recognition of Stroke
- Tips on prevention and treatment of Diabetes
- Gastrointestinal Disorders
- Importance of treating Sleep Apnea
- End of Life decisions why we need advance directives?

Date: September 23, 2017, Saturday

Time: 10 AM- 2 PM

Place: Syro Malabar Cathedral, 5000, St.Charles Rd. Bellwood

Contact:

Susan Mathew: 847-708-9266
Simi Jesto Joseph: 773-6773225
Rejeena Xavier : 630-887-6663
Rani Kappen :630-656-7339
Sunina Chacko: 847-401-1670
Lisy Peters: 847-902-6663
Shijiy Aex : 224-436-9371



Community service/ Charity Initiatives

Health Fair

September 23rd, 2017: Syro Malabar Church



Community service/ Charity Initiatives

Charity Partnerships:

Sankara Eye Foundation:

INAI support helped ten patients to get cataract surgery.

Smile Train:

INAI's support helped two children to get their cleft lip and palate repaired.

Disaster Relief:

Kerala Flood Relief-\$4500.00 to CM Fund

Hurricane Harvey Relief: Joined hands with NAINA

Nurses Day Celebrations 2018

May 13th, 2018



Nurses Day Celebrations 2017

April 30th, 2017



Awards / Recognitions



Awards / Recognitions



Recognitions

- Recognition from Cook County Government for community excellence



Souvenir Release



Alliance with Organizations

- **American Nurses Association- Illinois (ANA-IL)**
- **ICNO (Illinois Coalition of Nursing Organizations).**
Illinois Coalition of Nursing Organizations
- ANA Sunset Summit, 3/21/2017 at Illinois Masonic Hospital, Chicago, Illinois
- ANA Sunset Summit, 4/13/2017 at Chamberlain University, Chicago, Illinois
- ICNO Legislative summit and updates on 9/30/2017 at Lisle, Illinois
- Policy Conference on 3/15/2018 at Harper College, Palatine

Alliance with Organizations



Alliance with Organizations

**Illinois Coalition of Nursing Organizations
Convenes Meeting on Violence in Healthcare**



Continuing Education and University Partnerships

APRN World

**Signed contract with APRN World for
discounted CEs and Certification
Preparations**

Grand Canyon & Chamberlain Universities

**GCU and Chamberlain support INAI events
and continue to make the tuition
reimbursement process easier for our
nursing students.**

Social Activities



Social Activities



Social Activities



Social Activities





Thank you!!

