

# CANDIDATES

## REGIONAL COORDINATOR

### NORTH AMERICA REGION 9 (ELECT ONE FOR YOUR REGION)



#### Nasreen Lalani PhD, MScN, RN



I am an Assistant Professor at the School of Nursing, Purdue University, IN, USA. I have 25+years of diverse nursing experience and have worked in three different countries including United States, Canada, and Pakistan. I started my career as a bedside nurse from

Pakistan in 1992 and then worked on multiple nursing positions as a nurse clinician and educator for 20 years; then completed my PhD in nursing from the University of Alberta in Canada. During my nursing career, I have worked with several multidisciplinary teams including health and social scientists on several projects around nurses' empowerment, spirituality, resilience and wellbeing, health inequities and disparities among marginalized and vulnerable communities. My own research program informs interventions to promote resilience and spiritual wellbeing of caregivers during palliative and end of life care as well as during post disaster recovery among marginalized and underserved communities. My rich and diverse nursing practice experience across various geographical regions has enabled me to critically examine nurses and nursing professional roles, and their challenges and struggles from a wider global perspective.

I believe Sigma has played a significant role in pursuing my professional career goals throughout these years. I have been a Sigma member since 1995 and have served on its three different chapters in three different countries including Pakistan, Canada, and the US. Being part of these chapters, I worked on several leadership positions as a Vice President, Secretary, and Chair for different committees including those of research, publications, and Bylaws. Using Sigma platform, I was able to present and publish at various national and international forums, mentor nurses and other healthcare professionals, network and collaborate

with several service organizations working in the underserved communities.

Besides Sigma, I have also served as a Board Member for Alberta Hospice and Palliative Care Association in Canada. I was an IPAC (the Institute of Public Administration Canada) intern at the Women's Ministry, Government of Alberta, and a non-profit agency-Alberta Council for Women Shelter. Presently, I am serving on a Diversity and Inclusion Advisory Board for Midwest Nursing Research Society and a fellow for the Center of Aging and Life Course and Center for Families at the Purdue University. During the current pandemic, I developed and offered several activities and conducted sessions on building resiliency and recovery for university students and faculty as well as older adults and families in rural communities of Indiana. With my rich and diverse nursing experience along with strong leadership and advocacy skills, I am confident that I can contribute well to the mission and vision of Sigma in the region. I will support and mentor nurses and nursing organizations in advancing nursing practice roles and help them in creating new avenues and opportunities for empowering nurses and nursing profession.