



ANNUAL CONFERENCE 2024

Kalahari Resort | Round Rock
September 5-8, 2024



CONFERENCE BROCHURE



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PROGRAM AT A GLANCE

Please note the agenda and presenters are subject to change.

Wednesday | September 4 – Registration and Check-in

3:00 pm – 7:00 pm Registration and Check-in (Reg 4-7)

Thursday | September 5 – Annual Pre-Conference

7:00 am – 7:00 pm Registration and Check-in (Reg 4-7)

7:45 am – 8:45 am Breakfast Product Theater (Kilimanjaro 1-4) or Breakfast on your own

9:00 am – 12:15 pm AM Workshops

12:00 pm – 5:00 pm Exhibitor Registration and Set up (Kilimanjaro 5-10)

12:30 pm – 1:30 pm Lunch Product Theater (Kilimanjaro 1-4) or Market Style Lunch (Kilimanjaro lobby)

1:45 pm – 5:00 pm PM Workshops

5:30 pm – 6:30 pm TNP Foundation Walk & Wine Down Fundraiser (\$75 ticketed event)

7:00 pm - 8:00 pm Thursday General Session (open to all registrants)

Friday | September 6 – Annual Conference

All general sessions are in Kalahari Ballroom E-I unless otherwise noted.

7:00 am – 5:00 pm Registration and Check-in (Reg 4-7)

7:45 am – 8:45 am Breakfast Product Theater (Kilimanjaro 1-4) or Breakfast on your own

8:00 am Exhibit Hall Opens (Kilimanjaro Exhibit Hall)

9:00 am – 9:45 am GS01: Welcome Address and Membership Meeting

9:45 – 10:45 am GS02: Keynote Presentation “The Game-Winning 3”
Brought to you by Dave Davlin

10:45 – 11:15 am Break / Exhibits / Silent Auction Opens (Kilimanjaro Exhibit Hall)

11:15 am – 12:15 pm GS03: Legislative General Session

12:30 pm – 1:30 pm Lunch Product Theater (Kilimanjaro 1-4) or Market Style Lunch (Kilimanjaro lobby)

1:45 pm – 2:45 pm First Breakout Session

2:45 – 3:15 pm Break / Exhibits / Silent Auction (Kilimanjaro Exhibit Hall)

3:15 pm – 4:15 pm Second Breakout Session

4:15 pm – 4:45 pm Break (Kilimanjaro Exhibit Hall) Poster Presentations

4:45 pm– 5:45 pm Third Breakout Session

7:00 pm Free TNP Member Appreciation Event (Kalahari Barn)

Exhibit Hall
Opens at
8:00 am

Exhibit Hall
Closes at
4:45 pm

PROGRAM AT A GLANCE (CONTINUED)

Saturday | September 7 – Annual Conference

All general sessions are in Kalahari Ballroom E-I unless otherwise noted.

**Silent Auction
Closes at 11:15 am**

7:00 am – 5:00 pm	Registration and Check-in (Reg 4-7)
7:45 am – 8:45 am	Breakfast Product Theater (Kilimanjaro 1-4) or Breakfast on your own
7:45 am – 8:45 am	PAC Breakfast fundraiser (\$75 ticketed event)
8:00 am	Exhibit Hall Opens (Kilimanjaro Exhibit Hall)
9:00 am – 9:45 am	GS04: Board Installation and Awards Ceremony
9:45 am – 10:45 am	GS05: Neuroplasticity: Importance of Brain Health Brought to you by Kim Oas Fund
10:45 am – 11:15 am	Break / Silent Auction / Exhibits (Kilimanjaro Exhibit Hall) Poster Presentations
11:15 am – 12:15 pm	First Breakout Session
12:30 – 1:30 pm	Lunch Product Theater (Kilimanjaro 1-4) or Market Style Lunch (Kilimanjaro lobby)
1:30 pm	Kilimanjaro Exhibit Hall Closes
1:45 pm – 2:45 pm	Second Breakout Session
2:45 pm – 3:00 pm	Break
3:00 pm – 4:00 pm	Third Breakout Session
4:00 pm – 4:15 pm	Break
4:15 pm – 5:15 pm	Fourth Breakout Session

Sunday | September 8 – Annual Conference

7:00 am – 12:00 pm	Registration and Check-in (Reg 4-7)
7:00 am – 7:45 am	Sunrise Yoga
7:45am – 8:45 am	Breakfast Product Theater (Kilimanjaro 1-4) or Breakfast on your own
9:00 am – 10:00 am	GS06: DEA Presentation
10:00 am – 10:15 am	Break
10:15 am – 11:15 am	GS07: Beyond Labels: Exploring Privilege & Bias
11:15 am – 11:30 am	Break
11:30 am – 12:30 pm	GS08: Hypertension Therapy Updates and Pearls
12:30 pm	Adjourned

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The negotiated room rate is \$209 for a Double Queen.

Check in: 4:00 PM

Check out: 11:00 AM

The hotel has waived the \$44.99 resort fee for our group. A resort hours guide can be [found here](#).

Room rates are based on availability through August 12, 2024.

Valet Overnight	\$40.00
Valet Day Guest	\$25.00
Electrical Vehicle Charging	\$55.00 (includes valet services)
Self-Parking	Free

We're here to assist you.

Please email bella@texasnp.org if you have questions.

PROGRAM BY TRACK

Many sessions are on family practice topics. For your convenience, we have listed and grouped the programs being offered at the Annual Conference by track.

Acute: F01, F05, F06, S13, S17, S21, S25

Geriatric: F01, F05, F06, F09, F10, S13, S15, S19, S23, S28

Pediatric: F02, F10, S14, S24

Women's Health: F11, S15, S22, S27

Psych/Mental Health: F06, F07, F10, S18, S22, S26

Practice/Professional: F08, F12

Skills: WS01, WS02, WS03, WS04, WS05, WS06, WS07, WS08, WS09, F03, F09, S15, S19, S20, S23, S28

Texas Specific: WS07, F06, F08, F12, S15, S16, S26, GS06

If a session or workshop includes any of the following hours required by the Board of Nursing, that information will be included with the description.

Pharmacology (RX): WS01, WS03, WS04, WS05, WS08, F01, F03, F05, F09, F10, S13, S15, S16, S17, S21, S23, S26, S27, S28, GS08

Ethics/Jurisprudence (E/J): WS03, WS05, F07, F08, F11, F12, S25, S27, S28

Geriatrics (G): WS01, WS03, WS05, F01, F05, F06, F09, F10, S13, S15, S19, S23, S28, GS08

Opioids (O): WS07, F03, S16, S25, GS08

Workshop and session descriptions are included later in this publication.

SESSIONS THAT FULFILL TEXAS CE REQUIREMENTS

Geriatrics:

WS03 Dermatology Skills for the Primary Care Clinician (.5 G)

WS05 12 Lead EKG Basics and Beyond (.5 G)

F01 Congestive Heart Failure: Updated Guidelines and Patient Specific Management Strategies (.5 G)

F06 Delirium in the Acute Care Setting: Early Detection is Key (1 G)

F09 Wound Care Made Easy - From the Office to the ICU (.5 G)

S19 Imaging Stewardship: A Primary Care Provider's Guide to Treating and Referring Patients with Musculoskeletal Conditions (.5 G)

S23 Rheumatology Lab Interpretation and Management of Autoimmune Disorders in Primary Care (.5 G)

Earn a total of 4 G hours to exceed your Texas Geriatric Requirement by registering for these courses.

Opioids:

WS07: Opioids Workshop (3.25 O)

F03 Lung Cancer: From Screening to Management (.5 O)

S16 Controlled Substance and Pain: Management of Pain in any Setting: Rules, Regulations, and Clinic Based Considerations (1 O)

S25 Lend an Ear: Auricular Therapy Protocols for Pain Management (.5 O)

GS08 Hypertension Therapy updates and Pearls (.5 O)

Earn a total of 5.75 O hours to exceed your Texas Opioid Requirement by registering for these courses.

RX:

WS01 Pharmacology Update (3.25 RX)

WS05 12 Lead EKG (1 RX)

F01 Congestive Heart Failure: Updated Guidelines and Patient Specific Management Strategies (.5 RX)

F05 Cardiogenic Embolic Stroke and Its Management (.5 RX)

F10 Attention Deficit: ADHD and Its Analogues, How to Differentiate, Diagnose, and Treat (.5 RX)

S15 Avenging Breast Cancer: Current Progress, Our Arsenal, and the Road to Victory (1 RX)

S17 Inpatient Management of Alcohol Withdrawal (.5 RX)

S21 Hypothyroidism: It's So Much More Than T4 (.5 RX)

S26 Unipolar Depressive Disorders: The Old and the New in Managing the Blues (1 RX)

GS08 Hypertension Therapy Updates and Pearls (1 RX)

Earn a total of 10 RX hours to exceed your Texas RX Requirement by registering for these courses.

Ethics/Jurisprudence:

WS03 Dermatology Skills for the Primary Care Clinician (.5 E/J)

WS05 12 Lead EKG (.5 E/J)

F08 Scope of Practice (Part 1) (1 E/J)

F12 Scope of Practice (Part 2 + Q&A) (1 E/J)

S25 Lend an Ear: Auricular Therapy Protocols for Pain Management (.5 E/J)

S16: Controlled Substance and Pain: Management of Pain in Any Setting: Rules, Regulations, and Clinic-Based Considerations (.5 E/J)

Earn a total of 4 E/J hours to exceed your Texas Ethics/Jurisprudence Requirement by registering for these courses.

9:00 am – 12:15 pm | Morning Workshops

WS01: Don't Chase Waterfalls: Polypharmacy and Prescribing Cascades of Today (3.25 CE, 3.25 RX, .5 G)

This program highlights the resurgence of polypharmacy and prescribing cascades since the 1990s. It will help providers determine the difference between side and adverse effects and identify the most common medications in prescribing cascades. After completing this program, providers should be able to know the difference between problems found with polypharmacy and medication prescribing cascades, and be able to prevent and correct medication therapy that may be inappropriate for their patients.

Speaker: Dr. Ashley Garling, PharmD

Dr. Garling graduated Rho Chi with honors from the MCV/Virginia Commonwealth University School of Pharmacy. She is now a clinical assistant professor at The University of Texas at Austin College of Pharmacy, serving as a communication, media, and patient engagement specialist. Dr. Garling is the principal investigator (PI) and Co-PI for research projects in community pharmacy settings spanning telehealth, HIV PrEP, mental health, patient counseling, and medication adherence. She is the president of the Capital Area Pharmacist Association, and is a Public Policy Council Member of the Texas Pharmacist Association.

WS02: Documentation, Coding, and Billing: Know Your Value and Worth (3.25 CE)

NPs are revenue generators and receive little to no education as to its importance. How you and your services are billed matters. You are responsible for what you document, code, and bill. This session will help you accurately document, code, and bill for your services as well as provide tools to understand practice and organizational revenue flow. You will learn how to protect yourself from unintended consequences that can affect your ability to practice.

Speaker: Dr. Lynn Rapsilber, DNP, APRN, ANP-BC, FAANP

Dr. Rapsilber graduated with a Doctorate in Nursing Leadership from Quinnipiac University in May 2016. As the owner of NP Business Consultants, LLC, Dr. Rapsilber disseminates information regarding reimbursement for nurse practitioners and other health care provider services. She is recognized as an expert on coding and documentation for APRNs. She also serves as the Co-Chair of the Connecticut Coalition of Advanced Practice Nurses. Under her leadership, full practice authority for APRNs in Connecticut was attained with Public Act 14-12. She also owns NP Wellness Care, LLC, providing Hepatitis C treatments at residential and addiction treatment centers.

WS03: Dermatology Skills for the Primary Care Clinician

(3.25 CE, .5 RX, .5 G, .5 E/J)

Sorry, workshop full

This three-hour dermatology workshop will equip NPs with tools for treating common skin conditions that may require simple dermatologic procedures. Content includes the initial skin assessment, clinical evaluation, and evidence-based management for patients who present in the family practice setting. The cases presented utilize minimal equipment and can be safely and easily performed during regular clinic visits. Hands-on skills demonstration and/or practice will be available and include administration of local anesthetics, shave biopsy, scissor excision, and cryotherapy.

Speaker: Dr. Kathileen Boozer, DNP, MSN, APRN, FNPC

Dr. Boozer is an owner operator of Inspired Skin+Wellness | Dermatology Clinic. She completed a dermatology internship in 2014 and has been practicing as a specialist in this field since. Dr. Boozer has a broad background in nursing with specific training and expertise in dermatology, skin cancer/melanoma, and community health/education. She is an active member of transdisciplinary research teams investigating the use of virtual simulation technology for prevention and early diagnosis of skin cancer and community-based wellness initiatives to improve socialization, healthy habits, and health in rural India.

WS04: Basic Suturing for APRNs

(3.25 CE, .5 RX)

Sorry, workshop full

This hands-on workshop teaches the fundamentals and principles of basic suturing for the advanced practice nurse. We will discuss principles of wound healing, various suture materials and instruments, injectable anesthetic options, foundational suturing techniques, and appropriate wound care and follow-up. Hands-on skills demonstrations and practice will be provided by two experienced clinicians in a non-threatening and friendly manner.

Speakers: Dr. Antay Waters, DNP, APRN, WHNP-BC, CNM, CNE, CRNFA and Tara Roberts, MSN, APRN, ANP-BC

Dr. Waters is a board-certified women's health nurse practitioner, certified nurse midwife, certified registered nurse first assist, and certified nurse educator in East Texas. Her nursing career has spanned CVICU, OR, PACU, L&D, and OB Triage. Dr. Waters has presented and published on topics ranging from women's health, postoperative pain management, and cardiovascular health to healthcare risk management through error reduction.

Tara Roberts currently works at the Central Texas VA Health Care System in General Surgery, Colorectal Surgery, and Surgical Oncology. In her role, she performs preoperative assessments, history and physical exams, and post-operative follow up. As the sole NP for general surgery, she runs minor procedure clinics 4 days a week in Temple and Austin. Over the past 10+ years she has lectured on common dermatologic conditions referred to our general surgery minor procedure clinics as well as teach suturing workshops.

1:45 pm – 5:00 pm | Afternoon Workshops

WS05: 12 Lead EKG Basics and Beyond (3.25 CE, 1 RX, .5G, .5E/J)

12 Lead EKG will include a brief review of the basic rhythm and physiology of heart conduction and contraction, leading to advanced 12 Lead EKG reading, understanding, and recognition of dangerous arrhythmia by using case studies. Attendees will be able to distinguish what is normal/abnormal rhythm and what is dangerous or what needs a referral.

Speaker: Dr. Jose L. Villa, DNP, APRN, FNP-BC

Dr. Villa completed his Doctorate in Nursing Practice from the University of the Incarnate Word with his Capstone project geared toward the management of patients with atrial fibrillation and minimizing hospital readmissions in a large military institution. He was honorably discharged from the Air Force and has over 20 years of experience in disciplines of family practice, internal medicine, cardiothoracic surgery (congenital heart disease), interventional cardiology, and electrophysiology. He owns Villa Family Clinic and works with 5 Star Integrity Healthcare in San Antonio, Texas.

WS06: Joint Injections Workshop (3.25 CE)

Sorry, workshop full

This workshop will provide an evidence-based review of the indications and contraindications for joint and soft tissue injections commonly encountered in primary care practice. An overview of the medications including preparation and dosing for joint and soft tissue injections will be provided. Pertinent history and examination along with joint anatomy and common mechanisms of injury of the various joints and anatomical structures commonly injected including knees, shoulders, and trigger fingers will be reviewed. After discussion and demonstration, attendees will have the opportunity to practice with provided supplies and models. This program is for new practitioners or those who want a refresher.

Speakers: Amelia Leal-Serrata, APRN, FNP-BC and Karen Scherger, APRN, ACNP-BC

Amelia is a board-certified Family Nurse Practitioner. She has worked at Parkland Health and Hospital System for 22 years, and recently celebrated her 9th year with the Orthopaedic Department. Parkland is a level I Trauma Center and provides care to all patients regardless of financial status. Patients seek care for complex, acute and chronic orthopaedic conditions. Aside from patient care, she enjoys volunteering to promote health and wellness in Dallas County with the Dallas Independent School District.

Karen is a certified Acute Care Nurse Practitioner. She has worked at Parkland Health for over 30 years, including more than 11 years as an NP in the Orthopedic Department. The Orthopedic Department at Parkland is a large team that provides care to all patients regardless of funding and with a wide variety of complex orthopedic problems.

WS07: Opioids Workshop (3.25 CE, 3.25 DEA, 3.25 O)

In response to the opioid epidemic and variations in clinical practice, new practice recommendations, guidelines, and to provide requirements for managing patients with pain have been published. This educational presentation aims at providing APRNs with the most current clinical information to aid in clinical decision making and patient engagement when seeing patients with pain complaints. Using a multimodal model and a biopsychosocial approach to patient care, APRNs can appropriately screen for risk, appropriately treat patients with pain, and identify substance use behaviors. This presentation will meet requirements for CE that can be applied to DEA and Texas BON APRN license or renewal.

Speakers: Dr. Kathileen Boozer, DNP, MSN, APRN, FNPC and Dr. Tracy Hicks, DNP, MBA, APRN, FNP-BC, PMHN-BC, CARN-AP, FIAAN, FAANP

Dr. Boozer is an owner operator of Inspired Skin+Wellness | Dermatology Clinic. She completed a dermatology internship in 2014 and has been practicing as a specialist in this field since. Dr. Boozer has a broad background in nursing with specific training and expertise in dermatology, skin cancer/ melanoma, and community health/education. She is an active member of transdisciplinary research teams investigating the use of virtual simulation technology for prevention and early diagnosis of skin cancer and community-based wellness initiatives to improve socialization, healthy habits, and health in rural India.

Dr. Hicks is a dual-certified APRN in Family Practice and Psychiatric Mental Health. She is the owner of C-Trilogy Comprehensive Clinical Care serving mental health, addiction, and primary care needs. In addition, she is the Associate Professor and Program Coordinator for the inaugural PMHNP program at the University of North Texas Health Science Center in Fort Worth.

WS08: Advanced Suturing Workshop (3.25 CE; .5 RX)

This hands-on workshop goes beyond the fundamentals and principles of basic suturing and introduces additional suturing and knot-tying techniques for the advanced practice nurse. *Disclaimer, this course will not accommodate a beginner. Registrants either need to do the basic suturing workshop (WS04) offered in the morning, have done the basics course previously, or be proficient in basic stitches such as interrupted and continuous and knot tying.*

Speakers: Dr. Antay Waters, DNP, APRN, WHNP-BC, CNM, CNE, CRNFA and Tara Roberts, MSN, APRN, ANP-BC

Dr. Waters is a board-certified women's health nurse practitioner, certified nurse midwife, certified registered nurse first assist, and certified nurse educator in East Texas. Her nursing career has spanned CVICU, OR, PACU, L&D, and OB Triage. Dr. Waters has presented and published on a variety of topics ranging from women's health, postoperative pain management, and cardiovascular health to healthcare risk management through error reduction.

Tara currently works at the Central Texas VA Health Care System in General Surgery, Colorectal Surgery, and Surgical Oncology. In her role, she performs preoperative assessments, history and physical exams, and post-operative follow up. As the sole NP for general surgery, she runs minor procedure clinics 4 days a week in Temple and Austin. Over the past 10+ years she has had opportunities to lecture on common dermatologic conditions referred to our general surgery minor procedure clinics as well as teach suturing workshops.

7:00 pm – 8:00 pm | Evening Session

FREE CE FOR ALL ATTENDEES!

TNP is piloting a Thursday evening session.
Join us and earn a free CE.

WS09: Nursing in Nontraditional Environments: How Unconventional Care Can Be Done Outside of Hospitals and Clinics (1 CE)

This presentation will explore the courses available to nurses to increase their knowledge and skills to provide high-quality nursing care around the world in the most difficult of times. We will discuss topics that the traditional nurse needs to expand their capabilities and why nurses need survival training and intentional improvisation as skill sets.

Speaker: Dr. Glenn Barnes, DNP, RN, EM-T, NHDP-BC, FAWM

Dr. Barnes is a Doctor of Nursing Practice with over 30 years of experience in emergency, trauma, emergency preparedness, weapons of mass destruction, survival, executive protection, and emergency response. A former US Army Green Beret and nurse educator, Dr. Barnes has an eclectic mix of skillsets and experiences in a variety of locations and conditions.

9:00 – 9:45 am

GS01: Welcome Address (.75 CE)

TNP President Erin Pérez, DNP, APRN, ANP-C, AGNP-C, ACHPN

9:45 – 10:45 am

GS02: Keynote Presentation: The Game-Winning 3: Making it Count in Work and Life (1 CE)

Success can be defined in its simplest form as making life better for someone else. Success in any organization lies not only in the development of great programs and services but in the development of great people. In this interactive, humorous, and powerful presentation, Dave Davlin shares three essential ingredients for developing a purpose-driven mentality to achieve a fulfilling career and balanced life. Attendees will be challenged to make the most of every moment and to develop personally and professionally while creating value and making a difference in the lives of others.

Speaker: Dave Davlin

Over 25 years ago, Dave began bringing smiles to faces with a form of entertainment he developed as a young boy. His amazing ability with basketballs landed him in the 1990 Guinness Book of World Records. Combining entertainment with a powerful message regarding success through contribution and service, Dave has made a difference in the lives of thousands, and his impact continues to grow.

11:15 am – 12:15 pm

GS03: Legislative General Session (1 CE)

With the 89th Texas Legislative Session around the corner, now is the time to learn about the key issues for which TNP advocates in the Texas legislature to remove practice barriers for Texas NPs and expand access for patients. TNP's Government Affairs and lobbying teams will provide updates on new bills and regulations implemented in 2024, offer insights into the political landscape as we approach the General Elections in Texas, and do a deep dive into TNP's legislative agenda for 2025.

Speaker: Erin Cusack, TNP Government Affairs Director

Erin has a wide range of public affairs and grassroots advocacy experience at the state, national, and international levels. Prior to TNP, she was a Policy Analyst for State Representative Eddie Rodriguez of Travis County, where she served as the health care policy analyst and liaison to the Women's Health Caucus. From 2011-2013, she also worked as a Public Policy and Community Engagement Coordinator for the Maternity Care Coalition in Philadelphia, where she managed advocacy campaigns on health care reform and access to maternity services. She earned a degree in Political Science from Temple University in Philadelphia and a Master's in Global Policy Studies from the Lyndon B. Johnson School of Public Affairs at UT-Austin.

1:45 pm – 2:45 pm | First Breakout Session

F01: Congestive Heart Failure: Updated Guidelines and Patient Specific Management Strategies (1 CE, .5 RX, .5 G)

This program will delve into the various phenotypes of heart failure, including heart failure with reduced and preserved ejection fraction, as well as a discussion of primary right-sided heart failure. The presenter will discuss guideline-directed medical therapy (GDMT) for the various phenotypes of heart failure, including important recent additions to GDMT of which practitioners should be aware. Patient cases/scenarios will be incorporated to assist the practitioner with developing patient-specific plans of care while encouraging audience interaction with these scenarios.

Speaker: Dr. Buffy Powell, DNP, APRN, ACNP-BC

Dr. Powell, is a board-certified acute care nurse practitioner. Her specialty is adult cardiovascular care. She is employed by Cardiac and Vascular Center of North Texas in Fort Worth, Texas. Previously, Buffy worked for Permian Cardiology in Midland, Texas for over 20 years. She has been on the faculty at the University of Texas at Arlington (UTA) College of Nursing and Health Innovation since 2018. Her current teaching responsibilities are in the Adult-Gerontology Acute Care Nurse Practitioner program.

F02: COVID19: A Crisis of Confidence Across the Pediatric Care Continuum (1 CE)

Since the rapid emergence of the novel coronavirus in December of 2019, clinicians around the world have struggled to understand and respond effectively in health care systems already strained before this latest viral outbreak. Nurse practitioners are ideally suited to serve as a trusted source of health information for children. This presentation summarizes the latest evidence on holistic health impacts of COVID-19 on children and their families.

Speaker: Dr. Jessica Peck, DNP, PARN, CPNP-PB, CNE, CNL, FAANP, FAAN

As President of the National Association of Pediatric Nurse Practitioners, Dr. Peck created the Alliance for Children in Trafficking and served as founding chair. Dr. Peck holds active credentials as a Pediatric Nurse Practitioner, Certified Nurse Educator, and Clinical Nurse Leader. She is editing the first interprofessional pediatric Covid-19 textbook in the world. She has published more than 50 clinical articles for peer-reviewed journals, is a regular contributor for parenting magazines and a frequent guest on radio, television, and other media.

F03: Lung Cancer: From Screening to Management (1 CE, .5 RX, .5 O)

Lung cancer remains the leading cause of cancer death in the U.S. Early detection is a hallmark of survival, and Nurse Practitioners are in a prime position to provide support in a lifesaving multidisciplinary team of clinicians. This program will discuss screening, referral avenues, and will briefly describe optimal treatment pathways.

Speaker: Aaron Rossett, APRN, FNP-BC, ACNP-BC

Aaron is an APRN with the Department of Cardiothoracic Surgery at the University of Texas Health Science Center at San Antonio. His specialty interest is adult surgical disease of the chest. With a dedicated Thoracic Surgery Team, he provides minimally invasive surgical care for lung cancer management in collaboration with a multidisciplinary Tumor Board in San Antonio, TX.

F04: Augmented Reality in Advanced Practice Nursing Collaborative Care Simulation (1 CE)

Graduate faculty developed and implemented a collaborative care simulation case for advanced practice nursing students in the FNP and PMHNP programs. This presentation will outline the planning process, implementation, and results of this novel experience combining augmented reality technology and collaborative care principles.

Speakers: Dr. Tracey Smith, DNP, APRN, FNP-BC and Dr. Kathy Smith, EdD, APRN, FNP-BC, ACNP-BC

Dr. Smith is a family nurse practitioner and graduate faculty at Texas State University. She has used her knowledge and experience with simulation in advanced practice nursing education to develop or revise simulation cases for all ages at two major universities in Texas. She educates students in both the FNP and PMHNP programs at TXST and actively participates in professional efforts to advocate for the advanced practice nursing profession.

Dr. Kathy Smith is the Graduate Program Director and an Assistant Professor at Texas State University. She has over 20 years of experience in nursing practice, education, and higher education administration. Dr. Smith has served as faculty, a curriculum expert, and in academic nursing director roles. She is dually board-certified as an Acute Care and Family Practice Nurse Practitioner.

3:15 pm – 4:15 pm | Second Breakout Session

F05: Cardiogenic Embolic Stroke and Its Management (1 CE, .5 RX, .5 G)

According to the CDC, in 2021, one in six deaths from cardiovascular disease was due to stroke. Stroke is the second leading cause of death and the third leading cause of disability worldwide. This session will discuss the concept of cardiogenic causes of stroke, the importance of the role of cardiac monitoring, and early detection of occult atrial fibrillation to prevent the recurrence of stroke.

Speaker: Dr. Rose Bagh, DNP, APRN, FNP-BC, AGACNP-BC

Dr. Bagh is a dual board-certified NP with family practice and acute care NPs, doctorally prepared with a DNP. She works in an Inpatient Stroke Unit at one of the largest teaching hospitals, Parkland Health and Hospital System. Previously, Dr. Bagh worked with a group of cardiologists who provided her with better insight into the cardiogenic causes of stroke and its management and prevention.

F06: Delirium in the Acute Care Setting: Early Detection is Key (1 CE, 1 G)

Delirium is a common life-threatening and often preventable clinical syndrome in older adults. It is one of the most commonly occurring neuro-psychiatric conditions among older adult patients, and its significance as a grave prognosticator is well established. Regardless, delirium continues to go unrecognized and continues to be managed inadequately. This session will discuss prevention and early identification of delirium as keys to survival.

Speaker: Dr. Deanna Adams, DNP, APRN, AGACNP-BC, FNP-C, GS-C, CEN

Dr. Adams is the owner of Adams NP Medical Services, PLLC. Dr. Adams practices in long-term care and a rural emergency department in East Texas. She also works with renal patients in the dialysis unit. She serves as the Acute and Emergent Care SIG chairperson and is a member of the conference planning committee in the Gerontological Advanced Practice Nurses Association and the National Kidney Foundation Clinical Meetings planning committee.

F07: The Signs of Burnout and Strategies for Promoting Optimal Wellness for Ourselves and Our Patients (1 CE, .5 E/J)

This interactive presentation will explore healthcare provider burnout and compassion fatigue, focusing on recognizing the five stages of burnout and active strategies to prevent and counteract job-related stress. Come refill your self-care and self-compassion bucket!

Speakers: Dr. Cara Young, PhD, APRN, FNP-C and Dr. Chris Divin, PhD, APRN, FNP-BC

Dr. Young is an associate professor and Director of the Family Nurse Practitioner Program at UT Austin. Her research examines and seeks to improve behavioral and psychosocial transitions for vulnerable populations in the first half of the life course. Her primary line of research has focused on improving the mental health of children, adolescents, and young adults through mindfulness-based interventions.

Dr. Divin is a Clinical Assistant Professor of Nursing in the FNP program at the University of Texas at Austin School of Nursing. She is a Family Nurse Practitioner with over 25 years of primary care experience as an FNP. She is passionate about promoting well-being in her patients, students, and fellow healthcare professionals. Dr. Divin serves on TNP's Wellness Committee.

F08: Texas Law and the NP Scope of Practice - Part 1 of 2 (1 CE, 1 E/J)

The scope of practice for the nurse practitioner extends beyond the Texas Board of Nursing's Nurse Practice Act and regulations. Additional Texas State laws also impact NP's scope of practice. This session will explore how Texas State laws shape the NP's scope of practice.

Speakers: Dr. John Gonzalez, DNP, APRN, ACNP-BC, ANP-C and Dr. Kristin Gigli, PhD, APRN, PNP-AC

Dr. Gonzalez teaches full-time at the University of Texas Medical Branch at Galveston, maintains a part-time practice with the hospitalist service at Parkland Health, and has his own telemedicine practice, Holistic Integrative Health, where he practices functional medicine. Additionally, he owns APRN Professional Practice Consultants and provides scope of practice consultations to individuals and institutions, patient advocacy services, and medical-legal consulting. He is a TNP Scope of Practice committee member.

Dr. Gigli's research examines the roles of advanced practice providers providing care to hospitalized children and policies related to nurse practitioner scope of practice. She works in the Pediatric Intensive Care Unit at Children's Health Dallas and is a past board member of the National Association of Pediatric Nurse Practitioners. She is the current liaison to the American Academy of Pediatrics Committee on Hospital Care.

4:45 pm – 5:45 pm | Third Breakout Session

F09: Wound Care Made Easy - From the Office to the ICU (1 CE, .5 RX, .5 G)

As frontline providers, APRNs must be able to identify, assess and develop an effective treatment plan for healing acute and chronic wounds. This session will review the differences among the many types of wounds and inform treatment decisions using evidence-based care guidelines for patients with complicated wounds. Pictures of complicated patient wounds and case studies with Q&A incorporated are part of the interactive learning process.

Speaker: Lisa Ginapp, MSN, APRN, AGACNP-BC, WCC, DWC, OMS

Lisa is a self-employed, Board-Certified Adult and Gerontological Acute Care Nurse Practitioner with national certification as a wound care specialist, a diabetic wound care specialist, and an ostomy management specialist. Lisa provides advanced practice nursing management of acute and chronically ill patients in two acute care hospitals and two outpatient clinics and makes home visits to patients in a 100-mile radius. Lisa is also retained as an expert witness for case reviews of lawsuits across the country.

F10: Attention Deficit: ADHD and its Analogues, How to Differentiate, Diagnose, and Treat (1 CE, .5 RX, .5 G)

This session aims to remove misconceptions about ADHD, introduce key psychiatric analogues, address some physical conditions responsible for symptoms, and teach easy tools to enable discriminatory diagnoses. The presenter will discuss medications that are safer than stimulants for treating ADHD and some analogue conditions and help understand when psychometric evaluation of intelligence and executive function and attention testing are needed.

Speaker: Justin Scaffa, PMHNP

Justin has over 7 years of experience in psychiatric care. He has most recently been trained and certified as a forensic mental health evaluator, in which capacity he administers class C psychometric testing for ADHD and other neurocognitive and mental health disorders and can testify as an expert witness in court. He has inpatient and partial hospitalization experience with substance abuse patients and even has the ability to prescribe Subutex.

F11: Maternity Care Deserts and APRN Impact (1 CE, .5 E/J)

Maternal morbidity and mortality in the United States remain a significant public health concern, with the highest rates of maternal mortality among developed nations. A significant correlation exists between increased maternal morbidity and mortality and residing in a maternal care desert. Understanding the impact of maternal care deserts on social determinants of health will allow APRNs to better position themselves to be patient advocates and decrease the incidence of maternal care deserts in Texas.

Speaker: Dr. Antay Waters, DNP, APRN, WHNP-BC, CNM, CNE, CRNFA

Dr. Waters is a board-certified women's health nurse practitioner, certified nurse midwife, certified registered nurse first assist, and certified nurse educator in East Texas. She remains a certified perioperative nurse. She is currently an Assistant Professor of nursing, an OB Triage APP, and she owns a surgical first assist practice. Dr. Waters has presented and published on a variety of topics ranging from women's health, postoperative pain management, and cardiovascular health to healthcare risk management through error reduction.

F12: Texas Law and the NP Scope of Practice - Part 2 of 2 (1 CE, 1 E/J)

This session is a continuation of F08 (Part 1). It will focus on Q&A and while F08 is not a pre-requisite, it is strongly recommended that you register for both.

Speakers: Dr. John Gonzalez, DNP, APRN, ACNP-BC, ANP-C and Dr. Kristin Gigli, PhD, APRN, PNP-AC

Dr. Gonzalez teaches full-time at the University of Texas Medical Branch at Galveston, maintains a part-time practice with the hospitalist service at Parkland Health, and has his own telemedicine practice, Holistic Integrative Health, where he practices functional medicine. Additionally, he owns APRN Professional Practice Consultants and provides scope of practice consultations to individuals and institutions, patient advocacy services, and medical-legal consulting. He is a TNP Scope of Practice committee member.

Dr. Gigli's research examines the roles of advanced practice providers providing care to hospitalized children and policies related to nurse practitioner scope of practice. She works in the Pediatric Intensive Care Unit at Children's Health Dallas and is a past board member of the National Association of Pediatric Nurse Practitioners. She is the current liaison to the American Academy of Pediatrics Committee on Hospital Care.

9:00 – 9:45 am

GS04: Board Installation and Awards Ceremony (.75 CE) TNP President Erin Pérez, DNP, APRN, ANP-C, AGNP-C, ACHPN

9:45 – 10:45 am

GS05: Neuroplasticity: Importance of Brain Health *brought to you by Texas Nurse Practitioner Foundation Kim Oas Memorial Fund (1 CE)*

Understanding neuroplasticity and how brain health can be included in your existing practice is the focus of this presentation. Neuroplasticity is the brain's ability to change its own structure and functioning in response to nutrition/toxicity, emotional, or mental experience. It is a flexible organ that adapts to change across the age span. The discussion will include how brain health can be measured and improved, highlighting a four-phase program of detoxifying, nourishing, enlivening, and training the brain.

Speaker: Dr. Barbara Peavey, Ph.D., M.M. PsyPharm, BCIAC

An internationally recognized licensed psychologist, Dr. Peavey received her doctoral degree from the University of North Texas in Behavioral Medicine and Clinical Psychology. She holds a post-doctoral degree in Psychopharmacology. With 45 years of clinical experience, she is a pioneer in biofeedback, self-regulation, and brain health. Since 2004 Dr. Peavey has directed the PsychoNeuroPlasticity (PNP) Center, with a multifaceted professional team working together to understand and develop treatment programs for brain-based disorders.

11:15 am – 12:15 pm | First Breakout Session

S13: Look at Those Legs! Differentiation and Treatment of Lower Extremity Wounds (1 CE, .5 RX, .5 G)

It is important for providers to be able to differentiate types of lower extremity wounds to provide clinically appropriate interventions. Understanding the underlying etiology of these wounds is essential to developing comprehensive assessment skills and a correct treatment plan. Attendees will gain knowledge and skills for treating of arterial, venous, pressure-related, edema-related, and neuropathic wounds of the lower leg, ankle, and foot.

Speaker: Lisa Ginapp, MSN, APRN, AGACNP-BC, WCC, DWC, OMS

Lisa is a self-employed, Board-Certified Adult and Gerontological Acute Care Nurse Practitioner with national certification as a wound care specialist, a diabetic wound care specialist, and an ostomy management specialist. Lisa provides advanced practice nursing management of acute and chronically ill patients in two acute care hospitals and two outpatient clinics and makes home visits to patients in a 100-mile radius. Lisa is also retained as an expert witness for case reviews of lawsuits across the country.

S14: Successfully Engaging and Treating Individuals on the Autism Spectrum (1 CE)

As part of the largest and most trusted workforce in healthcare, Nurse Practitioners must be equipped with up-to-date information to interact with the growing ASD population across all settings and throughout the lifespan. This session will provide practical application to clinical practice to assist patients with ASD in the achievement of optimal developmental trajectories and individual life qualities.

Speaker: Dr. Jayne Jennings-Dunlap, DNP, APRN, FNP-C, CNE, EBP-C

Dr. Jennings-Dunlap is an associate clinical professor at Texas Woman's University and a practicing family nurse practitioner whose scholarship focuses on strategies to reduce the average research-to-practice gap palpable among the diverse and growing autism spectrum disorder population. Her work has been published, and she has presented nationally to healthcare professionals on how to improve healthcare engagements for those with autism.

S15: Avenging Breast Cancer: Current Progress, Our Arsenal, and the Road to Victory (1 CE, 1 RX, .5 G)

It is hard to meet anyone who has not been affected by cancer. Breast cancer is one of the top 5 most common cancers we encounter in medicine. Fortunately, we have come a long way in the fight against cancer. This presentation will take the audience on a journey of how we are currently fighting breast cancer and the promising therapies on the horizon. The presenter will also discuss how all practitioners can aid in the fight against breast cancer and how they can work with their oncology colleagues to best serve their mutual patients.

Speaker: Dane Thomas, PA-C

Dane is a physician assistant with over 13 years of experience, primarily in radiation and medical oncology. He currently works as a Hematology/Medical Oncology Physician Assistant at Texas Oncology in Dallas, TX.

S16: Controlled Substance and Pain: Management of Pain in any Setting: Rules, Regulations, and Clinic-Based Considerations (1 CE, .5 RX, .5 E/J, 1 O)

This seminar targets APRNs practicing in any practice environment initiating or continuing treatment of pain syndromes. The information is designed to inform and update the audience regarding best practices. The seminar will review the latest rules and regulations, assessment of the patient's opioid appropriateness, drug-seeking behaviors, maintenance of provider-patient relationship after opioid concerns arise, and key conversation points.

Speaker: Dr. Kelley Pennell, DNP, ASNS-BC

Dr. Pennell is an active clinician specializing in pain management. In addition to clinician endeavors, she holds a Pain Management Expert Witness contract with the Board of Nursing and has a position with Galveston College. Her passion as a clinician is to strive to improve the journey for patients suffering from chronic pain syndromes. Her passion as a peer is to ensure APRNs are armed with the knowledge needed to safely treat those with pain complaints in any setting.

1:45 pm – 2:45 pm | Second Breakout Session

S17: Inpatient Management of Alcohol Withdrawal (1 CE, .5 RX)

This lecture is for emergency department and inpatient providers who encounter patients with acute alcohol withdrawal syndrome. Discussion of patient risk factors, symptoms, and use of the Clinical Institute Withdrawal Assessment for Alcohol (CIWA) will occur. The presenter will compare the various pharmacological regimens used for the prevention and treatment of alcohol withdrawal syndrome utilized in the emergency department, inpatient medical unit, and intensive care unit.

Speaker: Dr. Sara Damron, DNP, APRN, AGACNP-BC

Dr. Damron is an assistant professor of nursing and currently serves as the adult gerontology acute care nurse practitioner option coordinator for Arkansas State University College of Nursing. Clinically, she has worked as a hospitalist in rural Arkansas and as an Intensivist in a large academic center.

S18: Mental Health Screening in Primary Care (1 CE)

Learn the importance of mental health screening in practice for pediatric, adult, and geriatric clients related to current mental health trends and evidence-based practice screening guidelines for each population. This presentation will include details and links to screening tools, resources and when to refer.

Speaker: Dr. Michelle Hext, DNP, APRN, CPNP-BC, FNP-C, ENP-C, PMHNP-BC and Dr. JT Seaman, DNP, APRN, PMHNP-BC

Dr. Hext is a quadruple board-certified nurse practitioner with a passion for children's mental health. She serves as an assistant professor and works in primary care pediatrics serving at-risk children. She has her own psychiatric practice serving both children and adults.

Dr. Seaman has expertise in inpatient and outpatient mental health. He is also an experienced educator who has taught in undergraduate and graduate mental health programs. His research interest includes childhood trauma, the effects of experiential education, the personality types of university faculty, and immersive learning.

S19: Imaging Stewardship: A Primary Care Provider's Guide to Treating and Referring Patients with Musculoskeletal Conditions (1 CE, .5G)

This presentation will provide Primary Care Providers (PCPs) a guide when treating patients with musculoskeletal conditions and ordering imaging. Knowing how to perform a focused exam, documentation, diagnostic testing, and treatment lowers costs, improves patient outcomes, and expedites referral to orthopedics.

Speakers: Amelia Leal-Serrata, APRN, FNP-BC and Karen Scherger, APRN, ACNP-BC

Amelia is a board-certified Family Nurse Practitioner. She has worked at Parkland Health and Hospital System for 22 years, and recently celebrated her 9th year with the Orthopaedic Department. Parkland is a level I Trauma Center and provides care to all patients regardless of financial status. Patients seek care for complex, acute and chronic orthopaedic conditions. Aside from patient care, she enjoys volunteering to promote health and wellness in Dallas County with the Dallas Independent School District.

Karen is a certified Acute Care Nurse Practitioner. She has worked at Parkland Health for over 30 years, including more than 11 years as an NP in the Orthopedic Department. The Orthopedic Department at Parkland is a large team that provides care to all patients regardless of funding and with a wide variety of complex orthopedic problems.

S20: Big Problems from Small Bites: The Latest on Mosquito-Borne, Tick-Borne, and Other Vector-Related Diseases of Concern in Texas (1 CE)

Incidence of vector-borne diseases (VBDs) is increasing in Texas and other areas in the U.S. Understanding where patients are at risk and the need for treatment based on a presumptive diagnosis can help manage outcomes. Timely treatment is essential since some VBDs can be quickly fatal and/or have lasting sequelae. Proper tick removal and evidence-based bite prevention strategies are essential for Nurse Practitioners to know.

Speakers: Dr. Elizabeth (Libby) Carver, DNP, FNP-BC, CNE and Dr. Mustapha Debboun, PhD, BCE Fellow ESA

Dr. Carver works in employee health and travel medicine in the Duke University Health System. A graduate of The University of North Carolina (Chapel Hill) with degrees in psychology and nursing, she earned her doctorate at Garner-Webb and her nurse practitioner degree at Duke. Her career at Duke spans more than 20 years in patient care, research, and education.

Dr. Debboun, a world-renowned medical and veterinary entomologist, has authored five books and more than 135 publications. He has organized and moderated symposia for the International Congress of Entomology. He developed the only national and international field training package for military personal protection from vector-borne diseases (VBDs) in the Middle East, implemented by more than 250,000 military personnel.

3:00 pm – 4:00 pm | Third Breakout Session

S21: Hypothyroidism: It's So Much More Than T4 (1 CE, .5 RX)

Hypothyroidism is one of the most diagnosed illnesses, and levothyroxine is one of the most frequently prescribed medications in the U.S.; however, some mechanisms of the thyroid are still not well understood. This session will discuss the changing atmosphere surrounding the future of hypothyroid treatment and how the addition of liothyronine (T3) could help patients to feel optimal and relieve them of chronic, unresolved symptoms.

Speaker: Sandy McCoy, BSN, MSN, FNP

Sandy began in bariatrics in 1979 when she helped to open one of the first bariatric units in Dallas, Texas. She again got involved with bariatrics in 2003 when she became Dallas's fifth bariatric band patient. She was very active online with bariatric support and began full-time work in several bariatric surgical practices. In the last 10 years she has had her own bariatric practice in Plano, Texas called Believe Bariatrics and Primary Care. She is very passionate about caring for the bariatric patients both medically and surgically if indicated and educating others that obesity is a disease.

S22: Updated Guidelines on Undiagnosed Maternal Mental Health Conditions Across Primary Care Settings (1 CE)

Maternal mental health conditions (MMHCs) pose a notable public health challenge, impacting not only mothers but also their children and families. Many cases of MMHCs remain undetected and untreated. This presentation seeks to equip and empower APRNs with a comprehensive knowledge and thorough understanding of prevalent MMHCs, including diagnosis, management strategies and updated 2023 American College of Obstetrician and Gynecologist guidelines pertinent to their practice.

Speaker: Sandra Kolapo, DNP, APRN, PMHNP-BC

Sandra is the interim Program Director for the Psychiatric Mental Health Nurse Practitioner (PMHNP) program at the University of Texas at Tyler. She also owns and operates an outpatient mental health clinic in North Houston. With 14 years of nursing experience and 8 years specializing in maternity and mental health, Sandra is dedicated to bridging the gap between nursing care and mental health, aiming to reduce mortality and suicide rates by addressing mental health issues earlier.

S23: Rheumatology Lab Interpretation and Management of Autoimmune Disorders in Primary Care (1 CE, .5 RX, .5 G)

Session speakers will review the most common rheumatology-related laboratory assessments, and discuss the significance of autoantibodies associated with various rheumatology conditions and how these findings should be interpreted. In addition, the session will cover how to best manage autoimmune disorders collaboratively between rheumatology and primary care providers with a focus on pharmacologic treatment risk mitigation in the primary care setting.

Speakers: Dr. Susan Quisenberry, DNP, APRN, FNP-C, CNP and Dr. Susan Chrostowski, DNP, APRN, AGNP-C

Dr. Quisenberry is a clinical professor at Texas Woman's University College of Nursing. She is a certified family nurse practitioner and, for the past 15 years, has worked exclusively with rheumatology clients. Her practice and scholarship activities are focused on patients with rheumatoid arthritis. She served as a clinical sub-investigator on over 150 rheumatology-focused clinical trials and published articles related to rheumatologic conditions.

Dr. Chrostowski is an associate clinical professor at Texas Woman's University and a practicing certified adult nurse practitioner. She has been working exclusively in rheumatology since 2005. Beyond her ongoing clinical practice with rheumatology patients, she has presented at local and national conferences on rheumatologic conditions, published articles related to rheumatology conditions, and served on multiple national rheumatology committees. Dr. Chrostowski is currently a board member on the American Board of Internal Medicine – Rheumatology Sub-Specialty Board.

S24: Pediatric Obesity (1 CE)

Pediatric obesity is a growing epidemic with associated cardiovascular and metabolic complications including hypertension, diabetes mellitus, hyperlipidemia and sleep apnea. This interactive presentation will guide frontline primary care providers through the optimal selection of medication for obesity management in pediatric patients. Additionally, our presenter will review medication side effects, necessary drug monitoring and behavioral strategies, as well as available surgical treatments. The presentation will cover overlapping type 2 diabetes condition and treatment options.

Speaker: Mili Vakharia, APRN, FNP-C, CDCES

Mili is an assistant professor in the Division of Pediatric Diabetes and Endocrinology at Texas Children's Hospital, Baylor College of Medicine. She has been a nurse practitioner for over 12 years, with the last 5 years in pediatric diabetes. She is a member of NAPNAP's pediatric obesity SIG and Education Committee at the Pediatric Endocrine Society. She also co-leads the diabetes education quality improvement team at Texas Children's Hospital which focuses on improving the use of diabetes technology and cardiovascular screenings, reducing healthcare disparities and implicit biases while enhancing education.

4:15 pm – 5:15 pm | Fourth Breakout Session

S25: Lend an Ear: Auricular Therapy Protocols for Pain Management (1 CE, .5 E/J, .5 O)

Pain is a very common complaint and quickly reduces quality of life. In this day of opioid abuse and polypharmacy, NPs who are on the frontlines in primary care, need alternatives that do not cause more side effects. This presentation includes several case presentations.

Speaker: Dr. Karen Williams, DNP, FNP-BC, FAANP, AQH

Dr. Williams has 40 years' experience in the health care field, with an extensive experience in utilizing an integrative approach to pain and headache management. Prior to her retirement from the VA, she was a member of the Office of Nursing Service Pain Committee, serving as a subject matter expert for alternative medicine and the use of acupuncture for pain reduction in the Veteran population. She completed a 300-hour medical acupuncture program in 2013 and has a national certification in auricular acupuncture and certification as a Battlefield Acupuncture Instructor.

S26: Unipolar Depressive Disorders: The Old, the New in Managing the Blues (1 CE, 1 RX)

Seeking new ways to treat depression in your practice? Options include newer antidepressants on the market such as brexpiprazole, cariprazine, vortioxetine, bupropion/dextromethorphan, esketamine, bexanolone, and zuranolone – to mention the buzz about ketamine. This session will examine and compare new and old antidepressants and adjunctive psychopharmacology and discuss best practices, when to refer to psychiatry, and options for treatment-resistant depression.

Speaker: Kimberly Giberga, MSN, APRN, FNP-C, PMHNP-BC

Kim has been a nurse practitioner for 15 years and opened her own patient-centered psychiatric practice in San Antonio, Texas in 2023, treating patients aged 13-65 in person and via telehealth. She is the founder of Female Providers of San Antonio, a group of 449 NPs, CNSs, PAs, MDs, and DOs dedicated to promoting networking, mentoring, continuing education, and equality of both pay and leadership opportunities for women in healthcare.

S27: An Evidence-Based Contraception Update for the Primary Care Provider (1 CE, .5 RX, .5 E/J)

This presentation will cover the current rates of contraception use and unintended pregnancies in the US, disparities of use as well as the different types of hormonal and non-hormonal contraceptive options. We will discuss options of barrier, reversible, non-reversible, and emergency. This presentation will address the 2016 CDC medical eligibility criteria, special recommendations for contraceptive use, and the CDC app available for clinicians.

Speaker: Dr. Padmavathy Ramawamy, PhD, MPH, APRN, FNP-BC

Dr. Ramawamy is an Assistant Professor in the Department of Graduate Studies at Cizik School of Nursing, University of Texas Health Science Center at Houston. She has been a practicing family nurse practitioner for 24 years. Her clinical experience spans the population and age spectrum, and she provides contraceptive management to the college population at UH and other women's health services. Her research interest focuses on the use of technology in disease prevention and health promotion.

S28: Skin Cancer Cases: What You Need to Know. (1 CE, .5 RX, .5 G, .5 E/J)

In a case study format, our presenter will review cutaneous cancers, including basal cell carcinoma, squamous cell carcinoma, and melanoma, that can present in young adults and geriatric patients. This presentation aims to help nurse practitioners develop a clinical approach to the initial evaluation, diagnosis, and management of skin cancers.

Speaker: Dr. Kathileen Boozer, DNP, MSN, APRN, FNPC

Dr. Boozer is an owner operator of Inspired Skin+Wellness | Dermatology Clinic. She completed a dermatology internship in 2014 and has been practicing as a specialist in this field since. Dr. Boozer has a broad background in nursing with specific training and expertise in dermatology, skin cancer/ melanoma, and community health/education. She is an active member of transdisciplinary research teams investigating the use of virtual simulation technology for prevention and early diagnosis of skin cancer and community-based wellness initiatives to improve socialization, healthy habits, and health in rural India.

9:00 – 10:00 am

GS06: DEA Presentation (1 CE, 1 DEA)

Speaker: Content coming.

10:15 – 11:15 am

GS07: Beyond Labels: Exploring Privilege & Bias (1 CE)

Implicit bias, or unconscious attitudes or stereotypes, can influence patient care. This session will use an experiential learning activity to explore privilege and self-awareness. It will conclude with a discussion on the intersection between privilege and bias and its relationship to patient care.

Speakers: Dr. Tracy Hicks, DNP, MBA, APRN, FNP-BC, PMHN-BC, CARN-AP, FIAAN, FAANP and Dr. K. Walton Perryman DNP, APRN, FNP-BC, CNE, LNC

Dr. Hicks is a dual-certified APRN in Family Practice and Psychiatric Mental Health. She is the owner of C-Trilogy Comprehensive Clinical Care serving mental health, addiction, and primary care needs. In addition, she is the Associate Professor and Program Coordinator for the inaugural PMHNP program at the University of North Texas Health Science Center in Fort Worth.

Dr. Perryman is a family nurse practitioner with a career in higher education, clinical practice-Internal Medicine, and as an entrepreneur. As a Nurse Practitioner, she is experienced in primary care and internal medicine. Some of her interests include equity, rural minority care and social factors, nursing education culture and climate: civility. She is active in TNP committees and other organizations focused on the forward progression of nurse practitioners and diversity in healthcare for better patient outcomes.

11:30 am – 12:30 pm

GS08: Hypertension Therapy updates and Pearls (1 CE, 1 RX, .5 G, .5 O)

Participate in this interactive presentation on diagnosing and managing hypertension with pharmacokinetics and basic self-care by eliminating triggers and causes and recognizing OSA, obesity, and sedentary state, as contributing factors to elevated blood pressure.

Speaker: Dr. Jose L. Villa, DNP, APRN, FNP-BC

Dr. Villa completed his Doctorate in Nursing Practice from the University of the Incarnate Word with his Capstone project geared toward the management of patients with atrial fibrillation and minimizing hospital readmissions in a large military institution. He was honorably discharged from the Air Force and has over 20 years of experience in disciplines of family practice, internal medicine, cardiothoracic surgery (congenital heart disease), interventional cardiology, and electrophysiology. He owns Villa Family Clinic and works with 5 Star Integrity Healthcare in San Antonio, Texas.

Earn .5 CE for viewing all poster presentations

Immunizing the Newly Arrived Pediatric Patient

By: Dr. Cassandra Duran, DNP, RN, FNP-BC and Norma Castillo, MSN, RN, FNP-BC

Immigration is the foundation of the United States. Texas has the second largest immigrant population, with children encompassing a majority of this population. This presentation will provide the tools that all healthcare providers need to properly care for the newly arrived pediatric patient, including the importance of bringing immunization status to current for the health of all our children.

From Flat Earth Thinking to Insight: Transforming Nursing Communication in Practice

By: Lyn McCright, MPH, APRN, AGNP, CNS, AHN-BC, HWNC-BC and Teresa Walding, BSN, RN, NC-BC

Effective communication lies at the heart of professional growth in nursing. However, conventional approaches often overlook the true catalyst for transformative change. This poster aims to challenge existing views on communication and unveil a paradigm shift that fosters profound personal and professional development. Through this insight-based approach, nurses enhance their professional growth, enrich their relationships, and contribute to a culture of empathy and understanding in healthcare settings.

Management of Pacemaker-Induced Cardiomyopathy: A DNP Student-Led Project

By: Dr. Glenda Dell, DNP, APRN, ACNS-BC, CV-BC

The only effective treatment for symptomatic bradycardia is the implantation of a permanent pacemaker. While pacemakers are life-saving devices, a high percentage of right ventricular pacing can lead to the development of pacemaker-induced cardiomyopathy (PICM). Identifying those at risk for PICM and ordering annual echocardiograms is essential in this patient population. Educating the primary care team on these guidelines is essential to improve outcomes.

Implementation of Diabetes Risk Screening in a Rural Texas Urgent Care

By: Mayla Palomo, DNP, MSN, RN, CEN, CPEN, TCRN, CLNC, CFN, FN-CSpc

This presentation outlines a quality improvement project that implemented a diabetes risk screening program in a rural Texas urgent care center. It highlights the development and outcomes of using the 2024 American Diabetes Association guidelines to identify and educate undiagnosed individuals, emphasizing the role of early intervention in improving health outcomes in underserved communities.

Why Improving Access to Mental Health Care is an Ethical Imperative

By: Dr. Diana Robinson, MD

An estimated one in four children has a serious mental health concern, and up to one in five of those who are pregnant and in the postpartum period will suffer from a maternal mental health condition. Primary care clinicians are tasked with assisting women in the perinatal period and children and their families with mental health needs, by utilizing the support of

a collaborative care program. This presentation will provide evidence for the rationale and outcomes of children, families, and women whose primary care physicians utilize an access network program.

How a Medicare Advantage Home-Visiting Supportive Care Program Identifies Patients in Skilled Nursing Facilities

By: Amy Turner, APRN, FNP-C and Julianne Glover, APRN, AGNP-C

Home-visiting supportive care programs are able to provide Skilled Nursing Facilities patients and families with information about services, such as hospice, and provide reassurance that there is support once they are home. This will reduce unnecessary hospital and ED visits and improve end-of-life care.

A Survey of PMHNP Student and Alumni Attitudes Toward Individuals with OUD and an Update on the New Training Requirements for Prescribing Buprenorphine

By: Lauren Meadows, MSN, RN and Dr. Donna Rolin, PhD, APRN, PMHCNS-BC, PMHNP-BC

This presentation summarizes a study examining attitudes toward individuals with OUD and utilizing MOUD among PMHNP students and alumni at The University of Texas at Austin. This presentation will also discuss the new training requirements for APRNs to prescribe buprenorphine, as outlined in the Consolidated Appropriations Act, which includes both the MAT Act of 2021 and the MATE Act of 2021.

Breast Cancer Screening Disparities among Older Women in Rural Texas: Implications for Nurse Practitioners

By: Dr. Zhaoli Liu, PhD, APRN, FNP-C

This presentation will discuss general cancer health disparities, racial and rural breast cancer screening disparities in Texas, and the barriers associated with these disparities. It will also explore how nurse practitioners can help curb these cancer health disparities in Texas.

Improving Continuous Positive Airway Pressure Compliance by Nurse-led Follow Up Visits

By: Dr. Jasmine Jacob, DNP, MSN, APRN, FNP-C

This poster presentation demonstrates the successful resolution of the practice problem, "For adult patients with newly diagnosed obstructive sleep apnea at a sleep center, does the implementation of nurse navigation, compared to current practice, impact excessive daytime sleepiness in 8-10 weeks?"

Contrasting Two Life-Threatening Syndromes with Similar-Sounding Acronyms: Capillary Leak Syndrome (CLS) and Cytokine Release Syndrome (CRS)

By: Amandine Ndje, MS, MBA, APRN, FNP-C and Dr. Jacqueline Broadway-Duren, PhD, DNP, APRN, FNP-BC

Scientific acronyms help expedite communication, but if misheard or misunderstood, they can cause confusion and delay life-saving interventions. Such is the case with CRS, cytokine release syndrome, and CLS, drug-induced capillary leak syndrome. Dissemination of evidence-based knowledge about these two similar-sounding life-threatening syndromes, that sometimes occur concurrently, will clear acronym confusion and improve clinical practice.

Earn .5 CE for viewing all poster presentations

Implementation of UPSTF Criteria to Identify Female Patients at Risk of Osteoporosis

By: Titilope Witemire, DNP, FNP-Student

This project aimed to improve osteoporosis screening among post-menopausal women by enhancing healthcare provider knowledge, increasing the use of standardized screening tools, and addressing pre-existing conditions in risk assessments. The intervention improved practitioner knowledge and screening recommendations for at-risk patients, emphasizing the crucial role of increasing practitioner knowledge in effective osteoporosis management.

Promoting Provider Adherence to American Diabetes Association Guidelines with a Diabetes Care Bundle

By: Bilgha Noor, MSN, APRN, FNP-C, AGACNP-BC and Kari Benton, MSN, APRN, FNP-C

This poster presentation aims to share the results of a quality improvement (QI) project intended to increase clinical providers' adherence to ADA guidelines for diabetes care at two primary care clinics.

Screening and Management of Autism Spectrum Disorder in Toddlers

By: Dr. Michelle Hext, DNP, APRN, CPNP-PC, FNP-C, ENP-C, PMHNP-BC

Learn current evidence-based provider screening and referral of toddlers for autism spectrum disorder to assure the best life outcomes for children at risk for or diagnosed with autism. A practice protocol for providers is presented to improve and standardize the screening and referral process in any clinic.

Evaluation of Cardiovascular Risk Compliance for Primary Prevention: A Quality Improvement Project

By: Dr. Rachelle Campbell, DNP, APRN, FNP-C

This poster will discuss how a quality improvement project based on ACC/AHA guidelines enhances awareness and adherence to cardiovascular risk assessments. Do not miss the opportunity to explore how evidence-based educational interventions can lead to sustainable practice changes for better patient outcomes.

Obesity Management in Primary Care

By: Dr. Danielle Stockhorst, DNP, APRN, FNP-C

This evidence-based project provided a framework for primary care providers to implement obesity management in the primary care setting. This framework resulted in successful weight loss for each participant who completed the program.

Obstetric Emergency Preparedness Guideline

By: Alissa Ussery, MSN, BSN, RN

Obstetric care services in rural areas have declined since 2019. This presentation validates and supports the assertion that increasing access to care by providing education and obstetric certifications to nursing staff in rural hospitals can help decrease severe maternal morbidity and mortality as well as poor fetal outcomes.

Teenager Suffers Large Right MCA Stroke: A Case Report

By: Dr. Sara Damron, DNP, APRN, AGACNP-BC

The purpose of this case report is to spread awareness of acute ischemic stroke in an unlikely population. A teenager presented to a hospital after an ATV accident for which orthopedic injuries were sustained. This case report will serve as a confirmation that ischemic stroke can and does occur in this minority population, and providers should not disregard stroke-like symptoms due to young age.

Helping Uninsured Texans Be Healthy: What Texas Nurse Practitioners Can Do to Help Our Most Vulnerable Neighbors

By: Dr. Katy Vogelaar, DNP, APRN, FNP-C, CNE

The health report card is in for Texas and it's not all great. According to the American Health Rankings data in 2023, Texas ranks 38 out of 50 states on population health and wellbeing metrics. Nurse practitioners in Texas are more likely to care for uninsured, underserved, and at-risk Texans. This poster presentation will explore the health landscape of uninsured Texas and offer NPs practical tools to help them care for their low-resourced clients.

The Mountain Model for Evidence-Based Practice Quality Improvement Initiatives

By: Jayne Dunlap, DNP, APRN, FNP-C, CNE, EBP-C

Widespread confusion exists surrounding the differentiation and interrelatedness of research, Evidence-Based Practice (EBP), and Quality Improvement (QI) throughout education and healthcare settings. This presentation introduces the first conceptual model co-created by NPs for Evidence-Based Practice Quality Improvement (EBPQI) initiatives. All Texas NPs can also use the model to visualize where their educational preparation and professional advanced practice nursing experience best positions them to lead and/or participate in research and EBPQI teams to work toward shortening the research-to-practice gap.

Utilizing Screening Tools in Primary Care

By: Aaron Salinas, DNP, APRN, FNP-BC, PMHNP-BC C

Screening for anxiety and depression has become the standard of care in primary care clinics. Routine screening tools help healthcare providers identify patients with anxiety and depression. Early identification and diagnosis of anxiety and depression leads to better outcomes in treatment.

Hands-Only CPR Education at the Texas Christian University Flu Vaccine Clinic

**By: Katie Seliga, BSN, RN, DNP Student and
Kenda Chaker, BSN, RN, DNP Student**

Bystander cardiopulmonary resuscitation participation rates are low, resulting in low sudden cardiac arrest survival rates. Research indicates that college students recognize the importance of Hands-Only CPR but lack the knowledge to perform the skill. The DNP student team taught TCU students, faculty, and staff Hands-Only CPR at the TCU Flu Vaccine clinic, and participants reported an increased knowledge of HOC and confidence in performing HOC.

Atrial Fibrillation in the Primary Care: When is it an Emergency?

Speaker: Dr. Jose L. Villa, DNP, APRN, FNP-BC

Learn the risks factors, causes, and triggers of AF, diagnosing, management and know when to refer, or when to send to the Emergency room. Case studies with 12 lead ekg discussions to including medication management on rate control vs rhythm control, and the importance of anticoagulation therapy, when is it needed and when is it not.

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TNP is excited to offer select courses as part of our pre-recorded Annual Conference bundle. Each session is delivered by the same amazing speakers who are presenting at the conference.

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F01: Congestive Heart Failure: Updated Guidelines and Patient Specific Management Strategies (1 CE, .5 RX, .5 G)

F03: Lung Cancer: From Screening to Management (1 CE, .5 RX, .5 O)

F08: Texas Law and the NP Scope of Practice - Part 1 of 2 (1 CE, 1 E/J)

F10: Attention Deficit: ADHD and Its Analogues, How to Differentiate, Diagnose, and Treat (1 CE, .5 RX, .5 G)

GS08: Hypertension Therapy Updates and Pearls (1 CE, 1 RX, .5 G, .5 O)

S16: Controlled Substance and Pain: Management of Pain in Any Setting: Rules, Regulations, and Clinic-Based Considerations (1 CE, .5 RX, .5 E/J, 1 O)

S17: Inpatient Management of Alcohol Withdrawal (1 CE, .5 RX)

S21: Hypothyroidism: It's So Much More Than T4 (1 CE, .5 RX)

S22: Updated Guidelines on Undiagnosed Maternal Mental Health Conditions Across Primary Care Settings (1 CE)

S23: Rheumatology Lab Interpretation and Management of Autoimmune Disorders in Primary Care (1 CE, .5 RX, .5 G)

S27: An Evidence-Based Contraception Update for the Primary Care Provider (1 CE, .5 RX, .5 E/J)

S28: Skin Cancer Cases: What You Need to Know (1 CE, .5 RX, .5 G, .5 E/J)

CONFERENCE REGISTRATION

TNP membership pays for itself through significant discounts, free CEs, and more! Join now and get member pricing on your conference registration. [Click here](#) to become a TNP member.

Thursday Workshops + Full Conference (Friday – Sunday)	Early Bird Ends July 31	Regular	Onsite
Regular	\$ 570.00	\$ 620.00	\$ 720.00
Associate	\$ 570.00	\$ 620.00	\$ 720.00
Retired	\$ 470.00	\$ 520.00	\$ 620.00
Student	\$ 470.00	\$ 520.00	\$ 620.00
Nonmember	\$ 820.00	\$ 870.00	\$ 970.00

Full Conference (Friday – Sunday)	Early Bird Ends July 31	Regular	Onsite
Regular	\$ 400.00	\$ 450.00	\$ 500.00
Associate	\$ 400.00	\$ 450.00	\$ 500.00
Retired	\$ 300.00	\$ 350.00	\$ 400.00
Student	\$ 300.00	\$ 350.00	\$ 400.00
Non-Member	\$ 600.00	\$ 650.00	\$ 700.00

Weekend Only (Saturday – Sunday)	Early Bird Ends July 31	Regular	Onsite
Regular	\$ 330.00	\$ 380.00	\$ 430.00
Associate	\$ 330.00	\$ 380.00	\$ 430.00
Retired	\$ 260.00	\$ 310.00	\$ 360.00
Student	\$ 260.00	\$ 310.00	\$ 360.00
Non-Member	\$ 530.00	\$ 580.00	\$ 630.00

Friday OR Saturday Only	Early Bird Ends July 31	Regular	Onsite
Regular	\$ 240.00	\$ 290.00	\$ 340.00
Associate	\$ 240.00	\$ 290.00	\$ 340.00
Retired	\$ 200.00	\$ 250.00	\$ 300.00
Student	\$ 200.00	\$ 250.00	\$ 300.00
Non-Member	\$ 360.00	\$ 410.00	\$ 460.00

Thursday Workshops	Early Bird Ends July 31	Regular	Onsite
Half Day - Member	N/A	\$ 100.00	\$ 150.00
Half Day - Non-Member	N/A	\$ 150.00	\$ 200.00
Full Day - Member	N/A	\$ 195.00	\$ 245.00
Full Day - Non-Member	N/A	\$ 245.00	\$ 295.00

Ticketed Items



During registration, you will have the option to include the following ticketed events.

TNP Foundation's Walk and Wine Down Thursday, September 5, 5:30 pm

Bold Stripes, Bold Support. Join the 2024 TNP Herd for a stroll around Kalahari. Join fellow NPs on Thursday, September 5, 2024, from 5:30 - 6:30 pm. Go on a 20–30-minute walk and wine down with one complimentary glass of wine or beverage of your choice. (T-shirt included.) Additional beverages are available for purchase. Registration is \$75. You can purchase a ticket at the online registration checkout or by [clicking here](#).

TNP PAC Breakfast | Saturday, September 7, 7:45 - 8:45 am

Come join the Texas Nurse Practitioners Political Action Committee for breakfast and a special policy discussion with a legislative guest of honor. All proceeds benefit the TNP PAC and our legislative advocacy efforts to remove barriers to nurse practitioners and improve Texans' access to healthcare. Registration is \$75. You can purchase a ticket at the online registration checkout or by [clicking here](#).

Disclaimer: Gifts to political action committees are not tax deductible. Contributions to TNP PAC are for political purposes. All contributions to TNP PAC are voluntary. You may refuse to contribute without reprisal.

TNP Member Appreciation Guest Ticket

TNP's Member Appreciation event is Friday, September 6, 7:00 - 10:00 pm. The event is open and free to all members of Texas Nurse Practitioners and children ten and under. If you wish to bring a family member(s) or friend, you can purchase additional guest tickets by [clicking here](#) or at checkout. Additional tickets are \$50 each.

Get a New Professional Photo

A professional photographer will be on-site taking professional photos. If you would like a new headshot, you can purchase a photo ticket during registration or by [clicking here](#). Registration is \$50.

Photography hours:

Friday, September 6, 12:00 pm - 3:00 pm

Saturday, September 7, 7:30 am–9:00 am; 10:30 AM–1:30 pm

CONFERENCE INFORMATION

Continuing Education at TNP's 2024 Workshops & Annual Conference

Learners will be awarded 23 Contact Hours (including up to 9.75 Pharmacology hours). Completion of the course evaluation is required for CE.

Statement:

Texas Nurse Practitioners is approved as a provider of nursing continuing professional development by the Louisiana State Nurses Association Approver Unit, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. LSNA Provider No. 4003232. In order to receive your CE Certificate, you must participate in the conference courses and complete the post-evaluation.

CE Certificate:

At the end of the TNP Annual Conference and Workshops, you will receive an email from Bella Stewart at TNP to complete your CE Certificate. It will be emailed to you within one hour of submission. If you do not receive it, please email bella@texasnp.org, and she will send you a copy.

Disclosures

- Dr. Lynn Rapsilber, DNP, APRN, ANP-BC, FAANP: Gilead: Speaker: Hepatitis C
NP Business Consultants, LLC: Owner: consulting on coding, billing, and documentation
National Nurse Practitioner Entrepreneur Network: Co-founder and CEO: helping NPEs build and sustain practices.
- Dr. Jessica Peck, DNP, PARN, CPNP-PB, CNE, CNL, FAANP, AAN
Sequirus- consultant, pediatric flu vaccination
Moderna- consultant, pediatric COVID vaccination
Sanofi- consultant, pediatric RSV immunization

All listed above will be resolved via Nurse Planner review of presentation slides. No other relevant financial relationships exist for presenters or planners of this conference.

NSO 10% Risk Management Discount

TNP Primary NSO offers TNP's 2024 Annual Conference and Pre-Conference attendees a 10% Risk Management Discount on Individual Policies. Coverage is available to eligible residents of the United States of America and Puerto Rico.

Conference Details & Policies

Because the conference serves as an open forum, opinions expressed and/or materials distributed by program participants do not necessarily reflect or imply advocacy or endorsement by the Texas Nurse Practitioners, its officers, or members. Texas Nurse Practitioners does not endorse any specific commercial products or services.

Sessions

All sessions will be held at the Kalahari in Round Rock, Texas. Name badges are required for admission to every session. Every attempt has been made to match room size to the presentation; however, attendance is not always predictable. Admittance to all sessions will be based on pre-registration priority. Room capacity will be strictly enforced. No additional chairs will be added. Standing and sitting on the floor will be prohibited. If a session is full, please find another to attend.

On-Site Conference Registration

Wednesday, September 4, 3:00 PM – 7:00 PM

Thursday, September 5, 7:00 AM – 7:00 PM

Friday, September 6, 7:00 AM – 5:00 PM

Saturday, September 7, 7:00 AM – 5:00 PM

Sunday, October 8, 7:00 AM – 12:00 PM

Exhibits

Exhibitor participation greatly enhances the quality of the TNP Conference each year. Exhibitor support and generosity have provided many of the special events and featured speakers. Please allow plenty of time to visit the exhibit hall, browse through the materials, and speak with representatives. Exhibits are located in the Kilimanjaro Exhibit Hall.

Exhibit Hall Hours

Thursday, September 5	12:00 PM – 5:00 PM
Friday, September 6	8:00 AM – 4:30 PM
Saturday, September 7	8:00 AM – 1:30 PM
Tear Down	1:30 PM – 2:30 PM

Photo Release Statement for Texas Nurse Practitioners (TNP)

TNP has official photographers and videographers at its events and meetings. Photographs and videos taken at TNP meetings may be used in future marketing, publicity, promotions, advertising, and training activities for TNP. By registering for this meeting, you agree to allow TNP to use photographs and video that may include you in all media formats worldwide. You also understand that once your image is posted on TNP's website or social media, the image can be downloaded by any computer. Therefore, you agree to indemnify and hold harmless from any claims Texas Nurse Practitioners. TNP reserves the right to discontinue the use of photos without notice. Should you have any questions, please get in touch with TNP at 512-291-6224.

Cancellation Notice

Requests for a refund due to conference cancellation must be emailed to bella@texasnp.org by August 20, 2024. Eligible refunds will be processed, minus a \$25 processing fee.

SPECIAL THANKS TO TNP'S VOLUNTEER LEADERSHIP

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"I love being a TNP member because, as a new nurse practitioner, I've been able to meet many people and learn new things for my practice and my patients."

Brittany Blackman, FNP-BC
First Year Graduate
Member since 2023

"I'm a Lifetime Legacy TNP member because supporting TNP is essential to helping our profession!"

Cathy Lux, DNP, MBA, APRN
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Dallas, TX



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