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Texas Nurse Practitioners Magazine

Winter 2025



SPECIAL ADVOCACY ISSUE





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- 12 FREE CEs annually Delivered online and via articles in our quarterly magazine.
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Greetings from TNP's President, Erin Pérez, DNP, APRN, ANP-C, AGNP-C, ACHPN



Familia, Family –; Feliz Año Nuevo! Happy 2025! I hope this new year, new chapter breathes healing, restoration, health, wealth and blessings on your journey. As we reflect over the last twelve months, words cannot express the deepest appreciation and gratitude that I have for each of you. I am so proud of how far we have come in such a short time. I know that there is no barrier or challenge that TOGETHER we can not overcome as the TNP family.

I am thrilled to share the new 2025 launch of our quarterly publication, TNP Pulse. We continue to modernize and innovate at TNP and provide more content based on your feedback.

Thank you all for taking time to share your thoughts and wishes! Your wish was granted! The TNP Pulse has received a refreshed look and feel to kick us off in 2025.

This issue's theme is advocacy. In addition to providing timely content related to our theme, we will continue to share the latest information with you, including news about TNP Affiliates and TNP University Ambassadors and several articles on featured topics in each quarterly edition. Be sure to share your feedback with Connie (connie@texasnp.org) regarding our new TNP Pulse.

I'm also excited to announce that, for the first time, TNP is offering members the opportunity to obtain free CE by reading an article and completing a questionnaire. This is an easy way to obtain more CEs, and it's free because you are a member of TNP.

You'll also find information about the new TNP Advocacy Toolkit. Family, you have got to take a few minutes and check our latest and greatest, TNP's Advocacy Toolkit!! This is a TNP member resource uniquely tailored for our family. It has arrived just in time to help each of us grow our functional knowledge and become empowered and engaged for the 89th legislative session. Take time NOW to review this vital information in preparation for the upcoming days in Austin. Access this members-only toolkit today.

Now is the time to let your voice be heard for yourself, your profession, your NP role and your patients.

The 89th Legislative Session began on January 14. Our lobby specialist teams and coalition members have been hard at work during the interim. They are prepared to move TNP's legislative agenda forward and prevent the passage of bills that would be harmful to our profession and/or the patients we serve.

Life is busy for all of us, but over the next twenty weeks, make a choice and plan now to join your TNP family for one of the four opportunities below during this historic 89th legislative session. Now is the time to be bold and make your step of faith to heal Texas healthcare. Make your voice heard and the voice of your patients. Your presence and active engagement is vital to removing barriers to healthcare in Texas.

Continued>>



Read TNP's Capitol Watch e-newsletter for the most up-to-date session developments.

When we have calls to action, we will send those out via email as well, so please don't delay opening emails from TNP. Most issues will be timesensitive.

We are READY. Are YOU ready? Come join us!

- Attend a TNP Capitol Day (4 dates to choose from);
- Share your positive impact patient stories with us;
- Follow Texans for Healthcare Access Coalition on social media and share the posts;
- Donate to the TNP PAC.

Our TNP family has come so far! Our momentum is unstoppable.

As we continue to move forward together, our collective positive impacts are not only heard but seen and felt. Texas Nurse Practitioners, we have a very palpable heartbeat across 254 counties thanks to your tireless servant leadership. Each of you continues to raise the bar of excellence for our profession and our NP roles. Thanks to each of YOU, our legacy is even more robust as the TNP pulse makes positive impacts across our families, friends, patients, and the communities we serve.

Thank you for being part of our TNP family, and I continue to look forward to a bright future in Texas together! Adelante Juntos! Forward Together! As always, feel free to call, text, or email me if I can be of resource or service.

Blessings on your path and see you all soon!

Dr. Erin Pérez, DNP, APRN, ANP-C, AGNP-C, ACHPN





Remembering Dr. Loretta C. Ford EdD, RN, PNP, NP-C, CRNP, FAAN, FAANP (December 28, 1920 – January 22, 2025)

NPs everywhere are grieving the loss of one of the most significant health care pioneers, Dr. Loretta C. Ford, who co-founded the first NP program in 1965 at the University of Colorado. Texas NPs and future generations of NPs will continue to celebrate and be inspired by Dr. Ford's incredible legacy for years to come. Read more about her incredible life and work: bit.ly/Dr-Ford.





The 89th Legislative Session is Here

What You Need to Know about TNP's Legislative Agenda

The first day of the Texas Legislative Session was January 14, 2025. In the coming weeks, stay tuned to emails and our website for live updates as we work with lawmakers to introduce the five priority bills on TNP's legislative agenda:

Removing Delegation Barriers:

legislation to expand patient access to quality, local healthcare by changing outdated Texas laws requiring NPs to contract with a physician before they can practice. Removing this unnecessary and often costly barrier will allow NPs to provide care to the people who need it the most, especially in rural and medically underserved areas.

Schedule II Prescriptive Authority (Introduced! - HB 1948): legislation to extend physician delegated Schedule II prescriptive authority to all NPs, regardless of practice setting

or specialty. Texas is only one of a handful of states that does not extend Schedule II prescriptive authority to NPs, and such restrictions harm their ability to treat patients with mental health conditions, cancer, chronic disease, and other illnesses in a variety of practice settings.

Eliminating Insurance Requirement for Delegating Physicians (Introduced! - HB

1942): legislation to remove the requirement that NPs be in the same health insurance network as their delegating physician. Texas Senate Bill 654 (85R) eliminated this requirement for Medicaid/CHIP in 2017, but commercial plans were left out. Getting rid of this insurance barrier is necessary to keep pace with the growing number of NPs providing primary care in Texas and to increase network adequacy in areas with

healthcare provider shortages.

Board Procedures for Complaints Against Healthcare Providers (Introduced! - HB 861): legislation requiring regulatory agencies to refer any complaints for a licensed individual to the appropriate board of jurisdiction. For example, if a complaint against an NP were submitted to the Texas Medical Board (TMB), the TMB would be required to refer this complaint to the Texas Board of Nursing, the board of jurisdiction for NPs.

Graduate Nursing Education:

Legislation to increase funding and identify new opportunities to invest in graduate nursing programs, including loan repayment assistance programs for NPs, funding for graduate nursing faculty, clinical training and preceptorships, and student scholarships.

TNP's Legislative Ambassadors in Action!

Our Legislative Ambassadors play a central role in advancing our advocacy priorities throughout Texas.

In 2024, TNP's Legislative Ambassadors worked tirelessly to educate lawmakers on the need to expand access to healthcare for Texans and remove barriers to nurse practitioners. They completed over 115 legislative visits, added full practice

authority to the Texas Republican and Democratic Party platforms as part of the state convention process, and participated in political events and activities across the state. Thank you, Ambassadors!





















Texans for Healthcare Access is comprised of a growing number of highly diverse organizations representing consumers, business, and a broad range of healthcare stakeholders. These groups have joined forces to remove unnecessary barriers to care and allow Advanced Practice Registered Nurses to provide more access and more options to Texas patients. Contact erin@texasnp.org to learn more about the Coalition and how your organization can get involved.

Our members include:

AARP Texas Texas Association of Health Plans

Texas Association of Health Underwriters Amazon

Americans for Prosperity - Texas Texas Business Leadership Council

APRN Alliance Texas Conservative Coalition Research Institute

Coalition of Texans with Disabilities Texas Clinical Nurse Specialists

Consortium of Texas Certified Nurse Midwives Texas Doctors for Social Responsibility

Convenient Care Association Texas Employers for Insurance Reform

Every Texan (formerly Center for Public Policy Texas Impact

Priorities)

Leading Age Texas

Methodist Healthcare Ministries of South Texas

National Alliance on Mental Illness (NAMI) Texas

National Council of State Boards of Nursing

Nurses Care Hub

Philippine Nurses Association of America

R Street Institute

Texas 2036

Texans for Affordable Health Care

Texans for Midwifery

Texas Association of Benefit Administrators

Texas Association of Business

Texas Association of Nurse Anesthetists

Texas Nurses Association

Texas Nursing Legislative Agenda Coalition

Texas Nurse Practitioners

Texas Organization of Rural and Community

Hospitals

Texas Physician Assistant Business Alliance of Texas

Texas School Nurses Organization

Texas Silver Haired Legislature

The Heartland Institute

The Libre Initiative

University Health

Veterans Deserve Care

Young Conservatives of Texas

Texans for Healthcare Access Launches Maternal Health Campaign: Waiting for Care Texas

According to a new scorecard from the Commonwealth Fund, Texas is the second worst state in the U.S. for women's health, ranking behind only Mississippi. And a woman's life expectancy is the lowest it's been since 2006.

We can do better for Texas moms and women.

Advanced Practice Registered Nurses (APRNs), like Nurse Practitioners and Certified Nurse-Midwives, are a critical part of the solution to improving access to women's and maternal healthcare. But currently in Texas, outdated delegation laws are preventing them from practicing to the full extent of their training, education, and licensure.

TNP is a founding member and coordinator of the Texans for Healthcare Access Coalition, a group of over 40 Texas business, consumer, and policy organizations who have joined forces to remove barriers to APRNs and expand access for Texans.

This session, the Texans for Healthcare Access Coalition is launching our Waiting for Care Texas campaign, which will highlight the critical need for improved access to maternal and women's healthcare throughout Texas.

Here are a few of the dire women's health statistics driving our campaign:

- 46% of counties in the state are defined as maternity care deserts.
- Texas ranks 44th in the number of women's health providers per patient (38.1 per 100,000 women 15+).¹
- Texas has one of the highest rates of maternal mortality, with 35 and 51 maternal deaths per 100,000 births between 2020 and 2022.²
- Texas ranks 46th in access to prenatal care.³
- Texas received a "D" report card from March of Dimes, ranking 40th in the country for the number of preterm births.⁴
- Texas is in the bottom 10 states for preventive care for women, including breast and cervical cancer screening.⁵

Texas women desperately need access to care, especially in our rural and underserved communities.

There are tens of thousands of APRNs in Texas who are ready and willing to provide high-quality, affordable women's healthcare close to home. It's time to finally grant full practice authority to APRNs so they can help address Texas' growing women's health crisis and provide the care Texas women deserve and need.

Texas Women Deserve Better. No More Waiting for Care.



Join our campaign. #WaitingforCareTx

Here's how you can support our campaign:

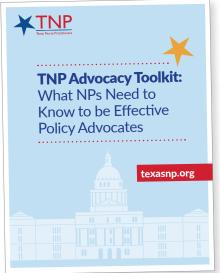
- Share your women's health story about how an NP positively impacted a patient's life via our patient story form or by emailing erin@texasnp.org. We will feature these stories on our website and social media throughout session.
- 2. Follow us on Facebook (@Texans for Healthcare Access), Instagram (@texans for healthcare access), X (@Texans4HCAccess), or LinkedIn (@Texans for Healthcare Access), share our posts, and use the hashtags #WaitingforCareTx and #txlege.
- 3. <u>Send TNP</u> your photo, name, and where you're from in Texas. And we'll share your testimonial on our campaign website.

"My name is_____, from____,
Texas. I support removing barriers
to APRNs and improving access
to women's healthcare. No more
#WaitingforCareTx #txlege.

Stay tuned for more campaign updates throughout the legislative session!

- 1, 3, 5 America's Health Rankings, 2024
- ² Commonwealth Fund, 2024
- ⁴ March of Dimes, 2024

Be a Strong Voice for NPs: Get TNP's Advocacy Toolkit



The 89th Legislative Session is here—there's never been a better time to elevate your advocacy skills and take action in support of nurse practitioners!

Introducing TNP's all-new Advocacy Toolkit: your essential resource for making a difference.

This comprehensive

guide provides you with expert insights, actionable strategies, and the tools you need to effectively champion full practice authority for NPs across Texas. Get started! To access the toolkit on our website, visit our <u>Grassroots page</u>, click the toolkit graphic, and check out the item in your cart — **free for TNP members!**

Toolkit contents include:

- The Legislative Process: Explore how the Texas Legislature operates, from its structure to how a bill becomes law.
- **Tracking Bills:** Learn how to use the Texas Legislature Online, or TLO, to keep an eye on legislation that impacts your practice and your patients.
- Storytelling: Walk through the steps of how to craft compelling personal stories and harness the power of storytelling to fuel your advocacy efforts.
- Educating the Media and Stakeholders: Explore resources and sample scripts for pitching a story to a local reporter, writing a letter to the editor, or collecting patient stories as part of our Patient Voices campaign.
- **Social Media Guide:** Learn how to engage with social media posts, share relevant content, and tag your legislators to get your message in front of them.

Together, we can drive positive change for nurse practitioners and the communities we serve.



We need you in Austin! **Regional Capitol Days** Sign Up Now

Our 89th Legislative Session is underway. Senate Bill 911 Heal Texans has been filed! Now is the time to advocate!

Join any TNP Regional Capitol Day, beginning next week!

- February 10 | East Texas Region -Deadline to register is 1/31 to ensure your legislative visit!
- March 10 | North & West Texas Region
- March 12 | Central Texas Region
- April 4 | South & Far West Texas Region

<u>Click here</u> for more details and to register.

Questions? Contact bella@texasnp.org.



THE UNIVERSITY OF TEXAS MEDICAL BRANCH AT GALVESTON

Certificates and DNP Program



Educating nurses since 1890, UTMB offers undergraduate, graduate and doctoral degree tracks, designed to meet the unique needs of each nursing professional. Our graduates are skilled in providing patient-centered care and are developed to become leaders in health care.

CERTIFICATES

Post MSN Nurse Educator

This certificate program is a student-centered, online program that addresses the needs and challenges in our current healthcare environment. Our program offers students an opportunity to be involved in the learning community in multiple educational environments using emerging technology. Promoting both

evidence-based information and a theoretical framework to impact the learning environment, UTMB School of Nursing encourages excellence through nursing education.

Post MSN Adult-Gerontology Acute Care **Nurse Practitioner**

This certificate program, offered online, is a great option for primary care nurse practitioners wanting to obtain certification as an Adult-Gerontology Acute Care Nurse Practitioner. Applicants interested in this post MSN certificate should have already earned a master's degree and certification as a Family Nurse Practitioner or Adult-Gerontology Primary Care Nurse Practitioner.

Post Bachelors Rural Telehealth

This online certificate program is a wonderful opportunity for students holding a bachelor's degree in health sciences and a current healthcare delivery role to expand their marketable skills in healthcare. Completion of this certificate program will allow healthcare workers to become leaders in telehealth practice application by engaging in the use of digital and telehealth technologies.

DOCTOR OF NURSING PRACTICE (DNP)

Two Pathways to a DNP Degree This online program prepares nurses to participate in healthcare transformation with an emphasis on increasing access to quality care and improving health equity. UTMB has a long history of commitment to these practices, making this the ideal program for nurses who are committed to reaching these goals.

- Post MSN: Accepts APRN, CNL, ENL, or Nurse Administrator
- Post BSN:
- o Family Nurse Practitioner
- Adult-Gerontology Acute Care Nurse Practitioner
- Dual Family Nurse Practitioner/ Adult-Gerontology Acute Care Nurse Practitioner



School of Nursing





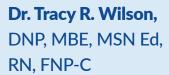
media son.studentaffairs@utmb.edu





Walking Her Talk: A Persuading Conversation with NP Advocate Dr. Tracy R. Wilson





Dr. Wilson brings more than 20 years of healthcare and patient advocacy experience, including clinical education, family nursing, nursing student instruction, and interdisciplinary course design. She holds a Doctor of Nursing Practice from Belmont University, along with a Post-master FNP certification from the University of Kentucky and Master of Science in Bioethics and Medical Humanities from Tulane School of Medicine. She also holds a Master of Science in Nursing Education from Bellarmine University.

Her most recent role was field medical director for antivirals at Pfizer, where Dr. Wilson delivered impact by forging relationships with patient and professional advocacy organizations and coalitions. During her tenure, she helped launch six new products and indications (including a novel oral antiviral FDA approved product and a new antiviral vaccine) and provided medical support and guidance for health disparities initiatives.

Dr. Wilson has held leadership roles with the American Academy of Nurse Practitioners (South TX state liaison), American Nurses Association (ANA 1st Alternate Ethics Advisory Board member), Healthcare Businesswomen's Association (Global Education Advisory Committee, Global Education, and Event Chair), among others. She has received many awards over the course of her career, including the President's Award for the National Black Nurse Practitioner Association, Patient Impact Award for Pharmaceuticals, and HBU Medical Achievement Award for the HBU North America Medical Affairs Team. She has also served extensively as a speaker, panelist, and poster presenter throughout her career.

TNP student member Jeffrey Howard sat down with Dr. Tracy R. Wilson, DNP, MBE, MSN Ed, RN, FNP-C, who serves on TNP's Policy Council and is a TNP Legislative Ambassador.

What initially motivated you to transition into policy and advocacy as an NP?

As nurse practitioners, we always have to advocate in some capacity. We often have to explain our role, especially compared to doctors. Advocacy is inherent in what we do. Once I became the AANP state liaison, I took a deeper dive into policy work. I began attending legislative days and speaking with legislators about full practice authority, Black maternal health, and other issues. Being part of organizations like the National Black Nurses Association and attending Health Policy Day in Washington, D.C., allowed me to engage directly with legislators on critical issues. These experiences helped me see how my voice could lend itself to a greater capacity.

What advice would you give NPs who want to follow a similar path?

Once I became the AANP State Liaison and a part of TNP, I joined their Policy Council, which allowed me to understand Texas policies affecting NPs. This involvement led me to the Harris County Democratic Convention, where I engaged with legislators like Sheila Jackson Lee, Colin Allred, and Al Green. I became a state delegate at the county level, moved on to the Texas State Convention, and eventually ran to be a national delegate. This involved giving a political speech, something I didn't expect but leaned into by focusing on my role as a nurse and

Continued>>

advocate. My advice is to lean into your passion and use that as your foundation to connect with others.

Was this something you learned through training or personal experience?

Being in healthcare as long as I have—22 years as a nurse and 16 as a nurse practitioner—has taught me to think on my feet. Persuasion is key in healthcare, whether convincing a patient to take medication or navigating conversations with policymakers. My background in pharmaceuticals also helped. Additionally, I attended a one-day summit called "Healing Politics" at the TNP Spring Conference, which provided insights into the political process. Nurses and NPs naturally develop the ability to read the room, which is invaluable in advocacy and politics.

How can NPs access similar support to get started?

Our organizations are crucial. Be part of your national organizations like AANP and state organizations like TNP, as they shape your practice and advocacy journey. I also benefited greatly from "Healing Politics," which helps individuals decide if politics is a good fit. Mentors are invaluable; I've been fortunate to have mentors like Dr. Jessica Peck, Dr. Lutricia Harrison, Dr. Cindy Weston, and Erin Cusack, among others. They've shown me how to navigate these waters. Find people who will guide and support you and learn from their expertise.

What are some immediate actionable steps NPs can take to get involved in policy advocacy today?

Do something. As our former First Lady Michelle Obama said, "I don't care what you do, but do something." Volunteer for a campaign, write letters, canvas, or phone bank. We need everyone activated. This is one of the most consequential times in our lives, and action is critical.

This has been a life-changing year for me. If you'd told me a year ago that I'd have these opportunities, I wouldn't have believed it. If I can do it, anyone can. So again, I'll say, do something—anything.

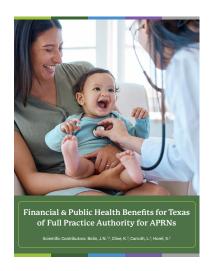


My advice is to lean into your passion and use that as your foundation to connect with others.

Dr. Tracy R. WilsonDNP, MBE, MSN Ed,
RN, FNP-C



Research Study Article — TNP Members Earn 1 Free CE





Introducing TNP's Pulse Magazine CEs:

- 1. Read the article
- 2. Answer the brief online questionnaire
- 3. Get a passing score and you've earned your CE!

TNP is excited to offer members a convenient and engaging opportunity to earn a free CE credit. Read the summary article below and answer a series of brief online questions.

Financial & Public Health Benefits for Texas of Full Practice Authority for APRNs

This report examines three key research areas to provide economic, public health and safety evidence of the benefits of eliminating practice restrictions on Advanced Practice Registered Nurses (APRNs) and allowing them to practice to the full extent of their licensure under the Board of Nursing.

This research was conducted between June 2022 – February 2023 and provides evidence that:

- 1. Removing practice restrictions on Texas APRNs is projected to generate over 4,000 new jobs in Texas and add nearly half a billion dollars to Texas' state GDP in the first year. The gains to Texas' state GDP jump to \$2.3 billion over a 5-year period and \$4.6 billion over a 10-year period. These effects are likely to be more significant in rural and underserved areas of Texas.
- 2. There is significant unmet need for healthcare services in Texas that is projected over the next several decades, notably in primary care and psychiatric services. Eliminating APRNs scope of practice restrictions will address the significant healthcare shortage in the state of Texas and eliminate a sizable

- proportion of unmet demand for care, especially in rural areas. These changes are estimated to alleviate the primary care provider shortage by 2,376 providers, or 32%, and reduce the psychiatric provider shortage by 13%.
- 3. Removing practice restrictions on APRNs will result in an estimated cost savings for the state of Texas of up to \$47.7 million in the first biennium when examining Texas Medicaid and Teacher Retirement System of Texas (TRS) cost savings. This includes up to \$30.5 million in all funds savings and \$12.2 million in general funds savings for Medicaid and \$17.2 million in TRS savings.
- 4. APRNs are as safe as MDs/DOs when examining safety and malpractice claims brought in Texas. This observation is also true in states that do not require physician supervision of APRNs. APRNs represent 2% of all medical negligence claims both in Texas and nationally, whereas physicians are responsible for 98% of all malpractice insurance claims.

Interested in learning more? Check out the <u>full report</u> and read pages 4-8. Then <u>click here</u> to take the online CE survey.



2025 CE Planner

Texas Required CEs

WHEN	WHAT'S REQUIRED	TNP ON-DEMAND CE CENTER – texasnp.org	LIVE IN PERSON
One Time	Prescription Monitoring Program REQUIREMENT: 2 hrs CE to be completed within one year of obtaining licensure	□ Prescription Monitoring Program (2 PMP)	Join us for TNP's
	DEA REQUIREMENT: 8 hrs	 □ Opioids: Treating Pain: Mitigating Risks (2 DEA) □ Deep Dive: Opioid Pharmacokinetics/ Pharmacodynamics (1 DEA) □ Opioids & DEA: 2024 (2 DEA) □ Opioid Alternatives & DEA (1 DEA) □ Pain Assessment in Any Setting (1 DEA) □ Management of Pain in Any Setting (1 DEA) 	2025 Nurse Practitioner PHARMACOLOGY CONFERENCE Opioid Pre-Conference April 10-12, 2025 San Antonio Hyatt Regency Hill Country Resort & Spa
Every Year	Opioids REQUIREMENT: 2 hrs CE	 □ Opioids: Treating Pain: Mitigating Risks (2 O) □ Deep Dive: Opioid Pharmacokinetics/ Pharmacodynamics (1 O) □ Opioids & DEA: 2024 (2 O) □ Pain Assessment in Any Setting (1 O) □ Management of Pain in Any Setting (1 O) 	OPIOIDS PRE-CONFERENCE 4/10/25 □ AANP Opioids Session (2 O) □ Opioids in Specialty Areas (1 O) □ From Opioids to Alternative Therapies (1 O)
Every two Years	Pharmacy REQUIREMENT: 5 hrs	 You've Got Anemia, Now What? (.5 RX) Free for TNP Members □ Opioids: Treating Pain: Mitigating Risks (2 RX) □ Deep Dive: Opioid Pharmacokinetics/ Pharmacodynamics (1 RX) □ New FDA Approved Drugs (1 RX) Free for TNP Members □ Prescription Monitoring Program (1 RX) 	PHARMACOLOGY CONFERENCE 4/11-4/12/25 (all courses listed below will also be available on demand starting on April 12) □ Bugs and Drugs (1.5 RX) □ Pediatric Renal Disease (1.5 RX) □ Pharmacology Viral update (1.5 RX) □ Pulmonary Pneumonia Diagnosis & Treatment (1.5 RX) □ First Contact Migraine (1.5 RX) □ Menopause Update (1.5 RX) □ Pharmacologic Management in Child Sexual Abuse (1.5 RX) □ Biologics, DMARDS, and Geriatric Medications (1.5 RX)
	Geriatrics REQUIREMENT: 2 hrs	☐ Frailty Demystified (1 G) ☐ Advance Care in Outpatient Geriatric Practice (1 G)	PHARMACOLOGY CONFERENCE 4/11-4/12/25 (all courses listed below will also be available on demand starting on April 12) ☐ Biologics, DMARDS, and Geriatric Medications (.75 G) ☐ Pharmacology Viral update (.5 G))
	Human Trafficking REQUIREMENT: 1 course	☐ Human Trafficking Updates & Trends (1 CE)	
Every third 2-year reporting period	Ethics/Jurisprudence REQUIREMENT: 2 hrs	 □ Nursing Ethics and Jurisprudence (2 E/J) □ Deep Dive: Opioid Pharmacokinetics/ Pharmacodynamics (.5 E/J) 	

TNP members receive deep discounts and free CEs. Learn more and register at On-Demand CE Center

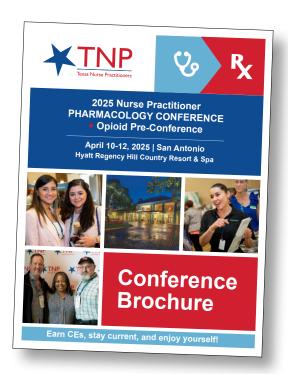
Registration is open!

Our 2025 Pharmacology Conference experiencee includes an all-new Opioid Pre-Conference and an excellent lineup of timely pharmacology sessions. Attend all three days and earn 16 CEs.

Plus, you'll get the best of authentic Texas hospitality and endless fun at the stunning Hyatt Regency Hill Country Resort and Spa.

TNP membership pays for itself through significant discounts on conferences and more. Enjoy special member pricing on your conference registration.

<u>Check out the Conference Brochure</u> for all the details and <u>register here</u>.



Annual Conference Call for Abstracts

TNP offers numerous opportunities for nurse practitioners to share their extensive knowledge and expertise. We encourage you to contribute by sharing your insights—submit an abstract for consideration today!

TNP's Education Committee invites submissions for:

- 3-hour workshops (Thur, Sept 25)
- 1-hour sessions (Fri, Sept 26 and Sat, Sept 27)
- Poster presentations (Fri, Sept 26 and Sat, Sept 27)

The submission deadline is Saturday, February 15, 2025.

Click here to learn more.





Leading the way in healthcare in rural West Texas TNP Board of Directors, South Plains Representative 2016-2018

Why did you become an NP?

When I graduated from Abilene Christian University in 1990, I started working as a nurse and became the perinatal education coordinator in 1993. Working in bereavement at the nursery, I soon realized I wanted to work with patients throughout all phases of life, and I then learned that ACU was opening an NP program. I was the first of four FNP graduates from the Patty Hanks School of Nursing in 1996. I wanted to experience caring for families in their journey through life, which led me to want to become a nurse practitioner.

What do you love most about Lynn County Hospital District?

The patients and getting to know them almost as family. Working as a nurse practitioner, I get to know my patients, their kids, their grandkids, their dogs, their favorite football teams ... I like just knowing people and their lives. As the CEO, I do not get to see patients as much as I would like, so I still set one or two Saturdays a month aside to see patients, and I occasionally get to step out of my administrative role to help fill in if we are short.

What is your favorite patient success story?

An elderly couple (ages 79 and 83) had gone to church and lunch one Sunday about 25 miles from home. Once almost home, the wife told her husband, "I don't feel good. Something's not right." She was having chest pain with nausea, so he turned the car around. Knowing that navigating heavy traffic through Lubbock might take too long, her husband decided to head to Lynn County. He called the hospital on the way to notify the ER that he

believed his wife was having a heart attack. I was one of the three people waiting for her at the door. We immediately got her on a stretcher, into the trauma room, and hooked up on leads when she arrested. We resuscitated, stabilized her, and lifeflighted her to Lubbock. Three days later, the elderly couple walked into Lynn County Hospital, gave us all hugs, and thanked us for saving her life. That was their first stop on the way home after her discharge. Lynn County holds an annual auction, and for the past 10 years, the woman has written a \$5,000 check in a donation to the hospital's foundation. We saved her life, and she gives back. I have shared this story with Senator Perry and other legislators to help explain just what rural health means. Stories like this one are what people don't understand unless you've provided care in a rural community.

Continued>>



Find what you know will feed you as a human being and make you want to be a better person.

Dr. Melanie Richburg DNP, APRN, FNP-C CEO, Lynn County Hospital District

Why do you feel advocating for full practice authority is important?

I feel it's important for NPs to advocate for full practice authority because (1) we are professionals, and (2) who better to advocate for our own profession than ourselves? I love seeing patients and caring for people, but I have also set myself on the path as an advocate for my profession, which I do in as many avenues as possible.

What organizations outside of TNP do you support?

I was asked in 2021 to serve on the Board of the Texas Health Insurance Exchange, and it has been an interesting experience. Not only can I learn more about insurance coverage, malpractice, liability, and workers comp, but I also bring a clinical perspective to the table, which has been helpful for the development of policies.

I also serve on the Board of the Texas Organization of Rural and Community Hospitals (TORCH).

We are fortunate to say that every rural hospital in Texas is now a member of TORCH, working together for access to effective and affordable care. I was recently asked to serve on the Texas Hospital Association Board, and I will be the first advanced practice nurse to serve on this board.

What are the future goals for Lynn County Hospital District?

My focus for the next three to five years is to refine our operations for the most efficient outcomes and funnel as much downstream revenue to the hospital as possible while continuing to foster the relationships we have with the providers in the surrounding communities and Lubbock. I hope that Lynn County Hospital will receive a grant for a mobile mammography unit, because Lynn County and the surrounding communities could really benefit.

What do you do for fun?

I have a newfound self-care hobby. A couple of close friends who just retired from teaching for 35 years have decided that their objective in life is to get me to take vacations. I have now taken two seven-day cruises. My friends have my credit card and my passport number, and they tell me what days to take off. It's great!

What is your mantra or guiding principle?

Do what you love, and love what you do. Find what you know will feed you as a human being and make you want to be a better person. Find a way to do what you love each day to help you remember why you love it.

TNP Launches "Ask TNP's Practice Consultant" Member Service



NPs have questions, we have answers!

Click here to login and submit your scope of practice question.

We're proud to introduce Ask TNP's Practice Consultant, an exclusive benefit for TNP members. This new service, led by John Gonzalez, DNP, APRN, ACNP-BC, ANP-C—a distinguished dual-certified Nurse Practitioner, educator, and scope-of-practice expert—offers tailored guidance on practice-related questions, including clinical challenges and legal concerns.

John earned his Doctor of Nursing Practice from Texas Woman's University in 2010 and his Master's in Nursing from Stony Brook University in 2004. As a full-time faculty member at the University of Texas at Tyler, he trains the next generation of Adult Gerontology Acute Care Nurse Practitioners. In addition to his academic role, John maintains a part-time position with the hospitalist service at Parkland Health and leads Holistic Integrative Health, his telemedicine practice specializing in functional medicine.

John is an accomplished presenter and published author on nurse practitioner scope of practice issues. He is also a legal consultant on RN and APRN scope of practice issues. A dedicated Texas Nurse Practitioner (TNP) member since 2003 and a legacy member since 2016, he brings a deep commitment to supporting the TNP community.

Through *Ask TNP's Practice Consultant*, members can submit practice-related questions using a simple online form. John will provide expert, personalized responses within 24-72 hours. For more complex concerns, a virtual consultation may be convened to provide more in-depth guidance.

We are delighted to welcome John to the TNP team and are confident his expertise will provide exceptional value to our members.

Ready to ask your question? <u>Click</u> <u>here</u> to login and get started today!



East Texas Nurse Practitioner Association

Shout out to the <u>East Texas Nurse Practitioner</u> <u>Association</u>! Way to represent NPs at the Tyler Christmas Parade last month!



Hill Country Nurse Practitioners Association

During NP Week celebrations, <u>Hill Country Nurse</u> <u>Practitioners Association</u> gave back to a healthcare community partner by presenting the New Braunfels Volunteers in Medicine with a donation to support their amazing work within the community.





National Black Nurse Practitioner Association

Congratulations to Stephanie Williams and Kristene New, National Black Nurse Practitioner Association's 2024 Scholarship recipients!



North Texas Nurse Practitioners

Congratulations to Lisa Reed for being named North Texas Nurse Practitioners' 2024 NP of the Year! Pictured left to right are Dr. Beth Farren (nominating member), Lisa Reed, and NTNP President Dr. Tammie Williams.





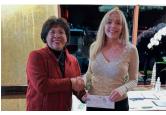


San Antonio Nurses in Advanced Practice

San Antonio Nurses in Advanced Practice gives back each year to charitable organizations in the community doing amazing work. The 2024 awards were presented to Volunteer Services Council at Texas Center for Infectious Disease, Healy-Murphy Center, and San Antonio Firefighters Benevolent Fund. Congratulations to these organizations, and thank you for taking care of the community of San Antonio, Texas!









Congratulations are in order for <u>San Antonio Nurses in Advanced Practice</u> 2024 Student Scholarship recipients, Alexandria Damm - BSN to DNP program at University of Texas Health Science Center, Caitlin Lenhard - DNP student at University of Texas Health Science Center, and Cindy Rivera - DNP student at University of Texas Health Science Center.



South Plains Nurse Practitioner Association

Congratulations to Maribel
Castillo MSN, APRN, CPNP,
TTUHSC Alumni! Maribel
was selected as the South
Plains Nurse Practitioner
Association NP of the year
for 2024 for demonstrating

excellence and serving as a role model for the nurse practitioner profession. Maribel is pictured here with SPNPA's very first NP of the Year (2009), LaMicha Hogan.

South Texas Alamo Chapter NAPNAP

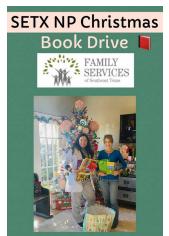
In November, South Texas Alamo Chapter Napnap volunteered and gave back to their community and most vulnerable children to help prepare 6,000 snack packs for children who otherwise wouldn't have food.



Southeast Texas Nurse Practitioner Association

Congratulations to Shon Fayaz for being named SETX Nurse Practitioner Association's 2024 NP Preceptor of the Year! Thank you for all your work precepting student NPs, Shon!





SETX Nurse Practitioner
Association is in the spirit
of Giving! They donated
over 75 books to the Women
and Children's Shelter of
Southeast Texas, due to the
success of their Christmas
Book Drive. This generosity
allows every child who enters
the shelter to receive a book.
Way to give back to your
community, SETX NPs!



The Austin Chapter of NAPNAP

Congratulations to 2024 <u>The Austin Chapter of</u> <u>NAPNAP</u> Award Winners – Valerie MacLaurin, PNP of the Year, and Kally Vafiadis Walton, Preceptor of the Year.

Let's highlight your Affiliate!

Have news to share? Email connie@texasnp.org.

Thank You To Our 2024 Donors

Your support and commitment to our profession makes a tremendous difference. We are pleased to recognize the individuals and organizations who contributed between January 1 - December 31, 2024.

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If you have a question or need assistance, please email jill@texasnp.org.



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Sponsor TNPF's Walk and Wine Down T-Shirt Sponsor the Walk T-shirts and have your company logo or name printed on the back in recognition. Click here to submit your sponsorship.

Questions? Contact connie@texasnp.org.

Purchase Your Walk and Wine Down Ticket

Our walk is a crowd-pleaser and a great way to kick off your conference experience. Meet up at Charlie's Long Bar, grab your favorite beverage, and stroll with us around the Hill Country. Tickets are \$75 and support the work of TNP's foundation. Participants will receive a beverage and an exclusive walk t-shirt (while supplies last). Purchase your ticket when registering online to reserve your t-shirt size.

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Donate a Basket or Item!

Join us, bid generously, and be part of this meaningful experience! Questions? Contact **connie@texasnp.org**. Please **click here** to view the guidelines for the TNPF Silent Auction.