

pulse

Texas Nurse Practitioners Magazine

Summer 2025



SUMMER ISSUE

89th Texas Legislative
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Reflecting on a Historic 89th Legislative Session

As the 89th Legislative Session comes to a close, I am filled with overwhelming gratitude and pride for our multilayered Team TNP approach, which catapulted our patients and NP role to accomplishments of historic proportions.

These last couple years of efforts brought extraordinary progress and unprecedented opposition to every bill we championed—yet we remained steadfast and united in our mission to protect and defend our great state of Texas.

Historic Team TNP Brings Historic Opportunities

One of the most notable milestones of the session was a meeting hosted by Lieutenant Governor Dan Patrick with Texas Nurse Practitioners (TNP), physician Senators and bill author Senators, Lt. Governor's Health Care Advisory Board and the Texas Medical Association (TMA).

This meeting aimed to explore a path toward full practice authority and the inclusion of such legislation in the Lieutenant Governor's list of priorities laid out during Easter. It marked a historic breakthrough, representing more than a decade of Team TNP's strategic lobbying, grassroots advocacy across political lines, and ongoing efforts to build education, awareness and strong relationships with the Governor, Lt. Governor, Speaker and all members across 254 counties.

Although no final agreement was reached due to physician opposition, the significance of this high-level meeting cannot be overstated—it was the first of its kind in our TNP history. TNP also met with other top leaders multiple times in the interim, during and after session, focusing discussions on the unique regulatory burdens and challenges in Texas and the need to eliminate barriers that limit nurse practitioners' ability to provide care to Texans and for Texans to have more access and ability to choose their health care provider. These discussions built on our ongoing efforts to raise awareness, educate, and emphasize the urgency on Texans' need for expanded healthcare access and choice across all 254 counties in Texas.

United Together in Presence

Understanding the importance of presence, Team TNP organized four Capitol Days and four Lobby Days throughout the session for members and Texans for Health Care Access Coalition to participate in strategic discussions with legislators and staff. These are in addition to our daily and around the clock efforts with Team TNP, lobbyists, and leadership. Beyond our physical presence, Team TNP worked tirelessly and our TNP family took action—making over 10,920 contacts via phone calls and emails to legislators. Team TNP ensured that our patients' needs and lived experiences as nurse practitioners' care for Texans were not only seen but felt across Texas and infused into the Capitol halls. TNP family, we had a historic palpable pulse and loud unified voice. We brought our Texas NP force to the dialogues and held those lines with incredible degrees of offensive and defensive strategic political maneuvers.

Team TNP worked tirelessly and our TNP family took action—making over 10,920 contacts via phone calls and emails to legislators.

Team TNP also provided more testimonies at more legislative hearings than ever before. Dozens of nurse practitioners and NP advocates stepped up to deliver heartfelt and impactful experiences which brought more spotlights on the reasons TNP provides evidence to support urgent and vital policy change for Texans now.

United We Stand

As Texas continues to cope with the horrific and tragic Hill Country flooding, our hearts and prayers go out to all who are hurting. The heavy weight of our collective grief and bereavement of the massive loss of life, pets, property and livestock are hard to even put into words. Please know that during this painful season of mourning,

your TNP family is united together as we send our deepest condolences and stand in support ready and willing to help where and when needed.

Thank you to all our first responders, emergency management and recovery teams for your enduring efforts. We continue to pray for your safety and strength during this mission. Thank you to our TNP Foundation for your help and support for those impacted.

As the only statewide association dedicated exclusively to representing Texas nurse practitioners at the Capitol and across all 254 counties, we must continue our united and strategic efforts for Texans first. In the months ahead, our leadership team will continue to modernize and innovate our strategic advocacy plan to build on the

historic momentum we've gained and continue pressing for evidence to support vital regulatory and policy change for Texas. TNP family, I have high hopes for the future for policy change to come to Texas. Keep bringing the light and truth into every opportunity. I am forever grateful for this incredible Team and family who have resilience and fortitude with Texas grit and grace. Remember, I am so very proud of each of you! Adelante Juntos as we continue to protect and defend Texans into the 90th legislative session. Blessings on your path.

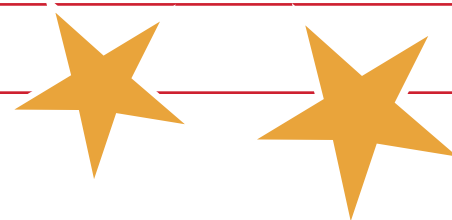
Yours in Service,
**Dr. Erin Perez, DNP, APRN,
ANP-C, AGNP-C, ACHPN
(210) 343-2175**



“We are advocates for our patients. We are leaders, and we have a voice.”

**Nkem Nwaobi, DNP, APRN, FNP-C, PMHNP-BC
Beaumont, TX
TNP Member since 2024**





A Session of Historic Conversations

The 89th Legislative Session was marked by historic progress on the conversation of full practice authority for nurse practitioners (NPs), capturing the attention and support of House and Senate leadership for the first time in the bill's two-decade history.

This session, Lieutenant Governor Dan Patrick convened a meeting with Texas Nurse Practitioners (TNP) and the Texas Medical Association (TMA) with the goal of forging a path forward for full practice authority and introducing a bill in the Lt. Governor's package of priority legislation. This meeting was the culmination of over a decade of TNP's strategic lobbying, grassroots efforts within the Texas Republican and Democratic Parties, and relationship-building with key lawmakers. While the meeting with the Lt. Governor did not produce a compromise bill (TMA refused to negotiate) and ultimately full practice authority did not pass, it was the first time the bill had received direct support and intervention from one of the Big Three in Texas politics (Governor, Lt. Governor, and Speaker).

In response to this threat and growing support for full practice, organized medicine unleashed significant manpower and resources to advance an anti-NP agenda and undermine full practice authority and related bills. In the face of this opposition, TNP continued to move its legislative agenda, defend against harmful legislation for NP practice, and expand its grassroots presence at the Texas Capitol.

► **Legislative Wins:** While none of the NP-specific items on TNP's agenda will become law, we made significant progress on each of these bills. All but one bill on TNP's legislative agenda received a public hearing in the House and Senate. HB 1942 on eliminating in-network insurance requirements for delegating physicians passed the House overwhelmingly and fell short of a Senate vote in the final weeks of session. SB 268 to protect NPs against the regulatory overreach of the Texas Medical Board (TMB) passed the legislature, but was vetoed by Governor Abbott due to his desire for further amendments. The movement of all of these bills paves the way for future sessions. Another major win was nursing education. TNP worked with the Nurses Legislative Agenda Coalition to maintain historic levels of funding for nursing education programs in Texas' budget bill. From the Nursing Faculty Loan Repayment Program to the Mental Health Loan Repayment Program, these programs are crucial in addressing Texas' nursing workforce shortages.

► **Defensive Agenda:** TNP successfully defeated a package of bills from organized medicine that would have instituted new, burdensome delegation requirements, created advanced directives for physician-only care, prohibited the use of the title "doctor" for doctorally educated healthcare practitioners, and forced NPs out of the med spa industry. We are happy to report that **none** of these bills passed thanks to TNP's vigilance and close collaboration with lawmakers to amend bills as needed.

► **Grassroots Presence:** TNP launched initiatives to grow our grassroots presence at the Texas Capitol. We held four regional Capitol Days to engage local Affiliates and University Ambassadors across the state. We also debuted our First Wednesday Legislative Day, a dedicated day on the first Wednesday of every month for members of the Texans for Healthcare Access Coalition, TNP's Legislative Ambassadors, and TNP members to participate in targeted legislative visits with lawmakers. In addition to TNP's "boots on the ground," TNP members made 10,920 contacts with lawmakers through phone calls and letter campaigns on TNP's Action Center.

Taken together, the 89th session came with both wins, and disappointments. But TNP stood firm in defending and protecting NP practice in the face of significant opposition; we advanced key bills for NPs and patients; and we evolved in our adaptability and effectiveness as a professional association. We could not have achieved these victories without the support of our members across Texas and the Coalition of over 40 organizations who have joined forces with us to remove barriers to NPs and expand access to care for Texans.

► **Looking Ahead:** TNP's role as the only statewide association representing Texas NPs at the Capitol has never been more crucial as we tackle the future opportunities and threats to NP practice in Texas. In the coming months, TNP's leadership will work tirelessly to develop a strategic advocacy plan to build upon the progress of this session and continue to move the ball forward on full practice authority for Texas NPs. We know our members, and Texas patients, depend on it.

In the following pages, our legislative recap provides an overview of the bills on TNP's legislative and defensive agendas and a final status update of these bills at the end of session. We also provide a summary of key healthcare and nursing bills that passed this session and what they mean for Texas NPs. Enjoy the recap!

TNP's Legislative Agenda

✗ **SB 268—Board Complaint Procedures for NPs** Final Status: Passed House and Senate, but vetoed by Governor

This bill would have standardized board complaint procedures for healthcare practitioners. TNP members have informed us of cases where a member of the public has filed a complaint against an NP with the TMB for the “unlicensed practice of medicine,” “impersonating a physician,” or similar claim. Instead of referring these complaints to the Texas Board of Nursing (BON), the TMB will initiate an investigation or issue a cease-and-desist order, resulting in a costly and burdensome legal process for the NP.

SB 268 would have required a healthcare licensing board to promptly refer a complaint that involves a practitioner who is not licensed under that board to the appropriate licensing board for investigation and possible discipline. SB 268 would have also prohibited a healthcare licensing board from disciplining a practitioner who is licensed by another board. For example, if the TMB received a complaint on an NP, they would be required to refer this complaint to the BON. TMB would not be permitted to investigate, issue a cease-and-desist, or discipline the NP.

While SB 268 would have been a positive step forward for protecting NPs against frivolous investigations and the regulatory overreach of TMB, Governor Abbott wants further amendments to the bill. TNP will take this bill up again in 2027.

✗ **HB 3794/SB 1859, SB 911, SB 3055—Full Practice Authority for NPs** Final Status: Did not pass; all bills, except SB 911, received public hearings

There were several bills introduced this session that would have granted some form of full practice authority for Advanced Practice Registered Nurses (APRNs) in Texas. These bills would have provided a pathway to retire costly, burdensome physician delegation requirements, expanding access to local, quality healthcare for Texans.

- **HB 3794/SB 1859** met the gold standard definition of full practice authority. HB 3794/SB 1859 included all four APRN roles, authorized prescriptive authority for Schedules II-V, and had no transition to practice hours or setting/geographic restrictions.
- **SB 911** had several conditions of eligibility for APRN independent practice, including 3,000 transition to practice hours working under a delegating physician, mandatory liability coverage, and an increase of CE hours. The bill also limited Schedule II prescriptive authority to the existing carveout in Texas law (hospitals and hospice only).
- **SB 3055** was an independent practice bill for rural areas only, defined as counties with a population of 68,750 or less. To qualify, an APRN would have to meet one of the following requirements: 1) graduate from a Texas-based program with in-person clinical training and practice under physician delegation for 4 years (8,000 hours); or 2) practice under physician delegation for 10 years (20,000 practice hours). The bill applied to NPs, Clinical Nurse Specialists, and Certified Nurse Midwives (no Certified Registered Nurse Anesthetists), increased CE hours, and limited Schedule II authority to the existing carveout in Texas law (hospitals and hospice only). The bill had provisions requiring APRN reporting to the BON on practice locations, patient count, referrals for Schedule II prescriptions, and notification of practice location changes. The BON was also tasked with studying the bill's impact on rural primary care access, patient outcomes, APRN practice location trends, and rural hospital costs.



TNP's Legislative Agenda (continued)



✗ **HB 1942—Insurance Network Requirements for Delegating Physicians**

Final Status: Did not pass; passed House but was left pending in Senate committee

This bill would have allowed insurers to contract directly with NPs for state regulated commercial health plans, regardless of whether the NP's delegating physician is in-network. SB 654 (85R) eliminated this in-network delegating physician 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 numbers of NPs providing primary care in Texas and to increase network adequacy in healthcare provider shortage areas.

✗ **HB 1948—Schedule II Prescriptive Authority**

Final Status: Did not pass; never received a public hearing

This bill would have authorized delegated Schedule II prescriptive authority for all NPs, regardless of practice setting or NP specialty. Texas is only one of a handful of states that does not extend Schedule II prescriptive authority to NPs, and such restrictions impact their ability to treat patients with mental health conditions, cancer, chronic disease, and other illnesses in a variety of practice settings. It also prevents hospital-based NPs from being able to write timely discharge prescriptions for their patients, contributing to delays in care and increased costs for hospitals and patients.



SB 1/HB 1—Graduate Nursing Education

Final Status: Passed; all funding for nursing education maintained

This session, the Texas Nurses Association and the Nursing Legislative Agenda Coalition (NLAC), of which TNP is a member, advocated for maintaining funding for nursing education programs to address shortages in the nursing workforce. In the budget, the legislature continued to fund these programs at the same rate it did in FY 24-25, meaning Texas will repeat the highest level of funding for nursing education in the state's history.

The 89th Legislature's budget for FY 26-27 funds the Professional Nursing Shortage Reduction Program (NSRP) (funded at \$46.8M), the Nursing Faculty Loan Repayment Assistance Program (NFLRP) (funded at \$7M), the Nursing Innovation Grant Program (NIGP) (funded at \$9.7M), the nurse loan repayment assistance program (NLRP) (funded at \$12.5M), the nursing scholarship program (NSP) (funded at \$12.5M), the Minority Health Research and Education Program (MHGP) (funded at \$2.1M), and the Mental Health Loan Repayment Assistance Program (MHLRP) (funded at \$28M). These targeted education funding programs supplement formula funding for the state's nursing schools. A comparison to previous funding cycles demonstrates the significance of this funding. For more details on these individual programs, reach out to erin@texasnp.org for a detailed recap from NLAC.

Nurse Education Funding Comparison Between FY 22-23 and FY 24-25 and FY 26-27

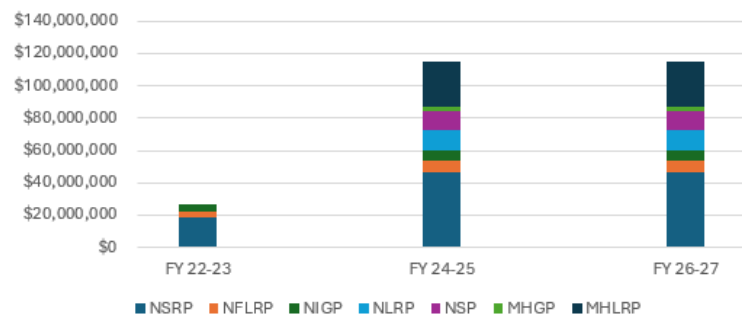
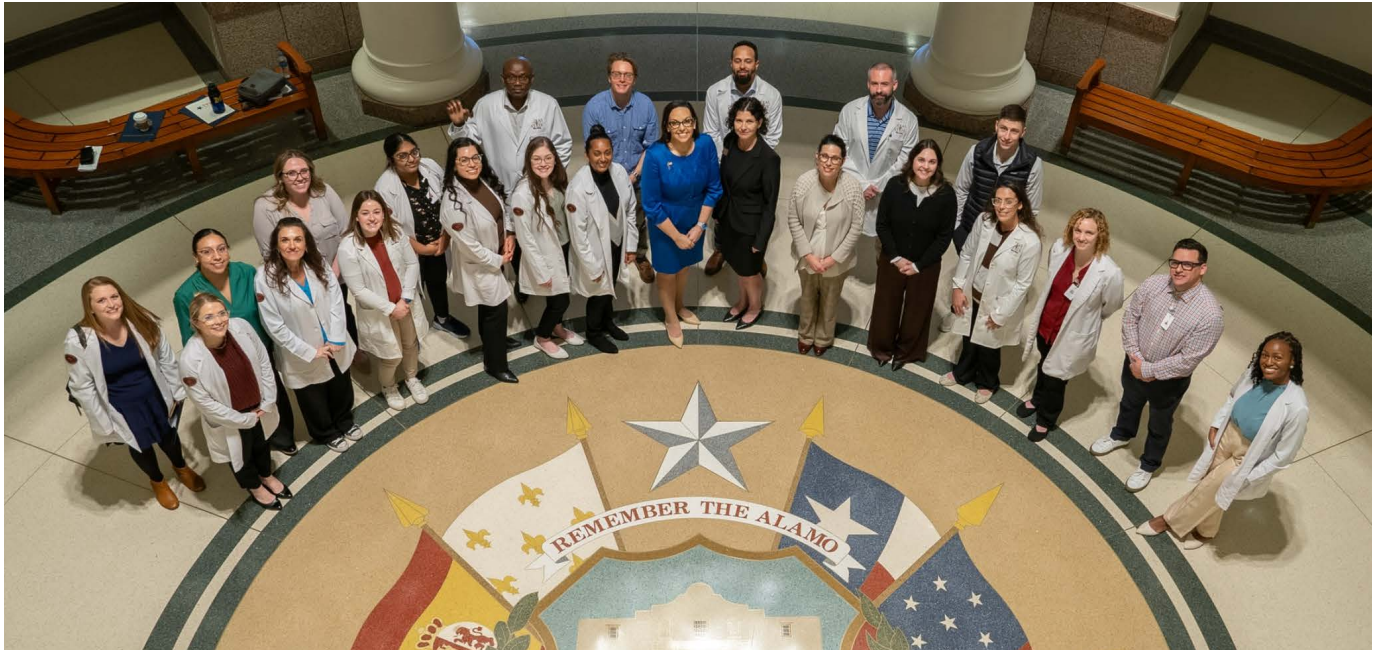


Figure 1, from NLAC Legislative Report

TNP's Defensive Agenda



We are happy to report that none of these bills on TNP's defensive agenda passed thanks to our vigilance and close collaboration with lawmakers.



SB 2695—APRN Rural Delegation Program

This bill changed significantly as it moved through the legislative process. While SB 2695 as introduced would have provided a fast track to medical school for APRNs and expanded delegation ratios in rural areas, both provisions were stripped in later versions of the bill. Instead, later amendments to SB 2695 focused on further cementing, and subsidizing, the system of physician delegation in Texas for APRNs. These amendments also added new delegation fee reporting and chart review requirements, which could have created a chilling effect in the physician delegation market for APRN business owners and a bifurcated delegation system favoring PAs over APRNs.

The version of SB 2695 that passed the Senate had the following provisions:

- **Rural Admission Medical Program:** establishes the Rural Admission Medical Program (RAMP) and council of medical schools, which would support qualified students from Texas counties with a population of less than 25,000 who are pursuing a medical education through undergraduate and graduate scholarships, summer stipends, and guaranteed admission to at least one participating medical school.
- **APRN Rural Delegation Program:** requires the Texas A&M University Health Science Center College of Medicine to establish and administer the Rural APRN Delegation and Supervision Program, where A&M would contract with and provide delegating physicians to APRNs in rural counties with a population of less than 30,000 who practice in one of the required disciplines (primary care, mental health, women's health, pediatrics, or adult-gerontology). The fiscal note is \$8.3 million per biennium, which includes administrative costs and direct delegation payments to physicians.
- **New Chart Review Requirements:** creates a new minimum chart review requirement of 5 percent of all charts for physician delegates, but this requirement would only apply to APRNs and not PAs. Currently there is no minimum percentage of chart review for APRNs or PAs. This was eliminated under SB 406 (83 R) in 2013.
- **Delegation Fee Reporting:** mandates that physicians report all delegation fees to TMB.

TNP's Defensive Agenda (continued)

✗ **HB 3415/SB 2181—"Truth in Advertising" Bill**

This bill would have prohibited individuals from using a title associated with another profession on advertising materials, such as business cards, letterhead, signs, and other communications. This includes the use of the title "doctor," which could only be used by licensed physicians as codified in the bill. This restriction would have impacted all doctorally educated healthcare providers, including APRNs. The bill would have also prohibited nursing education programs and all postgraduate health education programs from using the term "residency" or "fellowship" in the name of their programs. A violation of the law would have been subject to an administrative penalty of up to \$1,000 for each day the violation continues.

✗ **HB 3588—Patient Bill of Rights, Directives for Physician-Only Care**

This bill would have allowed a person to execute a written directive that requires any diagnosis or treatment to be provided only by a physician. HB 3588 would have also created the Texas Patients' Bill of Rights, stating that patients have a right to:

- Be informed of the type of license that practitioner holds
- Be informed if a supervising physician is present at the facility
- Decline services provided by a non-physician
- Be provided an initial consultation only with a physician
- Receive a written estimate of the costs of services
- Receive a written notice of whether a health benefit plan covers the services
- Pay a reduced price for the service if it is provided by a non-physician provider

HB 3588 would have required photo ID badges for all healthcare providers with a full, unabbreviated title. The bill would have also required a posting in all waiting rooms stating that services are provided by non-physicians and patients have a right to be informed of the supervising physician's identity. A violation of the chapter would have been reported to the applicable licensing board and subject to an administrative penalty of up to \$10,000. Finally, the bill would have prohibited misleading statements or deceptive acts in advertising healthcare services, such as a misrepresentation of the license the person holds or their education, training, or clinical expertise.



✗ **HB 3889—Physician-Patient Relationship**

This bill would have prohibited the delegation of prescribing or ordering controlled substances or dangerous drugs under a prescriptive authority agreement unless the physician had a physician-patient relationship with the patient. Effectively, this bill would have required patients to see a physician first before an NP could prescribe any medications—from diabetes and heart medications to antibiotics—which would have dramatically reduced access for Texas patients who already struggle to access timely care.

✗ **HB 3890—Delegating Physician in the Same Specialty**

This bill would have prohibited physicians from supervising or delegating to a physician assistant (PA) or APRN who practices in a specialty outside of the scope of the physician's training or primary medical practice unless the physician had five years of previous practice in that specialty. Since the majority of Texas NPs are licensed in primary care and mental health—specialties with the highest physician shortages in Texas—the mandate that NPs find a delegating physician in their same specialty would have further exacerbated the shortage of delegating physicians. And since NPs cannot provide care to Texas patients without these agreements, this bill would have further restricted access to care.

Noteworthy Healthcare Bills That Passed

Below is a list of healthcare bills that passed during the 89th legislative session. Most of these bills will go into effect on 9/1/2025 unless vetoed by the Governor.

SB 5—Dementia Institute

This bill creates the Dementia Prevention and Research Institute of Texas. The Institute will create and expedite research on dementia, Alzheimer's, Parkinson's, and related disorders by awarding grants and collaborating with state agencies. The Institute will be responsible for monitoring progress of awardees and ensuring compliance with the terms of grants. The bill requires the passage of a constitutional amendment that transfers \$3 billion from state general revenue to become effective.



HB 18—Support for Rural Hospitals

This bill establishes a State Office of Rural Hospital Finance to provide technical assistance to rural hospitals and health systems. It creates a Texas Rural Hospital Officers Academy to deliver professional development and continuing education programs for rural hospital officers. The bill establishes grant programs to support rural hospitals at risk of financial instability, drive innovation, and respond to disasters. It also creates an add-on reimbursement rate for rural hospitals with a department of obstetrics and gynecology, which the Health and Human Services Commission (HHSC) is tasked with administering. The bill removes existing criteria related to quality assurance programs, staffing, and emergency facilities while retaining a requirement for rural hospitals to maintain records and produce reports measuring grant effectiveness. The bill also creates a Rural Pediatric Mental Health Care Access Program to expand telemedicine and telehealth programs to assist in identifying and assessing behavioral health needs and providing access to mental healthcare services for pediatric patients at rural hospitals.

SB 25—Make Texas Healthy Again

This bill increases physical education in school curriculums and prohibits employees from restricting recess and other physical activity. The bill also requires health-related higher education institutions that receive state funds to develop nutrition curriculum requirements and requires all health-related majors to successfully complete the requirements. Physicians and nurses licensed in the state will also be required to complete continuing education on nutrition and metabolic health. The bill establishes an advisory committee to examine the impact of nutrition on health, provide a review of scientific studies, deliver education, and develop nutritional guidelines. Finally, the bill requires food manufacturers to include warning labels and disclose the use of artificial colors, additives, and other chemical ingredients banned by Canada, the EU, or the UK. The new CE requirements for nurses, including NPs, applies to all applications for license renewal filed on or after **January 1, 2027**.

SB 31—Life of the Mother Exception

This bill, titled the Life of the Mother Act, clarifies medical emergency exceptions to otherwise prohibited abortions in the state. The bill provides that a physician may address any risk to a pregnant female when there is a life-threatening condition, regardless of whether the risk is imminent, the pregnant female has already suffered physical impairment, or the condition has caused damage. The bill provides that a physician is not required to delay, alter, or withhold treatment if doing so would create a greater risk of death or substantial impairment. It also provides that reasonable medical judgment includes the removal of an ectopic pregnancy, and that treatment is exempt from the prohibition on abortions if the treatment was provided based on a physician's reasonable medical judgment.

Decisions related to medical emergencies often involve members of the larger healthcare team, including NPs. SB 31 clarifies that providing services by a physician or healthcare provider to a treating physician, or communication between a physician or healthcare provider and a treating physician, for the purpose of arriving at a reasonable medical judgment do not constitute aiding or abetting in an illegal abortion.

Noteworthy Healthcare Bills That Passed (continued)

HB 37—Perinatal Palliative Care

This bill requires hospitals that are assigned a maternal level of care designation by the Department of State Health Services (DSHS) to provide access to perinatal bereavement care counseling and any available perinatal bereavement device for expectant parents following an intrauterine fetal demise, neonatal death, or stillbirth. It also requires DSHS to establish a program to improve access to perinatal bereavement care, including by providing training for hospital personnel and ensuring that hospitals have perinatal bereavement devices. The bill allows DSHS to award grants for these purposes. Finally, the bill requires HHSC, in collaboration with the Perinatal Advisory Council, to develop and implement a perinatal bereavement care hospital recognition program.

HB 216—Itemized Billing for Patients

Some patients have difficulty accessing their itemized medical bills due to barriers such as lack of Internet access, difficulty navigating healthcare portals, or delays in receiving paper statements. This can cause issues in verifying charges, identifying billing errors, or managing healthcare expenses effectively. Currently, healthcare providers may issue itemized bills electronically through a portal. This bill requires that, if issued through a portal, the provider must determine whether the patient has created a profile on the portal and, if they have not, mail a copy of the itemized bill.

HB 541—Adding NPs As Direct Primary Care Providers

State law provides for a direct primary care model, which allows patients to pay an agreed upon fee directly to a physician without interference from insurance companies, but the law currently does not apply to other healthcare practitioners such as nurses, dentists, or psychologists. This bill broadens the current direct primary care law. First, it expands the types of care by changing “primary” to “patient” care. Second, it expands the types of providers who can use the programs, by changing “physician” to “practitioner,” opening direct primary care models in Texas to NPs.

HB 713—Maternal Mortality & Morbidity Review Committee

The Texas Maternal Mortality and Morbidity Review Committee (MMMRC) has experienced chronic delays in reporting maternal mortality data, which has generated



allegations of political motivations. Under the Nursing Practice Act, nurses must report colleagues who violate the Act and cause harm to patients to the BON. To avoid triggering this reporting requirement for MMMRC members, DSHS contracts with outside workers to engage in a time-consuming redaction process of all maternal patient files, creating significant delays in data review and reporting. This bill clarifies that a healthcare provider, including a nurse, is not subject to reporting requirements for information reviewed on the MMMRC. This change will hopefully expedite the data review and reporting process and allow the MMRC to issue timely, actionable reports on maternal mortality data in Texas.

SB 926—Value-Based Care

Under current law, patients have the same out-of-pocket costs, regardless of which provider they choose and the quality care outcomes of that provider. This bill allows state regulated health plans to incentivize enrollees to choose certain providers by using lower co-pays, deductibles, or other cost-sharing. These changes allow health plans to engage patients in the process of shopping for a provider and reward them for choosing more cost-effective, higher-quality care. The bill requires that these incentives only be designed for the benefit of the patient or policyholder. Incentives cannot be based solely on costs, impose a different cost-sharing requirement for in- and out-of-network emergency care, and the bill does not apply to vision plans.

Noteworthy Healthcare Bills That Passed (continued)



HB 1052—Provision of Telehealth Services Out-of-state

Under current law, both the patient and the provider must be within Texas for telehealth services to be covered by insurance. This bill requires insurers to cover telemedicine, teledentistry, and telehealth services delivered to or from locations outside of the state on the same basis that they would if the service were provided in the state. To qualify for coverage under this bill, the patient must reside in Texas, and the provider must be licensed to practice in Texas and maintain a physical office within the state.

HB 1700—Electronic Health Records

During the COVID-19 pandemic, a lack of clarity arose as to how health professionals should implement the state and federal requirements for collecting consent to share, consent to treat, records retention, and other documentation when performing a virtual service, especially when the services were provided via audio-only platforms. This bill requires state agencies to adopt rules to standardize formats for and retention of records related to a patient's consent to telemedicine and telehealth services, including consent to audio-only services.

HB 3749—Jenifer's Law, Elective IV Therapy

This bill, titled Jenifer's Law, regulates elective intravenous therapy by allowing physicians to delegate the prescribing and ordering of the therapy only to PAs and APRNs acting under adequate supervision, and the administration of intravenous therapy only to PAs, APRNs, and RNs acting under adequate supervision. The bill also clarifies that the carveout relating to the maximum number of prescriptive authority agreements a physician may enter into does not apply to these services. The bill was inspired by Jenifer Cleveland, a Texas woman who died after receiving an IV infusion by an unlicensed individual at a med spa.

SB 1318—Restricting Non-Competes for Healthcare Providers

In recent years, there has been an increase in onerous non-compete requirements for healthcare practitioner contracts when transferring from one employer to another. This bill prohibits non-competes for healthcare providers, including NPs, unless the covenant provides a buyout that is no greater than one year's salary, expires no later than one year after termination, and limits the geographical area subject to the covenant to no more than five miles.

Nursing Legislative Agenda Coalition (NLAC) Bills



Below is a list of nursing and NLAC priority bills that passed during the 89th legislative session. Most of these bills will go into effect on 9/1/2025 unless vetoed by the Governor.

SB 463—Workplace Violence Prevention

SB 463 expands the applicability of the Workplace Violence Prevention Act, originally passed in 2023, to include all types of home and community support services agencies licensed under Chapter 142 of the Health and Safety Code, intermediate care facilities for individuals with an intellectual disability licensed under Chapter 252 of the Texas Health and Safety Code, and state supported living centers as defined by Section 531.002 of the Texas Health and Safety Code.

SB 920—Over-the-counter Medications in Texas Schools

SB 920 clarifies that school nurses and other qualified employees can provide over-the-counter medication to students if:

1. the district or school has received a written request to administer the medication from the parent, legal guardian, or other person having legal control of the student; and
2. the medication is administered either from a container that appears to be the original container and properly labeled or from a properly labeled unit dosage container filled by a registered nurse or other qualified district or school employee.

The dose administered must be consistent with the instructions on the container's label.

SB 1619 – Modernizing Access to Epinephrine for Texas Students

SB 1619 updates dated statutory language the legislature previously adopted to provide access to epinephrine for students in emergency situations. The statute previously specified epinephrine could be delivered via “auto-injectors.” SB 1619 amends the statute to include access to epinephrine that is delivered via “nasal spray.”

HB 2187—Hospital Staffing and Prohibition on Mandatory Overtime Enforcement

HB 2187 amends the existing nurse staffing statute and prohibition on mandatory overtime, originally enacted in 2009, to make several improvements to its enforcement mechanisms. This bill requires a mandatory reporting process for data related to staffing committees and requires DSHS to provide the data to HHSC for enforcement. The bill also prohibits hospitals from retaliating against nurses who report violations of the staffing committee law. Finally, the bill requires HHSC to establish a process for nurses to report violations of staffing committee or mandatory overtime laws, and gives HHSC the authority to investigate and impose administrative penalties for violations.

Nursing and NLAC bills (continued)



HB 2851—Consolidating Nursing School Applications

This bill requires organizations that provide consolidated application services for medical or dental schools, including the application service operated through the UT System, to include applications for nursing schools. It also establishes an advisory board to make recommendations for including nursing schools in the consolidated application. The advisory board is required to develop an implementation plan by January 1, 2026.

HB 2856—Clinical Coordination Feasibility Study

This bill requires the Texas Higher Education Coordinating Board (THECB) to study the feasibility of implementing a statewide system for coordinating clinical training placements through regional online portals. The study would determine the number of regions needed to support students in institutions of higher education, the cost of establishing regional portals, and the necessary maintenance, support, and staff to maintain the regional portals. THECB is required to submit the report to the legislature no later than December 1, 2026.

HB 3800—Local Healthcare Workforce Needs Resource Guide

HB 3800 tasks the Texas Workforce Commission (TWC) with creating an advisory board to develop a resource guide that facilitates collaborations among healthcare providers and higher education institutions in addressing workforce needs. The board will include higher education institutions, licensing boards, and members representing hospital and long-term care associations. There are also two designated spots for members of statewide organizations representing healthcare professionals, such as TNP.

HB 3801—Health Professions Workforce Coordinating Council

This bill abolishes the statewide healthcare coordinating council and creates the Health Professions Workforce Coordinating Council and a workgroup on nursing career pathways in its place. It also transfers the Nursing Advisory Committee to the newly created Council. The Council will include members from relevant state agencies, as well as four members appointed by the governor with relevant healthcare experience. The council will be responsible for long-term planning and data modeling for the healthcare workforce. Every biennium, the council will develop a strategic plan, defining targeted goals and objectives for the workforce, identifying immediate needs, and proposing recommendations for the state's healthcare workforce development programs.

TNP's Pulse Magazine CE:

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

After reading this Legislative Recap, click [here](#) for a brief survey to obtain your free CE credit.

Learn more and get involved. Texas Nurse Practitioners | texasnp.org



TNP's Practice Consultant John Gonzalez

DNP, APRN, ACNP-BC, ANP-C, CNE



Ask TNP's Practice Consultant

Through *Ask TNP's Practice Consultant*, members can submit practice-related questions using a simple online form. TNP's Practice Consultant, 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 will provide expert, personalized responses within 24-72 hours. [Click here](#) to submit your practice question.

Q&A of the Month

Question:

I am currently working on my PMHNP through a Texas University, but my goal is to get my first position in Arizona and ultimately set up a practice there as well. When completing boards and licensing, is there an option to be licensed in a state other than the one you reside in or in two states at once? I would also like to offer a variety of services for both children and adults. What are the best resources to get a clear understanding on how to set up a practice with appropriate billing and legal knowledge? Also, what are the best ways to get referrals for private practice?

Answer:

Thank you for your questions. I believe you have chosen a great NP specialty, as there is such a need for mental health care in Texas and across the US.

Once you have graduated, you may hold state licensure in as many states as you wish, provided you meet the licensure requirements for each state. The certification that you must pass after graduation is accepted by most, if not all, states. The downside to holding multiple licensures is that you must meet each state's licensure and renewal requirements. Each state will have their



own nuances, and maintaining licensure requirements may be cumbersome as they may vastly differ. Should you decide to have multiple state licenses, I recommend that you become intimately familiar with each state board's licensure renewal requirements, maintain a log of the requirements, and review the requirements at least annually to ensure nothing has changed that will impact your license renewal.

Laws vary from state to state, and there is no one resource of which I am aware that can assist you with obtaining sound legal knowledge for each state. When you are ready to open your practice in Arizona, I recommend you find an attorney in Arizona who

specializes in healthcare and business law so that you can ensure you establish your business within the parameters of the law. As a general guideline for opening and operating a business in any state, you must consider the following things:

- Establish or register a legal business entity in the state
- Consider managing and paying sales tax to the state.
- Consider each state's Board of Nursing regulations, not just for licensure but also for practice. Many boards have specific items that NPs who own their own practice must follow.
- Review the state's controlled substance law.
- A DEA is required for each state. Also, consider DEA regulations regarding prescribing controlled substances.
- Review the business code for the state
- Consider if the state has any laws that regulate telemedicine.
- Consider the health and safety laws for the respective state.
- Consider whether you will need to complete Beneficial Ownership Information (BOI) reporting requirements. This is a federal law established to promote transparency in corporations. There has been a lot of controversy and changes in the requirements, and I am not certain if they are still a requirement. You can read more about this on the following website: www.fincen.gov/boi.

As you can see, a lot goes into opening and operating a business in any state; hence, consulting with an attorney specializing in health care and business law is essential.

- Checking with each state's nurse practitioner association can be helpful, as they may have resources related to opening a business and state laws. AANP also has some resources, which can be located at www.aanp.org/practice. If you are not a member, consider becoming a member to have full access to their resources, as some are for members only. For billing resources, I think the most valuable place to start is with a continuing education class

focused on this topic. This will provide you with some foundational information upon which you can build. TNP has a CE on billing that is on demand, and it can be purchased from the [On-Demand CE Center](#). Additionally, you can find specific information by looking into the Centers for Medicare & Medicaid Services (CMS) and private payer sites for billing guidelines. There are several reference books on Amazon that may be helpful as well; however, please note I am not familiar with their quality or the details of their content.

To generate referrals, networking with pediatricians, primary care providers, school counselors, and local therapists can be very effective, as well as maintaining an active presence on Psychology Today, local provider directories, and platforms like WebMD, ZocDoc, Headway, or Alma. Joining local NP or mental health provider groups (both in-person and online) is also a strong way to build connections and gain visibility.

Although I have provided specific brand resources, please note that TNP does not endorse any specific brand, resources, or services.

I hope your program is going well. Please let me know if you have any additional questions.

Best Wishes,

John Gonzalez DNP, APRN, ACNP-BC, ANP-C
Texas NP Practice Consultant

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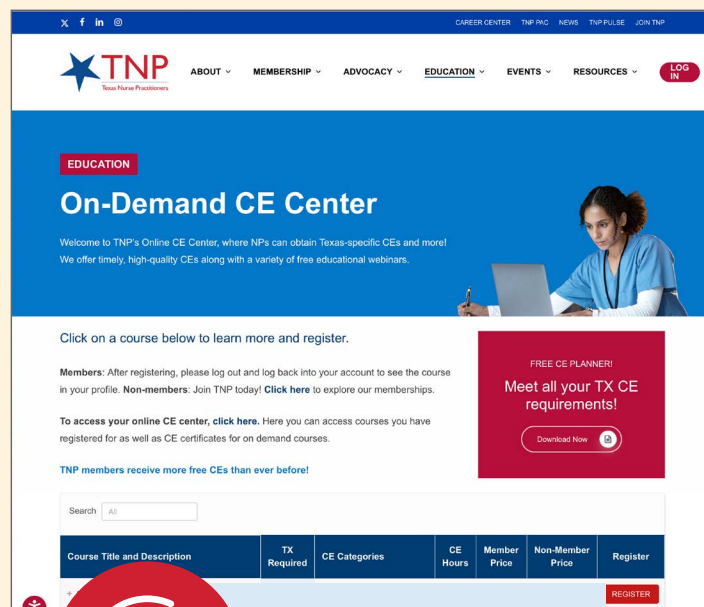
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You're Invited: CME/CE-Certified Webinar on Obesity Care

Texas Nurse Practitioners (TNP) invites you to join us for an insightful live webinar:

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This CME/CE-certified activity is designed to enhance your knowledge, competence, and clinical skills in treating patients with obesity. Learn practical strategies to improve outcomes through engagement, empathy, and empowerment.

[Register now or learn more.](#)



Nurse Practitioner License Protection Case Study: Negligent Treatment and Care of an Infant, Resulting in Death

Nurse Medical License Protection Case Study with Risk Management Strategies

Presented by NSO and CNA

A regulatory board complaint may be filed against a nurse practitioner (NP) by a patient, colleague, employer, and/or a regulatory agency, such as the State Department of Health. Complaints are subsequently investigated by the State Board of Nursing (SBON) in order to ensure that licensed NPs are practicing safely, professionally, and ethically. SBON investigations may lead to outcomes ranging from no action against the NP to revocation of the NP's license to practice.

Summary

This case involves a nurse practitioner (NP) employed by a pediatric office practice who had been working as a registered nurse (RN) for seven years before becoming an NP. She had been working as an NP for 14 years at the time of the incident.

The patient was a 10-month-old female who had been seen at the pediatric practice by our insured NP on at least once occasion before this office visit. On the day of the incident, the patient was brought in by her mother to be seen for what she described as a "bad cough." The mother explained that the patient had been experiencing fever, wheezing, and coughing with congestion and phlegm in her chest and nose for the past few days. The mother said that, in the past day, these symptoms had gotten worse.

The NP assessed the baby and diagnosed the patient with bronchitis. The NP ordered a breathing treatment with a nebulizer. The NP did not chart that the infant was wheezing, however, and later said that she would only have ordered a breathing treatment for the patient because the infant was wheezing. The NP also prescribed an albuterol inhaler, and amoxicillin and advised the mother to continue giving acetaminophen and ibuprofen until the infant's fever breaks. While the NP believed the infant to be suffering from bronchitis, she prescribed an antibiotic to prevent a possible bacterial infection. A medical assistant gave the infant the breathing treatment in the office and showed the mother how to use the nebulizer machine. The mother said the NP briefly came into the room after the breathing treatment and seemed satisfied with the results but did not provide any additional information or instructions to the mother. The NP admitted that the practice was busy that day and she did not chart the results of this post-treatment assessment of the infant after she received her breathing treatment in the office.

After the appointment, the infant and her mother returned home. There were multiple calls made by the mother to the NP and office staff after the office visit that day. The mother was repeatedly told by the office staff to "wait for the meds to take effect." She was not advised to seek care at the emergency department if symptoms continued or worsened. Later that night, while the infant was sleeping, she began choking, and her lips turned blue. Her mother called 911, and CPR was started on the infant. The infant was transported to the hospital by ambulance in full cardiac arrest. The infant remained in the hospital for two days. Sadly, the infant was declared brain dead. The death certificate stated the cause of death was respiratory syncytial virus (RSV) and anoxic brain injury.

The State Board of Nursing was informed of this case as a result of a malpractice lawsuit in which the NP settled the case with the family for an undisclosed amount.

Risk Management Comments

The State Board of Nursing (SBON) investigated this case based on the allegations against the NP of unprofessional conduct and gross negligence in the treatment and care provided to the infant. The SBON found that while the healthcare information record indicated the chief complaint as fever and wheezing, the NP noted all categories as "within normal limits" under the exam portion of the chart. Further, there were no abnormal respiratory exam findings noted; the NP did not document the infant's heartrate, her respiratory rate or her oxygen saturation level in the chart.

The SBON's investigation focused on "gross negligence" because of the extreme departure from the standard of care. In light of these allegations, the SBON reviewed the NP's actions against what actions would have ordinarily been taken by a competent NP under similar circumstances. The SBON opined that there was a repeated failure to exercise ordinary care and take standard precautions which the NP knew, or should have known, could have jeopardized the patient's health or life. Specifically, the SBON noted the NP did not meet treatment and care standards by:

- Failing to perform a complete respiratory assessment
- Failing to document a complete respiratory assessment
- Failing to chart the patient's heartrate in the healthcare information record
- Failing to chart the patient's respiratory rate in the healthcare information record
- Failing to chart the patient's oxygen saturation level in the healthcare information record
- Failing to chart that the patient was wheezing in the healthcare information record
- Failing to chart the results of a post-treatment assessment of the patient after she received her breathing treatment in the office

Resolution

After reviewing the evidence, including the NP's testimony, the SBON recommended disciplinary action against the NP. The SBON determined that, while this was an isolated incident in the NP's career, the NP's conduct was egregious as RSV is a common, and very contagious, virus that infects the respiratory tract of most children before their second birthday. It can be more serious in young infants, even life threatening. The SBON revoked the NP's license. However, the revocation was stayed, and the NP was placed on probation for three years during which time the following conditions had to be met:

- Pay a \$10,000 civil penalty
- Refrain from taking a position with direct patient care for six months
- Submit performance evaluations
- Be supervised during employment
- Complete approved continuing education courses
- Participate in ongoing counseling, and
- Submit written reports verifying compliance with the Board's actions.



The disciplinary action was reported to the National Practitioner Data Bank.

This Board matter took five years to resolve, and the total incurred expenses to defend the NP in this investigation totaled just over \$19,000. (Note: Monetary amounts represent the legal expenses paid solely on behalf of the insured nurse practitioner.)

Risk Control Recommendations

- **Perform a patient clinical assessment and physical examination to evaluate and address the specific clinical issues under consideration.**
- **Utilize available clinical practice guidelines or protocols when establishing a diagnosis and providing treatment, documenting the justification for deviations from guidelines or protocols.**
- **Consider potential unintended consequences of pursuing a specific diagnosis**, including:
 - Are factors present that do not align with the diagnosis?
 - Are there symptoms that are inconsistent with the current diagnosis?
 - Why are these symptoms not indicative of another diagnosis?
 - Is there a life-threatening condition with similar symptoms that hasn't been considered?
- **Complete regular training and continuing education to serve pediatric patients, particularly nurse practitioners who work in settings that serve pediatric patients** and maintain awareness of and access to organizational/facility pediatric protocols and guidance.
- **Refer to RSV resources such as those on the National Association of Pediatric Nurse Practitioners (NAPNAP) website including NAPNAP's position statement on the RSV crisis.** NAPNAP has created a series of micro-learning videos, each just five minutes, to break down a specific clinical aspect of RSV.
- **Refer to CDC resources for healthcare providers on RSV Immunizations. CDC resources also includes information for RSV Prevention, FAQs, and an Immunization Information Statement.**
- **Diligently screen for, monitor and/or treat diseases known to have high morbidity and mortality**, such as RSV, for infants and children under 5 years of age.
- **Document the decision-making process that led to the diagnosis and treatment plan.**
- **Document all patient-related discussions, consultations, clinical information and actions taken, including any treatment orders that are provided.**
- **Discuss clinical findings, diagnostic test/procedure results, consultant findings, diagnosis, the proposed treatment plan and reasonable expectations for the desired outcome with patients, parents and/or guardians, in order to ensure their understanding of their care or treatment responsibilities.** Document this process, noting the patient's response.
- **Never testify in a deposition without first consulting your insurer or legal counsel.** Contact your attorney or designated professional before responding to calls, emails, or requests for documents from any other party.



Resources

- CNA and NSO. 2022. Nurse Practitioner Professional Liability Exposure Claim Report: 5th Edition. <https://www.nso.com/npclaimreport>
- National Institutes of Health (NIH). 2022. Mortality Among US Infants and Children Under 5 Years of Age with Respiratory Syncytial Virus and Bronchiolitis: A Systematic Literature Review. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9377034/>
- National Institutes of Health (NIH). 2017. Risk of mortality associated with respiratory syncytial virus and influenza infection in adults. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5738863/>
- U.S. Centers for Disease Control and Prevention (CDC). <https://www.cdc.gov/>
- National Association of Pediatric Nurse Practitioners (NAPNAP). <https://www.napnap.org/>

Disclaimers

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NSO Is Now Offering Part-Time Rates for NP Malpractice Insurance

We have big news! NSO, leading provider of nursing malpractice insurance and proud partner of TNP, now offers **rates for part-time nurse practitioners (NPs)***. NPs working less than 24 hours a week can now save **35%** on their malpractice insurance.

NSO Program Highlights:

- Broad coverage – includes Professional Liability, Licensure Defense, Subpoena Assistance Costs, and much more
- Trusted by 600k+ nursing professionals and endorsed by 85+ professional association partners (including TNP!)
- 24/7 portable coverage – on and off the job!
- Robust risk management resources – claim reports, case studies, articles, webinars, CE and more
- In the event of a claim, we designate an experienced defense attorney to represent you in court when necessary
- Flexible payment plans available

NSO focuses on helping protect your career, licenses and finances, so you can have peace of mind to focus on life's priorities.

Ready to take the next step? You can get a quote in just a few minutes!

[Get a Quick Quote](#)

Disclaimer:

**The part-time reduced rate is available to NPs working less than 24 hours per week. NPs working more than 24 hours will be subject to the full-time rate. Cannot be combined with other discounts. NP Educator Rates are subject to minimum premium. Discount is not available for CA residents.*

Member Benefits Updates: What's New in TNP Membership?

Your New Member Dashboard

We are excited to announce that we have released a brand new, intuitive, and actionable member dashboard designed with you, our member, in mind. Here, you'll enjoy a new centralized location with news, trends, and more opportunities to engage with us. Your amplified member journey starts in one place, and you'll want to return time and time again.

How you'll benefit:

- **One-stop shop:** Engaging with us is easier, as we provide you with a centralized location with relevant and timely information happening with Texas Nurse Practitioners.
- **Right info at the right time:** Content is matched to jobs, events, articles, news, and blogs currently trending and important to you. It's your go-to source for the latest and greatest at TNP.
- **Launching pad:** Use quick links to access other sites for learning courses, conference registration, donation, community, merchandise, and more.
- **Career lifecycle support:** Be the first to know about jobs, learning, advocacy, networking, mentorship, and retirement planning.
- **Profile updates:** Easy access to update your profile whenever you need it

How do I access it?

When you log in with your member credentials, your new member portal page will open instead of the member profile page. Additionally, a new **Member Dashboard link** will be in the main navigation on our website.



TNP Foundation Announces 2025 NP Student Scholarship Recipients

The Texas Nurse Practitioner Foundation has proudly awarded seven nurse practitioner students \$1,500 scholarships for 2025.

Katie Russell Memorial Scholarship

Abigail Naifeh, BSN, RN, CPEN
Baylor University
DNP, PNP-PC/AC



Abigail Naifeh is a practicing registered nurse at Children's Medical Center in the Emergency Department, and she is currently pursuing a Doctor of Nursing Practice degree as a Pediatric Nurse Practitioner.

Abigail fell in love with nursing and pediatrics in 2015 when she began as an intern at St. Jude's Children's Research Hospital. She then went to college and worked as a nurse tech at The University of Tennessee Medical Center while receiving her Bachelor of Science in Nursing. Abigail's strengths as a nurse rewarded her early in her career as she got to join the elite and highly skilled group of trauma and triage trained nurses. Abigail's leadership selected her for Employee of the Month in 2022.

Abigail is a leader and trainer in her department's ultrasound-guided peripheral intravenous insertion program. Beginning in 2022, she became trained in placing ultrasound-guided peripheral lines and completed an evidence-based project where she won the "People's Choice" award. Abigail now helps run the ultrasound-guided intravenous (IV) program at her facility. Abigail is currently in Dallas, TX, and holds an active credential as a Registered Nurse and an active certification as a Certified Pediatric Emergency Nurse.

General TNPf Scholarship

Aanu Celestina Ayoola, BSN, RN, MBA – Wilkes University
Psychiatric Mental Health NP/MSN



Aanu Ayoola is a Registered Nurse and Psychiatric Mental Health Nurse Practitioner (PMHNP) student at Wilkes University. With over a decade of clinical experience across Nigeria, the UK, and the U.S., she brings a global perspective to mental health care. She is passionate about trauma-informed care, mental health equity, and applying evidence-based interventions to support diverse populations. Aanu's goal is to improve access to culturally competent psychiatric services and contribute to meaningful change in mental health outcomes through practice, research, and advocacy.

Robin DeVille Guidry, MS, BS, RN-BC – UT Health Houston
DNP



Robin is a registered nurse with four years of clinical experience and a prior 20-year career in forensic DNA science. Now pursuing a Doctor of Nursing Practice (DNP) degree in the Adult-Gerontology Primary Care track, she is deeply committed to serving the growing geriatric population in Texas. Her professional journey has been shaped by a passion for science, a dedication to public service, and a desire to provide high-quality, compassionate care to older adults.

Through her nursing experience, Robin has witnessed the difference that skilled, empathetic practitioners can make in the lives of elderly patients. She aims to build on that foundation by integrating evidence-based practice, chronic disease management, and health advocacy into geriatric care. Her goal is to become a primary care provider or certified gerontological nurse practitioner focused on improving access and outcomes—especially for underserved communities.

As a future DNP, Robin hopes to contribute to a healthcare system that honors dignity in aging, advances equity in care, and supports the unique needs of older adults across Texas. Robin's long-term vision includes clinical excellence, community engagement, and leadership in geriatric practice.

Joy John-Atasie, RN, MSN, FNP-C **Purdue University Global** **PMHNP Post-Grad Cert**

Joy John Atasie is a dedicated Family Nurse Practitioner based in Houston, Texas, currently pursuing a Postgraduate Certificate in Psychiatric Mental Health Nursing. With a strong foundation in pediatric care, she works full-time in a pediatric clinic and is deeply passionate about addressing the critical shortage of mental health services for children and adolescents. Joy brings a wealth of experience from various nursing specialties, including labor and delivery and neonatal intensive care, where she earned recognition for her attentiveness and early intervention skills.

Balancing her roles as a healthcare professional, student, wife, and mother of three, Joy is committed to improving the well-being of families and communities. Her short-term goal is to gain specialized training in pediatric mental health, and her long-term aspiration is to become a leader in integrating mental health services into primary pediatric care.

Guided by faith and a deep sense of purpose, Joy believes in the power of compassion, resilience, and education to make lasting change. In her free time, she enjoys cooking, playing soccer, and traveling with her family.



Sarah Mansoor, BSN, RN, MBA **Texas Woman's University** **FNP**

Sarah has been a registered nurse for 11 years, primarily focused in the intensive care unit. One of the most demanding and formative periods of her career was completing an ICU residency program and serving on the front lines during the COVID-19 pandemic. These experiences not only strengthened her clinical skills but deepened her commitment to providing compassionate, evidence-based care as an ICU nurse.



Currently, Sarah is pursuing a graduate degree as an FNP at Texas Woman's University, all the while balancing a full-time role in a demanding ICU float pool. She is also a proud mother of two energetic boys, ages 7 and 9, and a devoted wife and daughter.

Receiving the TNPF scholarship is a tremendous honor that affirms her dedication to advancing in this profession. It allows her to focus more deeply on her academic and professional growth while continuing to serve her family and community. She is committed to enhancing access to quality primary care, particularly for underserved populations.

Anita Pandey, BSN, RN, MBA **UT Health Houston** **BSN-DNP, Adult Gero Acute Care**

Originally from Nepal, Anita Pandey has spent the majority of her life in the United States, primarily in Houston, Texas. Over the years, she has had the privilege of working across nearly every clinical area in nursing, including the ICU, Cath Lab, Endoscopy, and Operating Room. She has also had the rare opportunity to serve in executive administration. From the outset of her nursing journey, pursuing a Doctorate of Nursing Practice has always been her aspiration.

Throughout her academic and professional development, she has grown to deeply value the unique and multifaceted role that nurse practitioners play in the healthcare system. While there are many essential paths within the NP profession, the role of an acute care nurse practitioner resonates most profoundly with Anita.

As she moves forward, she is eager to integrate the knowledge and experience she has gained to deliver holistic, compassionate care as an advanced practice nurse. "This vocation is more than a career: it is a calling, and I am committed to growing within it and making a meaningful impact on the lives of those I serve."



Deborah Teng, RN
UT Health – San Antonio
DNP, AGACNP



Deborah Teng graduated from the Hunter College School of Nursing in New York City and worked as a medical-surgical bedside nurse for one year at New York Presbyterian Queens Hospital. After that, she and her family moved to San Antonio, Texas, to be closer to relatives. In San Antonio, she began working in the Cardiac ICU at Methodist Hospital. She later transitioned to the Cardiothoracic/Transplant ICU at University Hospital, a magnet institution, where she has worked for the past ten years. Currently, she serves as a mentor and charge nurse on her unit and participates in several shared governance committees.

Deborah is in her final year of the Doctor of Nursing Practice (DNP) program at UT Health San Antonio, specializing in the Adult-Gerontology Acute Care Nurse Practitioner track. Additionally, she is a member of several nursing organizations, including the American Association of Critical-Care Nurses (AACN) and Texas Nurse Practitioners (TNP). Outside of her professional life, she has a busy home life with two boys aged 12 and 6, as well as a cat and a rambunctious dog.

Congratulations to all outstanding scholarship recipients! TNPf is proud of your accomplishments, hard work, and dedication to the profession.

ANNUAL CONFERENCE 2025



Participate in the TNP Foundation's Silent Auction at Annual Conference Friday, September 26 – Saturday, September 27

TNPf hosts a silent auction each year at TNP's Annual Conference. Proceeds from the silent auction support the Foundation's scholarship program and efforts to increase access to care and education for nurse practitioners. If you would like to donate an item, please [click here](#). For more information and ideas, please see the [Silent Auction Guidelines](#). Your support is appreciated.



TNP Foundation's Walk and Wine Down Saturday, September 27, 5:30 pm

Join fellow NPs on Saturday, September 27, 2025, at 5:30 pm. Go on a 20–30-minute walk to unwind with one complimentary glass of wine or beverage of your choice. Additional beverages are available for purchase. Registered participants will also receive a commemorative t-shirt while supplies last. Registration is \$75. Purchase your ticket during online registration or by [clicking here](#).

MEMBER SPOTLIGHT

TNP Lead Legislative Ambassador
Committee Volunteer
Legacy Member Since 2014

Antay L. Waters, DNP, APRN, CNM, WHNP-BC, CNE, CRNFA, CNOR-SURG-OB, C-EFM

Perinatal and maternal health champion



[Click here](#) for Dr. Antay's full story.

Breaking Barriers: Bringing strength, courage, and innovation to overcome healthcare obstacles

Antay L. Waters, DNP, APRN, CNM, WHNP-BC, CNE, CRNFA, CNOR-SURG-OB, C-EFM, Perinatal Advisory Council Member, Texas Department of State Health Services (Tx DSHS), Implementation Mentor, Texas Alliance for Innovation on Maternal Health (AIM), Assistant Professor & Simulation Coordinator, East Texas Baptist University CNM Hospitalist, CHRISTUS St Michael & CHRISTUS Trinity

Meet Dr. Antay Waters, a dedicated NP passionate about advancing maternal health and nursing education. After earning a BA in History, she discovered her true calling in nursing while working as a secretary. Following her BSN, she furthered her education by obtaining an MSN in Nursing Administration, as well as qualifications as a Women's Health Nurse Practitioner (WHNP), Certified Nurse Midwife (CNM), and a Doctor of Nursing Practice (DNP). Her clinical background in ICU, OR, and post-anesthesia care led her to focus on women's health. As a WHNP and CNM, Dr. Waters provides comprehensive care across all stages of life, addressing disparities and improving access to quality care.



TNP
Texas Nurse Practitioners

TNP LOVES STUDENT NPs

"Being part of TNP is not just about signing up for a membership; it's about finding a supportive community."

Jeffrey Howard, BSN, RN
Family Nurse Practitioner DNP Student, Baylor University
TNP Student Member & Legislative Ambassador

Members Who Make Texas NPs Proud!



**TNP members lead the way
in women's healthcare.**



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DNP, APRN,
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TNP Legacy Member
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ANTAY WATERS
DNP, APRN, WHNP-BC,
CNM, CNE, CRNFA, C-EFM
TNP Legacy Member
since 2014



CHRISTY BLANCO
DNP, APRN,
WHNP-BC, FAANP
TNP Legacy Member
since 2008

Congratulations 2025 Fellows
National Association of Nurse Practitioners in Women's Health

Congratulations to our Texas NP members selected as Fellows of the National Association of Nurse Practitioners in Women's Health!

This prestigious initiative honors certified Women's Health Nurse Practitioners (WHNPs) who have made significant contributions to women's and gender-related healthcare through leadership, research, education, advocacy, and mentorship. The inaugural class of Fellows will be celebrated during the 28th Annual Women's Healthcare Conference in Las Vegas, October 1-3, 2025.

Congratulations to our Texas NP members selected as Fellows of the American Academy of Nursing (FAAN) program for 2025!

The American Academy of Nursing will induct a highly accomplished cohort of nurse leaders as its 2025 Fellows. The inductees will be recognized for their substantial contributions to health and health care at the Academy's annual Health Policy Conference, taking place on October 16 - October 18, 2025 in Washington, DC.



**Congratulations
2025 AAN Fellows**



TRACY L. HICKS
DNP, MBA, APRN,
FNP/PMHNP-BC, CARN-AP,
FIAAN, FAANP
TNP Legacy Member



JACQUELINE MICHAEL
PhD, APRN, WHNP-BC,
PMHNP-BC
TNP Legacy Member



NICOLE KROLL
PhD, MS, APRN, ANP-C,
FNP BC, PMHNP-BC
TNP Member



★ Texas NPs at AANP 2025

Texas NPs were proudly represented at AANP's 2025 Annual Conference last month in San Diego, CA. TNP staff exhibited at the conference and enjoyed visiting with current and new TNP members.

★ Congratulations to AAPN's Spring 2025 Scholarship Recipients

Nkiru Ogbuke is pursuing her DNP at Baylor University to become a psychiatric mental health nurse practitioner dedicated to bridging mental healthcare gaps.

Miranda Johnson has worked as an L&D nurse for over seven years and volunteers at the Manor Free Clinic. She is currently pursuing her MSN in the family nurse practitioner program at the University of Texas Health Science Center in Houston, aiming to improve access and outcomes for women and their children.



TNP Affiliates Updates



★ AAPN Joins Forces with El Buen Samaritano to Meet Community Needs

In June, the Austin Advanced Practice Nurses teamed up with [El Buen Samaritano](#) to host a community health fair. Despite concerns among vulnerable populations due to the current political climate, AAPN reached nearly 100 people! Nursing students from [Texas A&M College of Nursing](#) and [St. David's School of Nursing at Texas State University](#) performed glucose and blood pressure checks, and other RNs and APRNs from Austin volunteered their time and expertise to educate on various health topics. Telemundo also stopped by to do a segment on it!

As president of Austin APNs, Brenda Olmos is committed to further integrating AAPN members into the community to serve those who lack access to care. She appreciates AAPN's now stronger collaboration with El Buen!



★ AAPN Backs the Central Texas Medical Orchestra's Performance at Texas State

Last month, Austin Advanced Practice Nurses donated to Central Texas Medical Orchestra to support their performance at the Hooding and Pinning Ceremony at St. David's School of Nursing at Texas State University.

★ El Paso Area Advanced Practice Nurses



El Paso Area Advanced Practice Nurses announces its 13th Annual Conference, which will take place on Saturday, August 2, 2025, at the Woody L. Hunt School of Dental Medicine. Online registration is currently open.

[Click here](#) for more information and to register.

★ Congratulations to Megan Lewis & Courtney Patrick, 2025 Scholarship Recipients

At our May meeting, NTNP awarded *Megan Lewis* and *Courtney Patrick*, aspiring nurse practitioner students, each a \$1,500 scholarship. The students were recognized for their outstanding dedication and achievements.



"I love the professional camaraderie that TNP provides!"

Carmen Salome, MPH, MSN, APRN, AGPCNP-C
Member Since 2021



Let's highlight your Affiliate!

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

★ North Texas Nurse Practitioners



★ NTNP Experiences Successful Spring Conference

A successful Spring Conference was held on April 4 and 5. Attendees left the conference inspired and equipped to enhance their professional practices.



★ Bowling Outing for Fellowship

Members gathered for an evening of strikes and spares during a bowling outing at the Bowlounge on May 22 to foster camaraderie and strengthen connections.

★ Participation in the AANP Annual Conference ★ San Antonio Nurses in Advanced Practice



Members of San Antonio Nurses in Advanced Practice came together to provide relief to Texas Hill Country flood victims. SANAP members pulled together over \$900 to purchase needed items for the Kerr County community. Thank you, SANAP members, for your support. Thank you, Lizette Day, for delivering the items, and thanks to Southern Oaks Baptist Church for distributing supplies to the community.



NTNP members participated in the AANP Annual Conference, held in San Diego from June 17 to 22. Members joined peers nationwide to exchange ideas, share best practices, and engage in meaningful discussions that advance the nursing profession. North Texas Nurse Practitioners looks forward to continuing efforts to support and uplift the community in the months ahead!

TNP University Ambassadors Updates



★ Baylor LHSN Students and Faculty Lead Impactful Health Initiatives in Africa

In Summer 2025, Baylor's Louise Herrington School of Nursing (LHSN) launched impactful global and local missions. A team of doctoral and undergraduate nursing students, led by nursing faculty Dr. Erica Plimpton and Dr. Kelly Rossler, traveled to Zambia, where they completed nearly 800 pediatric screenings, hosted a women's health fair, and implemented DNP projects focused on malnutrition in partnership with Family Legacy.



Another LHSN global initiative was a Kenya mission trip led by Dr. Laura Butler and Dr. Katy Vogelaar. Partnering with Naomi's Village, the interdisciplinary team served local communities while promoting health education and outreach.

Meanwhile, a faculty-student team continues to serve in India through various service projects throughout July.



★ LHSN Serves Local Families and Children

Locally, LHSN faculty and students, partnered with International Leadership of Texas and Children's Health, conducted BMI screenings and referred students to pediatric weight management programs. Over 900 children were screened in Mansfield, with 30% referred and 15 families completing the on-site program. In Arlington, 91 referrals were made for individualized care, addressing needs in a designated food desert.

★ Dr. Jessica Peck, Named 2025 State Award for Excellence

Baylor University congratulates Clinical Professor Dr. Jessica Peck, recipient of the 2025 State Award for Excellence, for her exceptional leadership in advanced practice nursing.



★ Excellence Affirmed: UTMB School of Nursing Awarded Full 10-Year CCNE Accreditation with No Compliance Concerns

The UTMB School of Nursing has received a full 10-year renewal of accreditation from the Commission on Collegiate Nursing Education (CCNE)!

While UTMB has long held CCNE accreditation, this successful renewal affirms the SON's continued commitment to excellence in nursing education, meeting the highest standards in curriculum, faculty, student outcomes, and ongoing improvement.

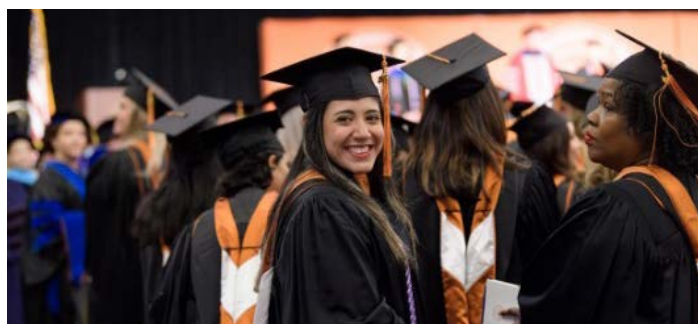
★ The University of Texas at Austin School of Nursing



The University of Texas at Austin SON is [proud to announce](#) that Stephanie Key, DNP, APRN, CPNP, FAANP, Clinical Assistant Professor, was inducted last month as a fellow of the American Academy of Nurse Practitioners for the class of 2025.

Congratulations to Dr. Key! You make UT SON proud! [Click here](#) for more about Dr. Key.

Dr. Cara Young, PhD, RN, FNP-C, FAANP, FAAN, just completed her first year as PhD program director for the UT Austin School of Nursing after promotion to the role this August. [Click here](#) for more about Dr. Young.



UTMB's Spring 2025 Commencement

On April 25, 469 graduates were honored at the UTMB School of Nursing Commencement at Moody Gardens. Keynote speaker Dr. Deborah Trautman, CEO of the AACN, inspired graduates with her leadership in nursing education and health policy. UTMB celebrates their new alumni as they join a network of over 15,500 UTMB nurses worldwide.

UTMB Selected as *Best Place to Grow!*

UTMB was named one of Academic Impressions' Best Places to Grow for Best Leadership Development Program in Academic Medical Programs! UTMB's BSN Honors Program—featuring tracks in Research, Health Advocacy, and Policy & Leadership—was recognized for advancing student leadership and professional growth.

★ UNTHSC College of Nursing Launches New MSN in PMHNP

This Fall, the University of Texas Health Science Center of Fort Worth's College of Nursing will welcome its first cohort of Master of Science in Nursing (MSN) in Psychiatric Mental Health Nurse Practitioner (PMHNP) students. The 47-credit-hour online program includes 750 direct care clinical hours for nurses with a Bachelor of Science in Nursing (BSN) who want to become mental health nurse practitioners.

In addition, students will engage in high fidelity simulation with standardized patients and virtual reality to advance their skills as practitioners through on campus intensives in an interprofessional health science center environment.

"This program delivers rigorous academic training and serves as a launchpad for the next generation of mental health leaders," said Associate Professor, Founding Faculty, and PMHNP Program Coordinator, Barbara Chapman, DNP, MBA, MSN, APRN, FNP-C, EBP-C, NHDP-BE, PMHNP-BC. "We are preparing nurse practitioners to be clinical experts and bold innovators - equipped to transform systems of care and lead the future of mental health and healthcare entrepreneurship."

A dual board-certified Family and Psychiatric Mental Health Nurse Practitioner, Chapman serves as the Secretary on the TNP Board of Directors and is a nationally recognized leader in healthcare innovation, mental health outreach, and nurse workforce resilience. With over 35 years of clinical experience, she has led mobile health initiatives, developing statewide telemental and telehealth programs for underserved populations. She serves on multiple boards advancing nursing practice and policy across Texas.

UNTHSC College of Nursing created the program to address the growing need for and limited supply of psychiatric care providers. In August of 2024, the [National Center for Health Workforce](#) estimated that more than one third of the U.S. population lives in a mental health professional shortage area and are predicting even more substantial mental health care professional shortages by 2037. The [American Psychiatric Nurses Association's](#) most recent data indicates a current shortage of approximately 250,000 mental health professionals.

The launch of the PMHNP program at UNTHSC College of Nursing marks a bold step forward in preparing



nurse practitioners to lead with clinical excellence and forward-thinking solutions. By equipping students with an understanding of how care systems, policy, and innovation intersect, graduates are positioned to transform mental health care and drive lasting change.

The MSN PMHNP is more than a degree- it's a commitment to shaping the future of psychiatric care through leadership and innovation. If you are interested in joining our team or collaborating in our mission, please reach out - nursing@unthsc.edu

★ Texas Wesleyan Nursing Practice Grad Students Support Holistic Community Care



Texas Wesleyan
UNIVERSITY

At Texas Wesleyan University, our Graduate Programs in Nursing

Practice demonstrate commitment to underserved and vulnerable populations and giving back to our Texas community. Our curricula and faculty encourage students to recognize and address social determinants of health through both didactic and service-learning activities.

In April, a group of students from our Doctor of Nursing Practice and Family Nurse Practitioner programs visited Child Care Associates in Tarrant County. Our students provided free physicals to 72 children ages 6 months to 5 years in their Head Start and Early Head Start programs, covering five different campuses across the county. These children are required to have a physical, but many are uninsured and without a medical home, making it difficult for them to meet this requirement. We also provided education on pre-eclampsia and eclampsia to the expectant and new mothers attending a Home Base and Expected Mom's program.

Students also had the opportunity to visit a Dallas homeless shelter for high school teens. The shelter provides emergency and transitional housing, tutoring, job training, and drop-in services including meals, hygiene, clothing and laundry services. DNP and FNP students learned about the tremendous need that shelter is working to fulfill and were able to support the community by cleaning and organizing their clothing donation closet.

Both our students and our community partners consistently offer positive feedback on these valuable experiences. Opportunities like these integrate and reinforce academic learning through real-world application, and prove that nurse practitioners excel in addressing community needs.

We are grateful for the involvement of our Corporate Members!



Join TNP's Corporate Membership Program — You'll Be in Good Company.

Texas Nurse Practitioners (TNP) is proud to offer a stellar Corporate Membership Program. Designed specifically for organizations that employ Advanced Practice Registered Nurses (APRNs), this program helps you attract, support, and retain top APRN talent while demonstrating your commitment to advancing healthcare in Texas.

Whether your APRN workforce is large or small, our corporate memberships offer tailored benefits to elevate your organization, increase visibility, and strengthen your connection to the APRN community. Join leading employers who are investing in their teams and shaping the future of care.

[Click](#) to learn more about TNP's Corporate Membership program or contact connie@texasnp.org.



[Click here](#) to learn more about C-Trilogy Outreach and Dr. Tracy Hicks' vision.

Corporate Member Spotlight: C-Trilogy Outreach

In 2015, nurse practitioner [Dr. Tracy Hicks](#), NP founded C-Trilogy, a for-profit practice focused on providing high-quality mental health care in East Texas. As the clinic grew, Dr. Hicks witnessed the number of people falling through the cracks, especially during the COVID-19 pandemic, unable to access services due to cost, transportation, or stigma.

That's why, in 2020, she launched C-Trilogy Outreach, the clinic's nonprofit arm. In 2022, C-Trilogy became a nationally recognized Certified Community Behavioral Health Clinic (CCBHC).

C-Trilogy Outreach's mission? To make care more equitable, integrated, and accessible for every person regardless of background, income, or insurance status.

At the heart of C-Trilogy Outreach is Project Holistic Health & Equity, a bold initiative to remove the barriers that keep people from getting the care they deserve. C-Trilogy knows that health care isn't just about scheduling an appointment. It's about trust, convenience, affordability, and feeling truly safe and seen. That's why they offer integrated, whole-person care designed to meet patients' physical, mental, and emotional needs — all in one place.



ANNUAL CONFERENCE 2025

Hilton Anatole | Dallas
September 25-28, 2025



CONFERENCE BROCHURE



JOIN US AT THE PREMIER CONFERENCE FOR TEXAS NPS!

- Top experts, 40+ education sessions
- More hands-on workshops than ever before
- Poster presentations
- Exhibits and product theaters
- Our legendary member appreciation event
- The best networking of the year

Earn up to 24 CEs in person plus
12 additional CEs on-demand when
you register for the full conference!



Stampede into the Big-D for TNP's 2025 Annual Conference!

There's no better place to fuel your passion for lifelong learning than at Texas Nurse Practitioners' 2025 Annual Conference in Dallas!

Join hundreds of NPs from across Texas for three days of evidence-based education, clinical skill-building, and professional growth — all designed to strengthen your practice and advance your career.

Experience it all at the Hilton Anatole:

- 24 CE hours from expert speakers
- Hands-on workshops and clinical updates
- Networking events, including the TNP Member Appreciation Night
- Wellness activities like Sunrise Yoga and TNP's Walk & Wine Down
- Relaxation time at the JadeWaters Pool Complex and Verandah Spa

Be inspired. Build your skills. Grow your NP network.



**Don't miss the biggest
TNP event of the year!
Register today!
#TNP2025Annual**



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TNP Leadership

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TNP Office

4425 S. Mopac, Building III, Suite 405

Austin, Texas 78735

Phone: 512.291.6224 | Fax: 512.291.6225



texasnp.org

Conference Policy

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. Also, Texas Nurse Practitioners does not endorse any specific commercial products or services.

Sessions

All sessions will be held at the Hilton Anatole in Dallas, 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 24, 3:00 pm – 7:00 pm

Thursday, September 25, 7:00 am – 7:00 pm

Friday, September 26, 7:00 am – 5:00 pm

Saturday, September 27, 7:00 am – 5:00 pm

Sunday, September 28, 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 Trinity Exhibit Hall.

Exhibit Hall Hours

Thursday, September 25, 5:00 pm – 7:00 pm

Friday, September 26, 8:00 am – 4:45 pm

Saturday, September 27, 8:00 am – 1:30 pm

Survey and CE Forms

Post conference, you will receive an email containing a link to complete the conference survey, which will provide TNP and the presenters with valuable feedback for planning future events. Additionally, you will receive a separate link to complete your Continuing Education (CE) Certificate. Both links will be emailed to you within one hour of the event's conclusion.

TRACK DETAILS

For your convenience, we have listed the programs, grouped by track, being offered at the Annual Conference. Many of the programs are on family practice topics, but if you are looking for a particular track, please see the programs below.

Acute: S23, S25, S27

Geriatric: WS01, WS03, WS07, WS08, F02, F03, F04, F05, F06, F10, F12, S13, S15, S16, S21, S22, S28

Pediatrics: F07, F11, S19,

Women's Health: F08, S14, S26,

Psych/Mental Health: F02, F10, F11

Practice/Professional: S20, S24, S28

Skills: F03, S23, WS02, WS03, WS05, WS06, WS07

Texas Specifics: WS01, WS08, WS09, F01, F02, F06, F08, F10, F12, S19, S26, S27

In addition, 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, WS02, WS04, WS05, WS06, WS08, F01, F02, F05, F06, F08, F09, F10, F11, F12, S13, S16, S17, S18, S21, S22, S15, S26

Ethics/Jurisprudence (E/J): WS04, WS09, F06, GS06, S14, S20, S27

Geriatrics (G): WS01, WS04, WS08, F02, F03, F04, F05, F06, F10, F12, S13, S16, S21, S22

Opioids (O): F07, F10

Please see the following pages of the conference brochure for a description of each workshop and session offered.

SESSIONS THAT FULFILL TEXAS CE REQUIREMENTS

**Need Texas-Specific CE?
Register for these sessions to
meet Texas requirements!**

Geriatrics:

F02 Geriatric Mental Health Disorder Management (1 G)

F06 Dementia Assessment with the SLUMS Test (.5 G)

F10 Stroke Impact: Care Burden and Caregiver Strain (.5 G)

S15 Non-Alcoholic Fatty Liver Disease (.5 G)

S16 Deprescribing Strategies for Older Adults (1 G)

S21 Ischemic Stroke Risk Factors (1 G)

Earn a total of 4 G hours to meet your Texas-Specific Geriatrics Requirement by registering for these courses.

Opioids:

F07 Substance Use Trends in Youth (.5 O)

F10 Stroke Impact: Care Burden and Caregiver Strain (1 O)

Earn a total of 1.5 O hours to count towards your Texas-Specific Opioids Requirement by registering for these courses..

RX:

F01 Addressing Diabetic Drug Challenges (1 RX)

F08 Menopause and Cardiometabolic Wellness (1 RX)

F12 T1.5 Diabetes Mellitus and Hypercortisolism (1 RX)

S16 Deprescribing Strategies for Older Adults (1 RX)

S17 Congestive Heart Failure with Preserved Ejection Fraction (.5 RX)

S19 Pediatric Vaccination and Disease Prevention (1 RX)

S22 Cardiac Complications in Cancer Patients (.5 RX)

S26 Intermittent Fasting: A Lifestyle for Health and Weight Management (.5 RX)

Earn a total of 5.5 RX hours to meet your Texas-Specific RX Requirement by registering for these courses

Ethics/Jurisprudence:

F06 Dementia Assessment with the SLUMS Test (1 E/J)

S14 Early Pregnancy Care for FNP's (.5 E/J)

S20 Starting a Clinic: Initial Steps for NPs (.5 E/J)

S27 Trauma-Informed Care in Clinical Practice (1 E/J)

WS09 NP Scope of Practice and Texas Law Overview with Q&A (1 E/J)

Earn a total of 4 E/J hours to meet your Texas-Specific E/J Requirement by registering for these courses.

PROGRAM AT A GLANCE

Please note that the agenda and presenters are subject to change.

Lunch will be included for those who complete online registration by Thursday, September 18.

Wednesday | September 24 – Registration and Check-in

3:00 pm – 7:00 pm Registration and Check-in (Reg Desk – Peacock Lobby)

Thursday | September 25 – Annual Pre-Conference

7:00 am – 7:00 pm Registration and Check-in (Reg Desk – Peacock Lobby)

7:45 am – 8:45 am **Breakfast Product Theater** Sponsored by Novo Nordisk MASH (Non-CE; Wedgwood Ballroom, Capacity 200) or Breakfast on your own

9:00 am – 12:15 pm **AM Workshops**

12:30 pm – 1:30 pm **Lunch Product Theaters** Sponsored by Acella Pharmaceuticals, LLC: An Individualized Approach to Managing Hypothyroidism for Nurse (Non-CE; Wedgwood Ballroom, Capacity 200) Sponsored by Sanofi Pharmaceutical (Non-CE; Peacock, Capacity 150)

1:45 pm – 5:00 pm **PM Workshops**

5:00 pm – 7:00 pm **Exhibit Hall Opens | Industry Poster Presentations (Trinity Exhibit Hall)**

7:15 pm - 8:45 pm **Thursday General Session** (open to any registrants – Wedgwood)

Friday | September 26 – Annual Conference

All general sessions are in Trinity Ballroom unless otherwise noted.

7:00 am – 5:00 pm Registration and Check-in (Peacock Lobby)

7:45 am – 8:45 am **Breakfast Product Theaters** Sponsored by AbbVie; HCV Elimination (Non-CE; Wedgwood Ballroom, Capacity 200) Sponsored by Exact Sciences Exact Sciences: Cologuard and Cologuard Plus (Non-CE; Peacock, Capacity 150) or Breakfast on your own

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

9:45 – 10:45 am **GS02: Keynote Presentation “The Impact of Your Leadership Presence”** by Katie Niemeyer

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

11:15 am – 12:15 pm **GS03: Legislative General Session** by Erin Cusack

12:30 pm – 1:30 pm **Lunch Product Theaters** Sponsored by Sanofi (Non-CE; Wedgwood Ballroom, Capacity 200) Sponsored by Novo Nordisk: A Triad of Diseases: A Treatment Strategy for Patients with T2D, CVD, and CKD (Non-CE; Peacock Lounge, Capacity 150) or **Market Style Lunch** (Trinity Exhibit Hall)

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

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

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

4:15 pm – 4:45 pm **Break / Silent Auction / Exhibits (Trinity Exhibit Hall) Poster Presentations (.5 CE)**

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

6:00 pm **Small Dinner Presentation** (50 attendees, by registration only, SÉR Steak + Spirits) Sponsored by Kyowa Kirin: X Linked Hypophosphatemia

7:00 pm **Free TNP Member Appreciation Event** on the lawn

**Exhibit Hall
Opens at
8:00 am**

**Exhibit Hall
Closes at
4:45 pm**

PROGRAM AT A GLANCE (CONTINUED)

Saturday | September 27 – Annual Conference

All general sessions are in Trinity Ballroom unless otherwise noted.

Wear your Heal
Texas shirt for
a Group Photo
in the General
Session Room
after the Awards
Ceremony

Silent Auction
Closes at 11:15 am

7:00 am – 5:00 pm	Registration and Check-in (TNP Registration Desk – Peacock Lobby)
7:45 am – 8:45 am	Breakfast Product Theater Sponsored by Novo Nordisk: Rybelsus (Non-CE; Wedgwood Ballroom, Capacity 200) or Breakfast on Your Own
7:45 am – 8:45 am	PAC Breakfast Fundraiser (\$75 ticketed event; Peacock Lounge)
9:00 am – 9:45 am	Exhibit Hall Opens (Trinity Exhibit Hall)
9:00 am – 10:00 am	GS04: Board Installation and Awards Ceremony
10:00 am – 10:45 am	GS05: DEA Presentation: Prescription Abuse
10:45 am – 11:15 am	Break / Silent Auction / Exhibits (Trinity Exhibit Hall) Poster Presentations (.5 CE)
11:15 am – 12:15 pm	First Breakout Session
12:30 – 1:30 pm	Lunch Product Theaters: Sponsored by Amarin Pharma: VACEPA & Cardiovascular Risk Reduction (Non-CE; Wedgwood Ballroom, Capacity 200) Sponsored by AstraZeneca: Presentation by Jeremy Chen, PharmD: Rethinking Hyperkalemia Management in Patients on RAASi Therapy (Peacock Lounge, Capacity 150) or Market Style Lunch (Trinity Exhibit Hall)
1:30 pm	Trinity 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
5:30 pm – 6:30 pm	TNPF Walk and Wine Down (\$75 ticketed event; Gossip Bar)
6:30 pm	Small Dinner Presentation (50 attendees, by registration only, SÉR Steak + Spirits) Sponsored by JayMac Pharmaceuticals: EnLyte Gel Cap

Sunday | September 28 – Annual Conference

7:00 am – 12:00 pm	Registration and Check-in (TNP Registration Desk – Peacock Lobby)
7:00 am – 7:45 am	Sunrise Yoga on the lawn
7:45 am – 8:45 am	Breakfast Product Theater Sponsored by AbbVie: Managing Depression in MDD (adjunctive) and BiPolar 1 Patients (Non-CE; Wedgwood Ballroom, Capacity 200) or Breakfast on your own
9:00 am – 9:15 am	Tribute to Dr. Loretta Ford, EdD, RN, PNP, NP-C, CRNP, FAAN, FAANP
9:15 am – 10:45 am	GS06: AI and Ethics
10:45 am – 11:00 am	Break
11:00 am – 12:30 pm	GS07: Neuroplasticity: Enhancing Clinical Outcomes for Brain-Based Disorders Through Case Studies
12:30 pm – 1:00 pm	Conference Wrap Up

Enjoy Your Stay at the Hilton Anatole, Dallas, Texas



Book your room today.

[Click here](#) to make your hotel reservation. Please be sure to tell them you're with Texas Nurse Practitioners.

The negotiated room rate is \$209 for a Standard King Bed/Standard 2 Bed.

Check in 3:00 pm
Check out 12:00 pm

Room rates are based on availability through September 3, 2025.

The hotel has negotiated an optional \$25.00 resort fee for our group. If you wish to take advantage of this, you will obtain:

- Two Complimentary bottles of water in the room upon arrival
- Guest room Standard WiFi for up to 3 devices (\$9.95 value)
- Access to Verandah Health Club (\$16.95 value)**
- 15% off V-Spa Services (Average savings of \$22)
- Complimentary breakfast for kids 9 and under*
- Access to *JadeWaters* Resort Pool (seasonal) for registered guests***

**One free kid's breakfast meal per adult paid entrée, 9 years old or younger*

***Must be 16 years of age or older to access*

****Wristbands required for entry and re-entry*

Self-Parking

Daily Self-Parking - Up to \$37

Overnight Self-Parking - Up to \$37

Valet Parking

Daily Valet - Up to \$55

Overnight Valet - Up to \$65

Payment

Overnight guests will have parking charges added to their guestroom final bill.

Daily drive-in guests can either pay at the Front Desk, scan the Barcode on their parking pass, or pay at the exit kiosk in each self-parking lot.

**We're here to assist you. Please email
bella@texasnp.org if you have questions.**



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

WS01: Advances in Adult Cardiovascular Pharmacology (3.25 CE, 3.25 RX, .5 G)

This pharmacology workshop will assist attendees in understanding pharmacotherapeutic agents for the management of cardiovascular diseases across the illness spectrum, from ambulatory management to critical management of acutely ill patients. We will explore emerging pharmacotherapies in the management of congestive heart failure, hypertension, atrial fibrillation/atrial flutter, pulmonary hypertension, coronary artery disease/hyperlipidemia/hypertriglyceridemia, and peripheral vascular disease.

Speaker: Halli Carr, DNP, APRN, ACNP-BC

Dr. Halli Carr is an Acute Care Nurse Practitioner with over 17 years of experience in practice, including ER, ICU, Surgery, Resuscitation, and Cardiovascular medicine. She currently leads the Cardiovascular service line for Baylor Scott & White the Heart Hospital at Baylor Lake Pointe. Dr. Carr is also a Clinical Assistant Professor and DNP-AGACNP Track Coordinator at the Baylor University Louise Herrington School of Nursing, where she teaches Advanced Pharmacology.

WS02: Fundamentals of Suturing Techniques (3.25 CE, .5 RX)

Hands-on workshop teaching 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: Antay Waters, DNP, APRN, WHNP-BC, CNM, CRNFA, CNE, C-EFM, CNOR-SURG-OB and Tara Roberts, MSN, APRN, ANP-BC

Dr. Antay Waters is a board-certified women's health nurse practitioner, certified nurse midwife, certified registered nurse first assistant, and certified nurse educator. She is an Assistant Professor at East Texas Baptist University, CNM Hospitalist at CHRISTUS St. Michael & Trinity Mother Frances, and OB Triage APP at JPS Health Network. Dr. Waters has presented and published on topics ranging from women's health to healthcare risk management.

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 four 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 and teach suturing workshops.

WS03: Alzheimer's Disease and Dementia Care (Part 1) (3.25 CE)

Discover best practices for person-centered dementia care. The courses in the Dementia CEU series were built specifically for nursing professionals but are applicable to many other direct care workers and professionals in the long-term care industry. Please be sure to register for both parts of the workshop to submit for a certification at the end of the course.

Speaker: Coming soon

WS04: Practical Strategies in Obesity Management (3.25 CE, .75 RX)

You're invited to an empowering interactive workshop that dives deep into the science of obesity—beyond the scale. Join expert faculty as they unravel the complex physiology of energy balance, explore how dysregulation leads to obesity, and highlight the powerful impact of excess adipose tissue on health and chronic disease. Gain valuable insights into why long-term weight loss is so challenging due to biologic adaptation, and discover the latest on the safety, efficacy, and dosing of obesity medications. From practical strategies for lifestyle counseling in primary care to proven ways to combat obesity bias and stigma in healthcare, this session is packed with actionable knowledge to elevate your clinical impact and enhance patient care. Don't miss this chance to lead the charge in transforming obesity management!

Speakers: Dr. Thomas M George Jr., DNP, FNP-C, NASM-CPT, FOMA

Dr. Thomas George is a family nurse practitioner delivering evidence-based, personalized care for people with obesity. His doctoral work focused on translating evidence-based obesity care into primary care clinics. He is a Fellow of the Obesity Medicine Association, adjunct professor of pathophysiology at Northwest Nazarene University in Boise, and former assistant professor at Frontier Nursing University.

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

WS05: IUD Insertion and Removal (3.25 CE, .5 RX)

Have you wanted to learn more about long-acting reversible contraceptives (LARCs) but worried about your knowledge of the different birth control methods? In this course, we will discuss LARCs, the intrauterine device, and have hands-on practice putting in and removing IUDs. You will walk away knowing the risks and benefits and obtain a certificate indicating that you have the skills to insert and remove all IUDs on the market.

Speaker: Shelagh Larson, DNP, WHNP, MSCP, IF FAANP

Dr. Shelagh Larson is a board-certified Women's Health NP. She has been practicing in Fort Worth for the past 20 years at the county hospital clinics. She is a Fellow in ISSWSH and MSCP for The Menopause Society. Dr. Larson has dedicated six years of service on the NPWH Board, over 10 years to the TNP Board, and four years as the North Texas State Liaison for AANP.

WS06: Advanced Suturing Techniques (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 previously completed the basics course, 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. Antay 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 four 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 and teach suturing workshops.

WS07: Alzheimer's Disease and Dementia Care (Part 2) (3.25 CE)

Discover best practices for person-centered dementia care. The courses in the Dementia CEU series were built specifically for nursing professionals but are applicable to many other direct care workers and professionals in the long-term care industry. Please be sure to register for both parts of the workshop to submit for a certification at the end of the course.

Speakers: Coming soon

WS08: Management of Diabetes Mellitus in 2025 (3.25 CE, 1 RX, .5 G)

Management of Diabetes in 2025 is a workshop discussing the current standards of care in managing diabetes mellitus. Topics include formulating a patient-centered, safe, and effective diabetes management plan based on a comprehensive medical evaluation. The program will be interactive and based on case presentations. Current recommendations for medication management and diabetes technology will be discussed.

Speaker: Celia Levesque, MSN, RN, NP-C, CNS-BC, CDCES, NC-ADM

Celia Levesque is an Advanced Practice Provider for the Department of Endocrine Neoplasia and Hormonal Disorders at MD Anderson Cancer. She has been a Diabetes Care and Education Specialist since 1986 and Board Certified in Advanced Diabetes Management since 2003, and she is currently a Board-Certified Clinical Nurse Specialist and a Family Nurse Practitioner.

7:15 pm – 8:45 pm | Evening Session open to all conference registrants

WS09: NP Scope of Practice and Texas Law Overview with Q&A (1.5 CE)

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

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

Dr. John Gonzalez is a dual licensed Acute Care and Adult Nurse Practitioner. He teaches full time at the University of Texas at Tyler and has his own telemedicine practice, Holistic

Integrative Health, where he practices functional medicine. He is an accomplished presenter and published author on nurse practitioner scope of practice issues and is Texas Nurse Practitioners' Practice Consultant.

Dr. Kristin Hittle Gigli's research examines the roles of the advanced practice providers providing care to hospitalized children and policies related to nurse practitioner scope of practice. Kristin 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

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 Impact of Your Leadership Presence” (1 CE)

This year’s keynote presenter will share ten lessons from surviving the Burn Unit and incorporate tools for personal and professional growth. Surviving a severe medical ordeal, like an experience in the burn unit due to Stevens-Johnson syndrome (SJS), teaches invaluable lessons. These lessons can be powerful tools to enhance your life and career, fostering resilience, empathy, and leadership.

Speaker: Katie Niemeyer

Katie Niemeyer, speaker, philanthropist, entrepreneur, and CRNA, relentlessly encourages others to overcome obstacles and reach new goals. As a teen, Katie nearly died in a hospital burn unit in St. Louis, Missouri, where she suffered from an adverse reaction to medication, a rare condition called Stevens-Johnson syndrome or SJS.

Over the last thirty-five years, she has drawn on her lifetime experiences as a SJS survivor, medical professional, and competitor to inspire people to attain more out of life and cross their own finish lines.

11:15 am – 12:15 pm

GS03: Legislative General Session (1 CE)

Speaker: Erin Cusack, TNP Government Affairs Director

Erin Cusack is TNP’s Government Affairs Director with extensive public affairs and grassroots advocacy experience at state, national, and international levels. Previously, she was a Policy Analyst for State Rep. Eddie Rodriguez, focusing on health care and liaising with the Women’s Health Caucus, and a Public Policy and Community Engagement Coordinator for Maternity Care Coalition in Philadelphia (2011-2013), managing advocacy campaigns on health care reform and maternity services. She holds a Political Science degree from Temple University and a Master’s in Global Policy Studies from UT-Austin’s Lyndon B. Johnson School of Public Affairs.

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

F01: Addressing Diabetic Drug Challenges (1 CE, 1 RX)

Although Nurse Practitioners (NPs) have been integral in diabetes management for years, they often face challenges when prescribing diabetic medications. This session will provide an overview of the various classes of diabetic drugs and their common side effects, with a specific focus on newer medications, helping NPs make informed choices tailored to individual patients. Additionally, strategies for securing insurance coverage and effectively managing side effects to improve medication adherence will be explored.

Speakers: Valerie Miller, PhD, APRN, FNP-C and Amy Roberts Huff, PhD, APRN, FNP-BC, CNE, FAANP

Dr. Miller is a Clinical Associate Professor of Nursing at UT Tyler. She has been an NP for 13 years, predominantly in endocrinology, and teaches advanced pharmacology.

Dr. Huff is a Professor of Nursing at UT Tyler. She has practiced for over 39 years as an FNP and has been teaching FNP students for 32 years.

F02: Geriatric Mental Health Disorders (1 CE, .5 RX, 1 G)

This session will cover the most common mental health disorders in older adults, along with addressing risk factors for their development. Current evidence-based management strategies will be discussed along with pharmacologic challenges in prescribing for the older adult. The quality of evidence for complementary therapies will also be presented.

Speaker: Susan Calloway, PhD, APRN, FNP-BC, PMHNP-BC, FAANP

Dr. Calloway is a family nurse practitioner and psychiatric-mental health nurse practitioner who established the TTUHSC psychiatric-mental health nurse practitioner program. She has provided primary and mental health care in rural and urban areas and has been a nurse practitioner educator for over 25 years. She has also had a private geriatric practice for 12 years.

F03: Best Practices in Imaging Stewardship (1 CE, .5 G)

This presentation will provide primary care providers (PCPs) with a guide when treating patients with musculoskeletal conditions and ordering imaging. Knowing how to perform a focused exam, documentation, diagnostic testing, and treatment will lower the cost, improve patient outcomes, and expedite referral to orthopaedics.

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

Amelia and Karen are Advanced Practice Providers practicing in the Department of Orthopaedics at Parkland Health and Hospital System in Dallas, Texas. This presentation reflects their combined years of experience in orthopaedics and collaboration with orthopaedic surgeons, occupational therapists, physical therapists, and primary care providers within the Parkland Health and Hospital System.

F04: Gut-Brain Axis and Mental Health Innovations (1 CE, .5 G)

This speech highlights the critical connection between gut health and mental well-being. By focusing on the gut-brain axis (GBA), which is a two-way communication system between the gut and brain, with up to 95% of serotonin produced in the gut. Imbalances in the microbiome are now known to contribute to mental health issues like anxiety and depression, particularly in treatment-resistant cases, but are not just being emphasized in traditional medical models. Strategies such as targeted nutrition, microbiome testing, and supplements can help restore balance and improve outcomes for these patients.

Speaker: Lauren Duroy, DNP, APRN, FNP-C, WCS-C, FIM-P, BC-FMP

Dr. Lauren Duroy is a nurse practitioner with 14+ years of healthcare experience. She is a graduate of the University of Oklahoma and Oklahoma City University, where she earned her DNP. She is board-certified through the Academy of Functional Medicine, where she additionally teaches and certifies other providers in Functional Medicine so they too can create sustainable, fulfilling careers.

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

F05: Immunosuppression: Causes and Clinical Impacts (1 CE, 1 RX, 1 G)

A comprehensive overview of basic immunological principles, commonly encountered immunomodulating treatments and conditions, and the infectious diseases frequently associated with immunodeficiencies for the goal of gaining insights into managing immunosuppressed patients and addressing the unique challenges they face, ultimately improving patient outcomes and care.

Speaker: Dr. Rachel Reitan, DNP, FNP-C, MSNeD, CWS

Dr. Rachel Reitan has worked as an Infectious Disease NP for 10 years in both inpatient and outpatient settings. She chairs the Infection Control and Antimicrobial Stewardship Committees at United Regional Hospital in Wichita Falls. She has been a board-certified wound care specialist since 2017 and is currently studying for her master's degree in Infectious Diseases at Drexel University.

F06: Dementia Assessment with the SLUMS Test (1 CE, 1 RX, .5 G, 1 E/J)

This presentation focuses on defining dementia and assessing for cognitive deficit disorders (CDD) in the geriatric population. An organized approach using assessment, strategies such as the SLUMS and MMSE screening tools, diagnosis, and management utilizing evidence-based practice guidelines and treatment.

Speaker: Dr. Joanne “Jody” Minnick, DNP, APRN, ACNP-BC, FNP-BC

Dr. Minnick is faculty at Betty Irene Moore College of Nursing at UC Davis in the FNP-DNP Program. Dr. Minnick has been practicing for over 13 years as a nurse practitioner (NP) and has a clinical background in military research, emergency medicine, family practice, and geriatrics. Dr. Minnick has been caring for patients at various stages of their lifespan with a focus on geriatrics.

F07: Substance Use Trends in Youth (1 CE, .5 O)

This presentation is for Nurse Practitioners who see adolescents in any setting and will provide information on the current landscape of substance use in youth, including epidemiology, reasons youth use substances, and symptoms that constitute a substance use disorder. Attendees will also receive specific details on how youth obtain/ingest and the associated effects of the substances most used by youth (cannabis, alcohol, nicotine, and opioids).

Speaker: Angela Nash, PhD, APRN, CPNP-PC, PMHS, CARN-AP, FIAAN

Dr. Nash is an Associate Professor at the Cizik School of Nursing at UT Health Houston. As a PNP with 28 years' experience, she is certified in pediatric primary care, mental health, and addictions nursing. She has worked for over a decade with youth who misuse substances and currently treats youth with opioid use disorders. Dr. Nash speaks and publishes widely in these areas.

F08: Menopause and Cardiometabolic Wellness (1 CE, 1 RX)

Perimenopause and menopause significantly impact women's quality of life, elevating risks for cardiometabolic disease and negatively affecting mental health. This presentation will provide an overview of the cardiovascular and emotional changes during the menopausal transition. The speakers will address evidence-based pharmacological and nonpharmacological treatment options to improve mental and cardiometabolic health.

Speakers: Dr. Annie Abraham, DNP, APRN, FNP-BC, CNE, Emily McAllister, DNP, APRN, FNP-BC and Amy Giles, DNP, CNM, CNE, LSMC, FACNM

Dr. Abraham is a Clinical Associate Professor and DNP-Family Nurse Practitioner Track Coordinator at Baylor University's Louise Herrington School of Nursing (LHSON). She has extensively taught in graduate programs and worked as a Family Nurse Practitioner (FNP) across various settings, including primary care, retail health, and pain management. Dr. Abraham currently chairs the TNP's Nominating Committee. She is also a published author and frequent presenter, sharing her expertise on a variety of topics, including cardiometabolic health, faculty burnout, and simulation in nursing education.

Dr. McAllister is a board-certified family nurse practitioner and received the ACCN Excellence in Advancing Nursing Practice award in 2024. She has practiced for 21 years. She has worked in various settings, including primary care, retail health, and

occupational health. She earned her Doctor of Nursing Practice (DNP) degree from Texas Woman's University in 2024. Prior to graduation, her poster presentations received awards at TNP and NONPF for her DNP project and was awarded the ACCN Excellence in Advancing Nursing Practice in 2024. She has also published two manuscripts in the Journal for Nurse Practitioners and one manuscript in The Texas Public Health Journal.

Dr. Giles is a certified nurse-midwife and clinical assistant professor at Baylor University's Louise Herrington School of Nursing. She owns Allen Midwifery & Family Wellness, a full-scope hospital and birthing center practice in Allen, Texas. She is certified in lifestyle medicine and focuses her practice on treating modifiable risk factors through holistic interventions. Her focus is on women's health and menopause. She volunteers as treasurer of her state affiliate of the American College of Nurse-Midwives and advocates for practice change for APRNs in Texas through the Nursing Legislative Agenda Coalition. She was inducted as an ACNM Fellow in 2024.

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

F09: Managing Common Eye Complaints (1 CE, .5 RX)

This session will review common eye complaints seen in primary and urgent care, as well as a discussion of history, physical examination findings, and evaluation. Tarsal plate eversion, eye irrigation, fluorescein staining, and foreign body removal will be demonstrated.

Speaker: Laurie Anne Ferguson, DNP, APRN, ANP-BC, FNP-C, CPNP, FNAP, FAANP

Dr. Laurie Anne Ferguson, DNP, APRN, FNP-C, FAANP has practiced as a Nurse Practitioner for over 40 years in a variety of clinical settings in the NP role, including ER, Occupational Health, and Primary Care in Pennsylvania, North Dakota, Florida, Louisiana, Virginia, and in Manitoba, Canada. Dr. Ferguson is a Professor at the University of Texas Medical Branch in Galveston. She is a frequent presenter at many State and National Conferences.

F10: Stroke Impact: Care Burden and Caregiver Strain (1 CE, .5 RX, .5 G, 1 O)

Globally, there are millions of people who are living with the effects of stroke annually. Globally, one in four people over age 25 will have a stroke in their lifetime. Post-stroke fatigue has a relationship to function and has been attributed to functional limitations related to fatigue. Stroke survivors who experience physical impairments require family caregiver support and social support due to reduced physical ability.

Speaker: Tanya Schlemmer, DNP, MHA, MSN-Ed, AGACNP-BC, FNP-C, CCRN-CMC, RN-BC

Dr. Schlemmer is a Clinical Associate Professor of Graduate Nursing at the University of Texas at Tyler. She is dual certified as an Adult-Gerontologic Acute Care Nurse Practitioner and Family Nurse Practitioner. She is also nationally certified in Home Health Nursing and Critical Care Nursing, with a Cardiac Medicine subspecialty.

F11: Pediatric Mental Health in Texas (1 CE, 1 RX)

Texas children are at risk. Many have untreated or severe mental illness. Many children are practicing self-harm and carrying out suicide. Children who present to an emergency room with a mental health crisis are forced to wait months to see a qualified mental health professional. The time is now for nurse practitioners to bridge the gap.

Speaker: Michelle Hext, DNP, APRN, CPNP-PC, FNP-C, ENP-C, PMHNP-BC

Dr. Michelle Hext graduated from the University of Texas at Houston, where she earned her DNP. She currently teaches as a Clinical Assistant Professor at the University of Texas at Tyler in the PMHNP program. She is a quadruple board-certified nurse practitioner with a private mental health practice. Dr. Hext's experience includes pediatrics, family practice, care of the underserved, emergency care, and psychiatry.

F12: T1.5 Diabetes Mellitus and Hypercortisolism (1 CE, 1 RX, .5 G)

You know how to diagnose and treat Type 1 and Type 2 diabetes, but are you familiar with and confident in treating Type 1.5 DM? Are you familiar with diagnosing hypercortisolism if the patient does not show physical signs of Cushing's syndrome? Attend this presentation to learn the diagnosis and treatment of these often-overlooked endocrine disorders.

Speakers: Brenda Olmos, PhD, APRN, FNP-C, CNE-cl

Dr. Brenda Olmos is the Administrator of Education and Development for Advanced Practice Providers at Baylor Scott & White Health Central Texas. Her clinical experience is in family medicine. She also teaches second-degree BSN students at Texas A&M University in Round Rock. As a member of her local professional community, Dr. Olmos is the President of the Austin Advanced Practice Nurses.

9:00 – 10:00 am

GS04: Board Installation and Awards Ceremony (1 CE)

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

10:00 – 10:45 am

GS05: DEA Presentation – Prescription Abuse (.75 CE)

This session explores the critical issue of prescription abuse, focusing on provider-related misuse, including inappropriate prescribing practices. Attendees will examine real-world scenarios such as writing prescriptions for family members without proper patient evaluation, prescribing for friends, and other forms of unethical or inappropriate prescribing. Through case studies, interactive discussions, and evidence-based guidelines, participants will learn to recognize red flags, understand legal and ethical boundaries, and implement strategies to ensure responsible prescribing.

Speaker: Gary Linder, Acting Diversion Program Manager

Gary Linder, Acting Diversion Program Manager, brings over 36 years of law enforcement experience, including 20 years as a Diversion Investigator with the DEA, where he has managed regulatory, administrative, civil, and criminal cases across the Atlanta, Phoenix, and Dallas divisions. Starting his career in 1989 as a detective in an Atlanta suburb, he specialized in Crimes Against Children, Homicide, and Narcotics, earning the Police Officer of the Year Award for a high-profile investigation. A certified Field Training Investigator and recipient of numerous awards, including the United States Attorney's Award of Excellence, Gary resides in the DFW area with his wife, three children, and two grandchildren.

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

S13: COPD: Pathophysiology and Clinical Practice (1 CE, .5 RX, .5 G)

COPD is a complex and heterogeneous lung condition affecting millions of Americans. Despite clinical guidelines, ongoing research, and advances in treatment, COPD continues to have a significant impact on morbidity and mortality. Prompt identification and early treatment initiation are vital to reduce symptoms and prevent disease progression. This presentation will cover in-depth COPD pathophysiology and the relationship between the pathophysiology, clinical manifestations, and pharmacological treatment.

Speaker: Monee' Carter-Griffin, DNP, MBA, MAOL, APRN, ACNP-BC

Monee' Carter-Griffin is a collaborative and innovative leader with a passion for advanced practice provider education in the academic and practice setting. She has dedicated over a decade to fostering environments of continuous learning and growth through leadership and faculty roles in higher education and is now serving as the Chief Learning Officer for Exceed Healthcare. Clinically, Monee' has spent her

entire APRN career in pulmonary and critical care medicine, ranging from transplant to inpatient general pulmonology to pulmonary critical care. Her clinical interest is COPD, specifically the influence of personalized/precision medicine on patient management and outcomes.

S14: Early Pregnancy Care for FNP's (1 CE, .5 E/J)

In primary care, confidence in providing comprehensive early pregnancy management through a multifaceted approach encompassing medical, psychosocial, and risk management strategies is imperative, especially in rural or critical access areas. Participants will understand evidence-based protocols for routine prenatal care, mental health assessment, and emergency management. This session assists in effectively managing early pregnancy care, improving maternal-fetal outcomes, and delivering high-quality care to all women in the primary care setting.

Speaker: Antay Waters, DNP, APRN, WHNP-BC, CNM, CNE, CRNFA, C-EFM, CNOR-SURG-OB

Dr. Antay Waters is a board-certified women's health nurse practitioner, certified nurse midwife, certified registered nurse first assist, and certified nurse educator. She is an Assistant Professor at East Texas Baptist University, CNM Hospitalist at CHRISTUS St. Michael & Trinity Mother Frances, and OB Triage APP at JPS Health Network. Dr. Waters has presented and published on topics ranging from women's health to healthcare risk management.

S15: Non-Alcoholic Fatty Liver Disease (1 CE, .5 G)

Good nutrition is critical for maintaining independence and quality of life for aging adults. This presentation will cover important aspects of current nutrition research that can be used to counsel aging patients, with a focus on incorporating high-quality protein into their diet.

Speaker: Emily Lantz, PhD

Dr. Emily Lantz is an Assistant Professor in the Department of Nutrition Sciences and Health Behavior in the School of Health Professions at the University of Texas Medical Branch. She has a Bachelor of Science in Agricultural Biochemistry from Iowa State University, a PhD in Nutrition Science from Purdue University. She completed a postdoctoral fellowship in skeletal muscle metabolism from the Division of Rehabilitation Science University of Texas Medical Branch.

S16: Deprescribing Strategies for Older Adults (1 CE, 1 RX, 1 G)

This presentation explores the critical role of deprescribing as an essential component of safe and effective prescribing for older adults with multiple chronic conditions. Attendees will learn how to apply the 2024 Beers Criteria, prevent prescribing cascades, and implement deprescribing strategies through real-world case studies. The session emphasizes practical approaches to managing polypharmacy, highlighting both the art and science behind optimizing medication regimens in geriatric care.

Speakers: Kimberly Posey, PhD, DNP, APRN, AGPCNP-BC, GS-C and Patti Parker, PhD, RN, ACNS, ANP, GNP, BC, GS-C

Patti A. Parker and Kimberly Posey are nurse practitioner faculty with extensive clinical and academic expertise in geriatrics and advanced practice. Both hold doctoral degrees and certifications in adult-gerontology care. They have presented nationally on deprescribing and medication management, contributing to research and education that advance NP prescribing practices for older adults.

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

S17: Congestive Heart Failure with Preserved Ejection Fraction (1 CE, .5 RX)

This program will briefly discuss the prevalence and significance of congestive heart failure as a global health concern. We will delve into the various phenotypes of heart failure, including heart failure with reduced and preserved ejection fraction. This presentation 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. Emphasis will be placed on heart failure with preserved ejection fraction, especially on the serious need for preventative measures. Patient cases/scenarios will be incorporated to assist the practitioner with developing patient-specific plans of care, while encouraging audience interaction with these patient scenarios.

Speaker: Buffy Powell, DNP, RN, ACNP-BC

Buffy Powell, DNP, RN, ACNP-BC, is an acute care nurse practitioner (ACNP) who has been an ACNP and teaches in the AGACNP program. Buffy earned a Bachelor of Science in Animal Science from Texas A&M University, a Bachelor of Nursing Science and a Master of Nursing from Texas Tech University Health Sciences Center, and a Doctor of Nursing Practice from the University of Texas at Arlington.

S18: Melatonin: Role in Health and Inflammation (1 CE, .5 RX)

Melatonin has historically been viewed as the “sleep hormone.” However, data continues to emerge placing this vital hormone at the top of the list for inflammatory conditions, chronic disease, and, most notably, cancer. Upon attending this lecture, the learner will have filled in the gap of knowledge around melatonin’s role in mitochondrial function, inflammation, and chronic disease processes and prevention.

Speaker: Terri DeNeui, DNP, APRN, ACNP-BC

Speaker, Author, and Board-Certified Nurse Practitioner Dr. Terri DeNeui has extensive training in her field. She earned her BA in Nursing from Texas Woman’s University and her master’s and Doctoral degrees from the University of Texas at Arlington. In addition to her training as an Acute Care Nurse Practitioner, she has extended her education to include certifications in Integrative and Functional medicine, advanced endocrinology, and sex hormone optimization.

S19: Pediatric Vaccination and Disease Prevention (1 CE, 1 RX)

Vaccinations play a critical role in the health of children. This session will cover the latest CDC pediatric vaccine updates. The presenter will discuss recent measles and pertussis outbreaks. Real life case studies will be utilized in the presentation to provide real world pediatric vaccination scenarios.

Speakers: Cassandra Duran, DNP, RN, FNP-BC

Dr. Duran is an Assistant Professor in the Department of Pediatrics at Baylor College of Medicine. Dr. Duran’s primary clinical position is on the Texas Children’s Mobile Clinic Program (TC-MCP) which serves under resourced pediatric patients in the greater Houston area. Her clinical expertise revolves around vaccinating and caring for newly arrived immigrant children

S20: Starting a Clinic: Initial Steps for NPs (1 CE, .5 E/J)

This presentation will address how to get started by choosing a business model and developing the practice with which you feel comfortable and are willing to work. It will also discuss the process of establishing an entity, filing with the state, tax structure, getting an EIN, funding, and a business plan—do you need one? There will be an open discussion on the process, as well as rural vs. in-town patients, and underserved vs. well-to-do.

Speakers: Dr. Jose Villa, DNP, APRN, FNP-BC

Dr. Jose L. Villa is a DNP. He completed his BSN from the Medical University of SC and his MSN from the UTHSCSA. He completed his DNP from the University of the Incarnate Word. Dr. Villa’s capstone project was geared toward managing patients with atrial fibrillation and minimizing hospital readmissions in a large military institution.

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

S21: Ischemic Stroke Risk Factors (1 CE, .5 RX, 1 G)

Understanding the Risk Factors of Ischemic Stroke and Management session will discuss the risk factors of ischemic stroke and types of ischemic stroke with case scenarios and the management part with an appropriate antithrombotic and anticoagulation management and secondary prevention, referencing the most up-to-date sources.

Speakers: Rose Bagh, DNP, APRN, FNP-BC, AGACNP-BC

Dr. Rose Paul Bagh, a dual board-certified Nurse Practitioner for the past 14 years, has lived and worked for extended periods of time in three different countries in three very diverse parts of the world. Currently, she works at a large teaching hospital in Dallas as an inpatient stroke nurse practitioner and as a part-time teaching faculty member for nurse practitioners at a reputable university.

S22: Cardiac Complications in Cancer Patients (1 CE, .5 RX, .5 G)

Cardio-Oncology is an evolving specialty focusing on cardiovascular issues in patients with cancer and cancer survivors. The advances in cancer screening, early detection, and the remarkable progress in cancer therapeutics have all contributed to the estimated 18.1 million people in the United States who are cancer survivors, which is about 5.4% of the population. The downstream adverse effects of anticancer therapies include a wide range of cardiovascular complications.

Speaker: Elizabeth Shelton Martin, MSN, ACNP-BCN

Elizabeth Shelton Martin, MSN, ACNP-BC is an Acute Care Nurse Practitioner in the Department of Cardiology at MD Anderson Cancer Center. She is the Patient Safety Quality Officer for The Department of Cardiology, and serves as the Cardiology Clinical Coordinator for Nurse Practitioner Fellowship Program at MD Anderson Cancer Center. She received her Bachelor of Science from the University of Texas at Austin School of Nursing, and Masters of Science from University of Texas Health Science Center at Houston.

S23: Chest X-Ray Interpretation for NPs (1 CE)

"X-Ray Vision: NPs Decoding Chest X-Rays" is a transformative experience for Nurse Practitioners (NPs) aspiring to master the art of decoding chest radiographs and enhancing their proficiency in clinical practice. This program delves into the intricacies of chest radiographs, empowering NPs with the knowledge and skills to decipher complex images effectively. The course covers key aspects, including anatomical landmarks, pathological findings, and critical diagnostic considerations.

Speaker: Ofonime Bleess, DNP, MBA, APRN, FNP-BC, ENP-C

Ofonime Bleess is a Family and Emergency Nurse Practitioner with a Doctorate in Nursing Practice. Currently, she is an Assistant Professor at the University of Texas Medical Branch (UTMB) at Galveston, where she plays a pivotal role in guiding graduate nurses as they transition into clinical practice. Her commitment to bridging the gap between theoretical knowledge and clinical practice is embodied in her role as the founder of Medskill Mastery.

S24: Reducing Burnout and Enhancing NP Well-Being (1 CE)

This presentation will present findings from the recent TNP Wellness Committee survey. The findings will be used as a platform for discussing Texas NP's top contributors to and strategies for addressing burnout and enhancing professional and personal well-being.

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

Dr. Chris Divin is a Clinical Assistant Professor of Nursing at the University of Texas at Austin School of Nursing. She is a Family Nurse Practitioner with over 20 years of primary care experience and presently serves on the Texas Nurse Practitioner Wellness Committee.

Dr. Cara Young is a family nurse practitioner, nurse researcher, and associate professor. Dr. Young's diverse program of 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.

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

S25: Hepatic Encephalopathy: Core Concepts (1 CE, .5 RX)

This presentation offers a concise overview of hepatic encephalopathy, a neuropsychiatric syndrome in liver disease patients. It covers pathophysiology, clinical manifestations, diagnosis, and management, including non-pharmacological and pharmacological approaches. Emerging therapies, recent research advancements, and the importance of multidisciplinary, patient-centered care will also be highlighted. It targets clinicians, researchers, and healthcare professionals involved in liver disease care.

Speaker: Hana Svejnova, APRN, FAASLD

Hana Svejnova is a Nurse Practitioner from Corpus Christi, TX. She is an inpatient NP at Abdominal Specialists who specializes in digestive diseases. She provides high-quality, culturally competent care, is an AASLD APP Fellow, Current TSGE APP Chair, active speaker and presenter, and former President of Coastal Bend Advanced Practice Nurses.

S26: Intermittent Fasting: A Lifestyle for Health and Weight Management (1 CE, .5 RX)

This program is designed to help nurse practitioners understand the science behind intermittent fasting. It is also designed to help nurse practitioners caring for pre- and post-menopausal women design eating and fasting windows for pre- and post-menopausal women.

Speaker: June Belt, APRN, ACNP-BC

June graduated from UTA in 1996 as an Acute Care Nurse Practitioner. She has developed an interest in Intermittent Fasting and knows firsthand its benefits for health and weight management. She has done extensive research on the subject and believes it is a lifestyle that can be beneficial for adults.

S27: Trauma-Informed Care in Clinical Practice (1 CE, .25 E/J)

This presentation will equip nurse practitioners with the knowledge and skills to implement trauma-informed care (TIC) practices in clinical settings. Attendees will learn the core principles of TIC, including safety, trust, and empowerment, and explore evidence-based strategies for identifying and responding to trauma in patients. The session will emphasize the importance of creating a supportive environment, conducting a trauma-informed physical exam, addressing the impact of adverse childhood experiences, and promoting provider self-care to improve patient outcomes.

Speaker: Jessica Peck, DNP, APRN, CPNP-PC, CNE, CNL, FAANP, FAAN

Dr. Peck is a Clinical Professor at Baylor University, a Pediatric Nurse Practitioner, and an internationally recognized anti-trafficking advocate. She founded the Alliance for Children in Trafficking and helped develop national healthcare competencies for trafficking survivors. A highly awarded leader and advocate, she played a key role in Texas' mandated trafficking education for providers. She is also a bestselling author and host of a nationally syndicated radio show.

ANNUAL CONFERENCE | Saturday, September 27, 2025

S28: Addressing the Texas Rural Health Crisis: NPs and Full Practice Authority (1 CE, .5 RX, .5 G, .5 E/J)

This panel discussion features four distinguished Texas Nurse Practitioners who are leaders in rural healthcare, policy, and leadership. The panelists will address the ongoing rural healthcare crisis in Texas and explore solutions through Nurse Practitioner-led care models. Key topics will include expanding access to care, addressing shortages, and the impact of the 2025 Texas HEAL Act on advancing rural health outcomes.

Speaker: Elizabeth Ellis, DNP, APRN, FNP-BC, FAANP, CRCHP

Panelists will include Dr. Holly Jeffreys, DNP, APRN, FNP-BC, PMHNP, CRCHP, Dean of West Texas A&M College of Nursing and certified Rural Health Clinic Professional; Dr. Nicole Kroll, PhD, APRN, APN-C, FNP-BC, PMHNP-BC, Associate Dean of Clinical and Outreach Affairs at Texas A&M College of Nursing; Dr. Melanie Richburg DNP, APRN, FNP-BC, Director of the Lynn County Hospital District RHCEO; Dr. Cindy Weston, DNP, ARPN, FNP-BC, CHSE, FAANP, FAAN and Moderator Dr. Elizabeth Ellis, DNP, APRN, FNP-BC, FAANP, CRCHP, Assistant Director Clinical Outreach and Affairs at Texas A&M, Board Member of Texas Association of Rural Health Clinics, and Board Member of the National Association of Rural Health Clinics Research and Education Foundation.

S29: Moderate to Severe Atopic Dermatitis Across the Lifespan (1 CE)

This session will explore the integration of patient-reported outcomes into the diagnosis, severity assessment, and treatment decisions for children and adults with moderate to severe atopic dermatitis (AD). Participants will learn to apply current evidence to optimize patient selection for systemic therapies tailored to moderate to severe AD. Additionally, the session will focus on developing patient-centered care strategies that engage patients in the long-term management of AD, prioritizing quality of life and functional goals.

Speaker: Benjamin Ungar, MD

Dr. Ungar serves as the Director of the Alopecia Center of Excellence and the Rosacea & Seborrheic Dermatitis Clinic at Mount Sinai's Kimberly and Eric J. Waldman Department of Dermatology. He graduated cum laude from Harvard University in 2009, earned his medical degree with distinction in research from the Icahn School of Medicine in 2017, and completed a research fellowship at Rockefeller University's Laboratory for Investigative Dermatology from 2014 to 2016. Dr. Ungar finished his dermatology residency as Chief Resident at Mount Sinai in June 2021, alongside a T32 NIH Research Training Fellowship during his final residency year.

ANNUAL CONFERENCE | Sunday, September 28, 2025

9:00 – 9:15 am

Tribute to Dr. Loretta Ford, EdD, RN, PNP, NP-C, CRNP, FAAN, FAANP

9:15 – 10:45 am

GS06: AI and Ethics (1.5 CE)

Implicit bias, or unconscious attitudes or stereotypes, can influence patient care; hence, the importance of actively engaging in awareness and reducing these biases. 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.

Speaker: Stephanie H. Hoelscher, DNP, RN, NI-BC, AIMP, CHISP, CPHIMS, FHIMSS

Dr. Steph Hoelscher is a nurse informaticist, educator, and digital health expert focused on integrating technology into nursing practice and education. Passionate about AI literacy and healthcare innovation, she develops informatics curricula, creates resources for faculty and clinicians, and leads initiatives shaping nursing's digital future. A sought-after speaker and thought leader, Dr. Hoelscher is committed to ensuring AI enhances—not replaces—the human touch in healthcare.

11:00 am – 12:30 pm

GS07: Neuroplasticity: Enhancing Clinical Outcomes for Brain-Based Disorders Through Case Studies (1.5 CE)

Brought to you by the Texas Nurse Practitioner Foundation Kim Oas Memorial Fund

Exploring the vital role of brain health measures of detoxifying, nourishing, enlivening, and training when treating brain-based disorders. Traumatic brain injury and depression will be among the case studies discussed to help the practitioner identify, assess, and treat patients for improved outcomes. This presentation is appropriate for nurse practitioners in general or family practice to psychiatry or neurology specialties. Brain health matters!

Speaker: Barbara S. Peavey, PhD, MS PsyPharm

Dr Peavey holds dual PhDs in Behavioral Medicine Psychology and Clinical Psychology from the University of North Texas along with a post doctorate degree in Psychopharmacology through Alliant University. For the last 20 years Dr Peavey has been CEO and Clinical Director of the PsychoNeuroPlasticity PNP Center, currently in Grapevine, TX. Through a multifaceted assessment provided by a team of psychological and medical professionals the PNP Center has added brain functioning to the assessment of behavioral, psychological, and cognitive challenges.

12:30 – 1:00 pm

Conference Wrap Up and closing remarks (.5 CE)

Earn .5 CE for viewing all poster presentations

Implementing Lifestyle Modifications for Glycemic Improvement in Adult Diabetic Primary Care Patients

By: Aimee Lee, DNP-FNP student, Julieta Chaparro, DNP-FNP Student, and Kourtney Gardner, DNP-FNP Student

This DNP project focuses on providing education and support for diabetic primary care patients by utilizing the Diabetes Score Questionnaire to identify patient needs.

Influence of Metformin in Obese Pediatric Patients with Comorbidities

By: Hailey Booth, BSN, RN and Tracey Smith, DNP, APRN, FNP-BC

This presentation showcases a review of primary research related to the influence of metformin use in pediatric obese patients with comorbid health conditions. With the results of this study, practice implications and recommendations are accessible for healthcare providers regarding the pediatric population.

A Comparison of Healthcare Access in a State with Full-Practice Authority for Nurse Practitioners Versus a State Without

By: Divina Perez Gato-Hogno, DNP, APRN, FNP-C and Eddie Gradney, DNP, APRN, FNP

A Comparison of Healthcare Access in a State with Full-Practice Authority for Nurse Practitioners Versus a State Without. Data from the Behavioral Risk Factor Surveillance System (BRFSS) of the Centers for Disease Control and Prevention (CDC) was used to compare healthcare access indicators between Texas, a non-FPA state, and New Mexico, a state with FPA for NPs.

Atrial Fibrillation and Ablation: Is It the Right Option for Me?

By: Jose Villa, DNP, APRN, FNP

This is a presentation on atrial fibrillation. It will discuss ablation options as a treatment of choice and learn how to refer a patient to cardiology and eventually the electrophysiologist. It will also discuss risk factors, rate control management, and appropriate anticoagulant therapy for each individual.

Implementing a Diabetes Risk Screening Protocol to Increase Prediabetes Screening in a Primary Care Setting

By: Linda Tran, RN, CMSRN

Utilizing a standardized assessment tool such as the American Diabetes Association's Prediabetes Risk Test increased detection and diagnosis of prediabetes and diabetes, allowing for early interventions, behavioral and lifestyle changes, and referrals to NDPP preferred providers.

Barriers to Diagnosing and Treating Endometriosis

By: Hattie Hazen, RN, BSN, Erica Duran, RN, BSN and Jasmine Eagan, RN, BSN

This poster explores the persistent challenges in diagnosing and treating endometriosis, emphasizing the critical role of primary care providers in early recognition and intervention. A comprehensive literature review highlights key barriers, including diagnostic delays, provider knowledge gaps, and healthcare disparities. Proposed strategies, such as standardized referral pathways and CME-based education, aim to enhance provider awareness and improve patient outcomes in primary care settings.

Proactive Palliative Care: Training Nurses and Paramedics to Assess Frailty for Better Patient Outcomes

By: Melissa Heinrich, DNP, APRN, FNP-C

Many services utilize nurses and paramedics to extend their reach to patients in the home via telemedicine. However, the lack of uniform prognostic evaluations during these visits impedes effective monitoring of patient decline in the elderly and chronically ill population. This presentation emphasizes the need for a standardized approach in home-based urgent visits to detect and manage early clinical decline to facilitate timely palliative interventions.

Addressing 30-Day Heart Failure Readmission Through Utilization of a Discharge Education Program Across Multi-Health Centers: A Quality Improvement Project

By: Taylor Harrison, DNP, AGACNP; Joy Joseph, BSN, RN, DNP-S and Brianna Bullock, BSN, RN, DNP-S

This poster presents findings from a project utilizing the Dutch Heart Failure Knowledge Scale to evaluate patient understanding of heart failure management. Through a pre- and post-intervention design, our study demonstrated a statistically significant improvement in patient knowledge, as evidenced by paired T-test results (pre-intervention: $M = 10.31$, $SD = 4.008$; post-intervention: $M = 12.62$, $SD = 2.219$; $t(12) = -2.501$, $p = .028$). Additionally, 87.5% of participants ($n=25$) reported no 30-day hospital readmissions at the 31-day follow-up, and 100% self-reported medication compliance. Join us to explore the implications of these results for improving heart failure care and reducing readmissions.

Earn .5 CE for viewing all poster presentations

Geriatrics Spine Health and Osteoporosis Management

By: Shibi Kunjumon, DNP, APRN, FNP-C

This poster will explore current approaches to managing osteoporosis in geriatric patients, highlighting both pharmacological treatments and non-pharmacological interventions. It will emphasize the importance of personalized care, focusing on optimizing bone health, improving patient adherence, and reducing fracture risk through a comprehensive, multi-disciplinary approach.

Innovating ICU Staffing: Implementation and Impact of a Critical Care Flex APP Program

By: Meredith A. Stringer, APRN, AGACNP-BC, Christopher Roe, MBA, DNP, APRN, ACNP-BC, Rubria Marines-Price, PhD, DNP, APRN, ACNP-BC, Craig Glazer, MD, MSPH, MS-MAS, FCCP

Longer-term staffing gaps among advanced practice providers (APPs) in critical care settings can disrupt continuity of care, strain existing team members, and may necessitate the need for costly locum contracts. This poster highlights the design, implementation, and outcomes of UT Southwestern Medical Center's Critical Care Flex APP Program, an innovative solution that deploys fellowship-trained APPs across multiple ICUs to provide seamless coverage for extended absences such as FMLA, maternity, and military leave.

Viewers will learn how this model enhanced continuity of care and saved the health system up to \$290,000 in its first year and eliminated the need for locum APP contracts. Findings of this program offer a replicable framework for flexible, sustainable APP staffing across inpatient and hybrid settings.

Diabetic self-management education and support to improve medication adherence in African descendants' Adult type 2 diabetes

By: Oluwatoyin Adeniyi, APRN, FNP-BC

The goal of this initiative is to help African descendants with adult type 2 diabetes better adhere to their medication regimen by educating them about diabetes self-management. In order to help control type 2 diabetes in adults, discuss the use of an instrument to monitor medication adherence.

Quick but Comprehensive: Assessing Pediatric Mental Health in a 15-Minute Sports Physical

By Johnanna Hernandez, PhD, APRN, FNP-BC

This presentation explores practical, evidence-based strategies for integrating pediatric mental health screening into routine sports physicals. Attendees will learn how to efficiently use validated tools, targeted interview techniques, and observational cues to identify at-risk youth within a limited timeframe. By incorporating mental health assessments, nurse practitioners can enhance early detection and intervention, improving overall health outcomes for young Texans.



"I'm always impressed with how many great sessions there are at TNP conferences!"

Chantel Bent, MSN, APRN, FNP-C
TNP member since 2015



Earn .5 CE for viewing all poster presentations

Increasing Healthy Lifestyle Behaviors in Cargo Drivers

By: Ronda Bell, DNP, APRN, FNP-BC

This poster will increase lifestyle education occurrence and availability of lifestyle improvement information with high-risk occupational populations such as transportation cargo drivers.

Sustaining Peer Mentoring for DNP Students

By: Aurbrey Eikenhorst, MSN, APRN, FNP-C and Lisa Fuller, MSN, APRN, FNP-C

Doctor of Nursing Practice (DNP) and Master of Science in Nursing programs enable nurse leaders to learn remotely. Peer mentoring programs are valuable in academia and can improve scholastic achievement and promote a sense of community. Any nurse practitioner program that aims to enhance student engagement and facilitate peer interaction may consider implementing a student-led peer mentoring organization.

Targeted Prophylaxis Antibiotics Before Prostate Biopsy

By: Nancy Brownlee, DNP, APRN, FNP-BC

This is a prospective, non-randomized quality improvement project that analyzed 30 male patients in an adult urology clinic who were treated with traditional empirical antibiotics before a prostate biopsy, compared to patients who had targeted antibiotic prophylaxis using sensitivities from rectal swab cultures. The project ran from January 1, 2024, through April 30, 2024. This demonstrates evidence-based practice related to antibiotic stewardship.

Nurse Practitioner Occupational Burnout: A Focus on the Variables and Themes

By: Tanya Schlemmer, DNP, MHA, MSN-Ed, AGACNP-BC, FNP-C, CCRN-CMC, RN-BC

The prevalence of occupational burnout is highest among service professionals. Nurse Practitioner occupations align with similar focus areas in medical practice. Several themes that became notable in the quest to determine key factors contributing to occupational burnout will be shared.

Optimizing Clinical Management for Adults with Catastrophic Brain Injury Who Are Potential Organ and Tissue Donors in the ICU: An Evidence-Based Practice Quality Improvement Project

By: Cara Guthrie-Chu, DNP, APRN, AGACNP-BC, ANVP-BC, EBP-C, CCRN

Despite numerous advancements, the demand for life-saving organs and tissues far outpaces the supply. This doctoral evidence-based practice quality improvement

(EBPQI) project sought to improve inpatient clinical management processes and enhance hospital-level accountability measures for adults with catastrophic brain injury who are potential organ and tissue donors in the ICU, aiming to achieve optimal donation outcomes for those who choose to give.

Optimizing Weight Loss Through Lifestyle Modification: A Quality Improvement Initiative for Managing Obesity

By: Rebecca Binu, BSN, RN, CAPA, DNP-FNP Student

This poster presents a quality improvement initiative focused on implementing lifestyle modifications to manage obesity in a primary care setting. The project evaluates the effectiveness of a structured intervention, including dietary guidance, physical activity promotion, and patient education, in improving weight and BMI outcomes. Findings highlight the role of advanced practice providers in supporting sustainable weight loss through evidence-based strategies.

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

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

This poster presentation will allow the audience to understand the importance of using a CPAP device consistently for OSA treatment, as it implies the importance of nurse-led follow-up visits to troubleshoot the common issues encountered by patients while using the CPAP device. Most of the patients are discouraged from continuing to use a CPAP device during the initial weeks of CPAP treatment due to the lack of a support system or motivation efforts. The study results suggest a significant improvement in CPAP compliance with nurse-led interventions and support.

Implementing a Standardized ICU Downgrade Readiness Guideline and Evaluating Provider Adherence

By: Deandra Chambliss, MSN, APRN, AGACNP-BC and Kristi Marsh, MSN, APRN, AGACNP-BC

This presentation will show how evidence-based practice interventions were implemented using a standardized ICU downgrade readiness guideline to address the lack of a standardized downgrade process. It will help educate providers on methods of improving unit workflow by limiting subjective judgment when assessing downgrade readiness and establishing safe downgrade practices to prevent adverse effects and deterioration.

Healing the Healers: Mental Health Resources for Bedside Nurses

By: Sarah Wasson, BSN, RNC-OB and Jayde Calhoun

This Doctor of Nursing Practice (DNP) quality improvement initiative integrated a mental health toolkit and meditation resources for bedside nurses at two prominent healthcare institutions in Texas. Participants indicated significantly reduced personal, occupational, and patient-related stress and diminished burnout. This project underscores the need for enhanced mental health resources for healthcare professionals locally and nationally.

Normalizing MCI/Dementia Screening in the Specialty Care Setting

By: Kimberly Grubbs, DNP-FNP

This presentation fulfills a DNP-FNP program with Baylor Louise Herrington School of Nursing and focuses on the project utilizing the Mini-Cog© dementia screening tool within a specialty care setting. The setting was a private practice pulmonary and sleep disorder clinic in Houston, TX.

Improving Secondary Stroke Prevention Through Primary Care

By: Stephen Reid, MS, APRN, FNP-C

After providing staff education on identifying appropriate patients for referral to primary care for post-stroke care, the rates of referrals and recurrent stroke were measured and compared to baseline rates.

Gestational Trophoblastic Disease: A Clinical Review and Case Study Presentation

By: Merlindi Brown, DNP, APRN, FNP-BC, AOCNP

Gestational trophoblastic disease (GTD) is a unique spectrum of gynecological disorders, ranging from hydatidiform mole to gestational trophoblastic neoplasia. Commonly referred to as molar pregnancies, hydatidiform moles occur in approximately 1 in 1500 pregnancies and can undergo malignant transformation with life-threatening consequences. This presentation will review the salient aspects of GTD, explore a relevant case study, and provide the nurse practitioner with evidence-based strategies to confidently and competently care for the GTD patient population.

Diabetic Self-Management and Support to Improve Medication Adherence in African Descendants" Adult Type 2 Diabetes

By: Oluwatoyin Adeniyi, DNP, APRN, FNP-BC

Diabetes Self-Management Education (DSME) utilizes video education sessions based on the Association of Diabetes Care and Education Specialists (ADCES7), diabetes-related educational pamphlets, and text-connected activities to assist African descendants with adult type 2 diabetes by enhancing their ability, knowledge, and skills for self-care, in efforts to improve health outcomes.

The Effect of Mobile Breastfeeding Education in African American Women on Initiation and Duration of Breastfeeding

By: Shalawn Harris, DNP, APRN, CNM, FNP-C

African American women have lower breastfeeding rates than other races or ethnicities. The hormonal changes in breast as a result of breastfeeding may reduce the risk of breast cancer. Social media is an access point for breastfeeding African American women to promote breastfeeding that may also reduce their risk of premenopausal breast cancer.

EXPERIENCE CONFERENCE ON-DEMAND

Unable to attend in person? TNP is excited to offer select courses as a part of a pre-recorded, on-demand Annual Conference bundle available October 1, 2025. Earn 12 CE hours, including Texas-Specific Requirements: 8 RX, 4 G, 1.5 O, 1.25 E/J.

The following courses will be included for a cost of \$300 for members or \$500 for nonmembers:

F02: Geriatric Mental Health Disorder Management
(1 CE, .5 RX, 1 G)

F06: Dementia Assessment with the SLUMS Test
(1 CE, 1 RX, .5 G, 1 E/J)

F07: Substance Use Trends in Youth (1 CE, .5 O)

F08: Menopause and Cardiometabolic Wellness
(1 CE, 1 RX)

F10: Stroke Impact: Care Burden and Caregiver Strain
(1 CE, .5 RX, .5 G, 1 O)

F11: Pediatric Mental Health in Texas (1 CE, 1 RX)

F12: T1.5 Diabetes Mellitus and Hypercortisolism
(1 CE, 1 RX, .5 G)

S13: COPD: Pathophysiology and Clinical Practice
(1 CE, .5 RX, .5 G)

S16: Deprescribing Strategies for Older Adults
(1 CE, 1 RX, 1 G)

S17: Congestive Heart Failure with Preserved Ejection Fraction (1 CE, .5 RX)

S19: Pediatric Vaccination and Disease Prevention
(1 CE, 1 RX)

S27: Trauma-Informed Care in Clinical Practice Provider
(1 CE, .25 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	\$ 590.00	\$ 640.00	\$ 740.00
Associate	\$ 590.00	\$ 640.00	\$ 740.00
Retired	\$ 490.00	\$ 540.00	\$ 640.00
Student	\$ 490.00	\$ 540.00	\$ 640.00
Nonmember	\$ 840.00	\$ 890.00	\$ 990.00

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

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

Full Weekend Only	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

Thursday Workshops	Early Bird Ends July 31	Regular	Onsite
Half Day - Member	N/A	\$ 120.00	\$ 170.00
Half Day - Non-Member	N/A	\$ 170.00	\$ 220.00
Full Day - Member	N/A	\$ 215.00	\$ 265.00
Full Day - Non-Member	N/A	\$ 265.00	\$ 315.00

Ticketed Items



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

Professional Photo

For your convenience, a professional photographer will be on site to take professional photos. If you need a professional headshot for TNP's website, social media, or employment, purchase a photo ticket during registration or by [clicking here](#). Registration is \$50.

Photos are available during the following hours:

Friday, September 26, 12:00 pm – 3:00 pm

Saturday, September 27, 1:30 pm – 5:00 pm

TNP Member Appreciation Guest Ticket

TNP's Member Appreciation event is Friday, September 26, 7:00 – 9:30 pm. The event is open and free to all members of Texas Nurse Practitioners and children 10 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.

TNP PAC Breakfast

Come join the Texas Nurse Practitioners Political Action Committee for breakfast (Saturday, 7:45 - 8:45 am) 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 Foundation's Walk and Wine Down Saturday, September 27, 5:30 pm

Join fellow NPs on Saturday, September 27, 2025, at 5:30 pm. Go on a 20–30-minute walk to unwind with one complimentary glass of wine or beverage of your choice. Additional beverages are available for purchase. Registered participants will also receive a commemorative t-shirt while supplies last. Registration is \$75. Purchase your ticket during online registration or by [clicking here](#).

CONFERENCE INFORMATION

Meal Options:

Breakfast will be provided for those attending a Breakfast Product Theater, first come, first served (refer to the agenda for days/times product theaters are being offered). On-your-own breakfast options at the hotel will be available. Breakfast concessions will not be provided as part of general conference attendance.

For your convenience, the hotel is offering a concession style lunch on Friday and Saturday. Thursday lunch will be offered through 2 different product theaters. The days you registered for conference will be noted on your name badge and you will show this to hotel staff as your meal ticket. TNP will be providing complimentary coffee and hot tea.

Lunch will be included for those who complete online registration by Thursday, September 18.

Continuing Education: TNP's 2025 Annual Conference and Pre-Conference Workshops:

Learners will be awarded up to 24 CE hours (which includes up to 10.25 RX 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 Louisiana State Nurses Association - Approver, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

If you are required to use an activity number or provider number on certificates, please use LSNA Provider N003232

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.

NSO 10% Risk Management Discount

TNP Primary NSO offers TNP's 2025 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.

Disclosures

- Stephanie Hoelscher
EBSCO DynaAI AI advisory board member (compensated, still active).
- Shelagh Larson
Organon's NEXPLANON subdermal contraceptive device, trainer. This will impact this talk.
Astellas' VEOZAH non-hormonal hot flash medication, speaker. No conflicts of interest with this talk.
- Jessica Peck
Sanofi, Speaker's Bureau, Pediatric RSV immunization.
- Terri DeNeui
 1. Spouse is the owner and CEO of a 503B manufacturing pharmacy and a 503A compounding pharmacy (Farmakieo).
 2. Speaker is the founder of a training and marketing company with a focus on hormone replacement (EVEXIAS Health Solutions).
- Jennifer Kucera
Boehringer Ingelheim Advisor
- Thomas M. George Jr.
Curax Pharmaceuticals Speaker (ended less than 24 months ago)

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.

Conference 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.

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 Texas Nurse Practitioners from any claims. 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.

TNP 2025 ANNUAL CONFERENCE

September 25-28 | Hilton Anatole | Dallas, TX

Where Texas NPs Learn From the Best in Our Field

Designed by NPs for NPs, this year's conference program is our biggest and best for CEs, skills workshops, and networking activities. Plus, attending is a great way to obtain Texas-required CEs. Check out the details and [register today](#) for discounts.

Questions about Annual Conference registration, please contact bella@texasnp.org.



Help spread the word on social media and be entered to win \$100 Amazon gift card!

1. Check your email or TNP's social media for the "I'm In!" conference graphics.
2. Post on Facebook, Instagram, X, or LinkedIn to spread the word!
3. Tag Texas Nurse Practitioners to enter our \$100 Amazon gift card giveaway—ends Sept. 18, winner announced Sept. 19!

See you in Dallas this September!



4425 S. Mopac, Building III,
Suite 405
Austin, Texas 78735
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TNP has lots to communicate!

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