

# pulse

Texas Nurse Practitioners Magazine Winter 2026



## THE OTHER LIVES OF NPS



Advocacy Updates

23 NPs Share Their  
"Other Lives"

Affiliate  
Happenings

FREE CE: Scope  
of Practice Q&A

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# Call for Nominations 2026 TNP Board of Directors

Nominations are now open for the TNP Board of Directors and will close on March 1. There are four openings on the TNP Board of Directors, and the four individuals with the most votes will be elected to fill these vacancies.

Once a slate is developed, candidates will be asked to prepare a 90-120 second video campaign message that will be provided to TNP voting members.

Elections by the general membership are held in May, and results are posted by June 1 each year. The term of office will begin after the 2026 Annual Conference.

[Click here](#) for more and to submit your nomination. If you have any questions regarding the nomination process, please contact [emily@texasnp.org](mailto:emily@texasnp.org).

## TNP Leadership

### 2025-2026 TNP Board of Directors



**PRESIDENT**

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DNP, MBA, APRN, FNP-BC, PMHN-BC,  
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PhD, APRN, FNP-BC, PMHNP-BC,  
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**Stephanie Atkinson**

DNP, APRN, FNP-C



**BOARD MEMBER AT LARGE**

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# Empowering Nurse Practitioners: A Call to Lead and Engage

A Message from TNP President, Dr. Tracy Hicks,  
DNP, MBA, APRN, FNP-BC, PMHNP-BC, CARN-AP, FIAAN, FAANP, FAAN



*“The work we do is essential to the health of all Texans, and we have a duty to advocate for the change we need.”*

Dear Fellow Texas Nurse Practitioners,

**As we prepare for the next legislative session, I want to remind us all of the incredible power we wield as a united profession.** Since 1989, Texas Nurse Practitioners (TNP) has been at the forefront of transforming healthcare in Texas and advocating for NPs statewide. Together, we have shaped and will continue to shape the future of healthcare in Texas. But to continue this work, we need to be stronger than ever—and that starts with each of us.

I recently had the honor of moderating a local candidate forum, where I engaged with federal, state, county, and civil candidates. It was eye-opening to learn what they knew—and didn't know—about Nurse Practitioners and the vital role we play in providing quality healthcare. I invited them to my clinic to learn more about our work, and I encourage each of you to do the same as we continue to educate and advocate for our profession.

This experience reinforced the importance of our involvement as Nurse Practitioners in our communities and legislative discussions. In addition to my role with TNP, I've also been honored to chair my Mayor's Mental Health Task Force. It's clear that the work we do—whether in mental health, primary care, or specialty areas—has an undeniable impact on our communities and patients.

**If you have colleagues who are not yet members of TNP, encourage them to join. There is power in membership. There is power in representation.** When we stand together, our voices carry weight. Consistency and presence are imperative as we work to influence policies that affect our patients, our practice, and our future. We cannot afford to remain passive; we must engage, lead, and show up—because the people we serve, our patients, are counting on us.

If you're not yet an Ambassador for TNP, I encourage you to apply and get involved. Until you become an Ambassador, get involved in your own way. Stay curious. Stay engaged. The work we do is essential to the health of all Texans, and we have a duty to advocate for the change we need.

**As I often say, “Restricted NP practice anywhere is restricted access to care everywhere.”** Our patients rely on us for accessible, high-quality care. We cannot let political barriers stand in the way of the care they need.

So, if you're not a member yet, now is the time. If you know someone who isn't, encourage them to join. Let's continue building our profession's collective strength. Together, we will advance our practice, advocate for change, and ensure that healthcare in Texas continues to improve—for the benefit of all Texans.

Thank you for all you do. Let's continue to lead with confidence and compassion.

With gratitude and resolve,

**Dr. Tracy Hicks, NP**

## The Power of Emotional Intelligence in Nursing Practice

By Dr. Tracy Hicks, DNP, MBA, APRN, FNP-BC, PMHNP-BC, CARN-AP, FIAAN, FAANP, FAAN

As Nurse Practitioners, we are constantly navigating complex patient interactions, healthcare systems, and evolving professional challenges. One of the most valuable skills we can cultivate is emotional intelligence (EI)—the ability to recognize, understand, and manage our own emotions, as well as the emotions of others. Emotional intelligence is essential in fostering strong, empathetic patient relationships, improving team dynamics, and enhancing leadership capabilities.

In my work as a Nurse Practitioner, I've seen firsthand how EI can transform clinical outcomes and patient experiences. By tuning in to our patients' emotional and psychological needs, we can provide more personalized, compassionate care that addresses the whole person—not just the condition. Additionally, EI enables us to

navigate the high-stress, fast-paced nature of healthcare with resilience, promoting better decision-making, communication, and collaboration among our peers.

As we continue to advance the profession and advocate for the critical role Nurse Practitioners play in healthcare, emotional intelligence must remain at the forefront of our practice. It's an indispensable tool in building stronger connections with our patients, colleagues, and communities, ensuring that we lead with empathy, understanding, and professionalism in every interaction.

Goleman, D. (1995). *Emotional intelligence: Why it can matter more than IQ*. Bantam Books.

Salovey, P., & Mayer, J. D. (1990). *Emotional intelligence. Imagination, Cognition and Personality*, 9(3), 185-211.



**“I recently started my own practice and appreciate the legislative work TNP does on our behalf.”**

**Amy Owens Horelica, MSN, APRN, PMHNP-BC  
Member since 2023**



## Celebrating Our New TNP Legislative Ambassadors



On November 7, TNP trained our newest class of over 160 Legislative Ambassadors, marking an exciting milestone for our grassroots advocacy efforts across the state. This growing network of engaged NPs represents the heart of TNP’s advocacy—members committed to amplifying the NP voice and advancing patient-centered policy in their communities.

During the training, ambassadors learned what it means to serve as a trusted local resource for lawmakers, gained practical insight into the legislative process, and heard firsthand advice from experienced advocates already shaping health policy in Texas. Sessions focused on building confidence in legislative visits, understanding how a bill becomes law, and crafting effective messages—whether in meetings with policymakers, at political events, or in media and public forums.

As our new ambassadors step into this role, they’ll be active in their districts through legislative visits, political conventions, and local fundraisers—helping ensure NPs are seen, heard, and respected in every corner of Texas. Congratulations to our incoming Legislative Ambassador class, and thank you for stepping up to lead. We look forward to seeing the impact you’ll make for NPs and the patients we serve!

## TNP Secures Major Regulatory Win for Patient Access, Physical Therapy

TNP celebrates a major regulatory win: in December, HHSC formally adopted a rule expanding Medicaid reimbursement for physical therapy (PT) services prescribed by nurse practitioners and physician assistants ([1 TAC §354.1291](#))—a policy TNP has advocated for since 2020.

Despite opposition from the Texas Medical Association, HHSC correctly affirmed that the rule addresses Medicaid reimbursement policy, not scope of practice. The final rule allows Medicaid reimbursement for PT services prescribed by APRNs licensed as certified nurse practitioners or clinical nurse specialists, aligning outpatient physical therapy policy with existing home health regulations. This clarification removes unnecessary administrative barriers that delayed care and created confusion for providers and patients alike.



*“TNP is proud to see sustained advocacy lead to real-world policy changes that recognize the role of NPs on the healthcare team”*

This change represents a meaningful step forward for patient access, efficiency, and modernized Medicaid policy in Texas. TNP is proud to see sustained advocacy lead to real-world policy changes that recognize the role of NPs on the healthcare team—and we will continue pushing for policies that allow NPs to provide timely, high-quality care without needless obstacles.



**Natalie Bachynsky**  
PhD, FNP-C, APRN

## TNP Member Appointed to Texas Nutrition Advisory Committee

TNP is excited to announce that Natalie Bachynsky, PhD, FNP-C, APRN, has been appointed by Governor Greg Abbott to the Texas Nutrition Advisory Committee. Dr. Bachynsky, a longtime TNP member and family nurse practitioner, will serve in this statewide leadership role through September 1, 2027.

This appointment highlights the growing recognition of NPs as trusted leaders in healthcare, prevention, and policy development across Texas. The Texas Nutrition Advisory Committee, established under Senate Bill 25 (Make Texas Healthy Again Act), will develop statewide nutrition guidelines and advise on continuing education priorities for healthcare providers—helping shape preventive care strategies, chronic disease management, and long-term public health outcomes.

Dr. Bachynsky brings deep clinical and community expertise to the committee. She owns and operates Houston County Family Medical Clinic, providing primary care to rural East Texas communities, and is actively engaged in professional and policy leadership through TNP, the American Association of Nurse Practitioners, and multiple advisory boards focused on rural health and nursing education.

TNP applauds Governor Abbott for appointing an NP to this key committee and is proud to see our member serving in a statewide leadership role that will help shape nutrition policy and preventive health efforts for Texans.

## Advancing Rural Health Through Workforce Innovation

*Vicki Brooks Represents Rural Nurse Practitioners at White House Roundtable*



Pictured with Vicki: **Valerie J. Fuller**, PhD, DNP, AGACNP-BC, FNP-BC, FAAN, FNAP, FAANP, President of the American Association of Nurse Practitioners (AANP); **Sheila Melander**, PhD, APRN-BC, FCCM, FAANP, FAAN, CON Vice Dean/Associate Dean for Graduate Programs & Practice, William & Elizabeth Morgan Professor for Professional Nursing Practice, University of Kentucky

Vicki Brooks, DNP, APRN, FNP-BC, CNEcl, FAANP, a long-term Legacy Member and Legislative Ambassador of TNP, associate professor of professional practice, and director of graduate nursing at Texas Christian University, was recently invited to the White House to represent the rural nurse and rural nurse practitioner workforce at a national roundtable on rural health. The event highlighted the Rural

Health Transformation Program (RHTP), a federal initiative focused on equity, sustainability, and building a healthier future for rural America.

Rural communities are known for their resilience, innovation, and strong sense of community. Yet despite these strengths, rural families continue to face persistent



Pictured with Vicki: **Bradley (Brad) Goettl** DNP, DHA, RN, FNP-C, FAAN, Chief Nursing Officer at American Nurses Association; **Valerie J. Fuller**; **Jed Hansen, PhD**, APRN, FNP-C, Nebraska Rural Health Association's Executive Director, Nebraska Hospital Association's senior rural consultant.

and unacceptable gaps in health care access, quality, and outcomes. Workforce shortages, outdated policies, and geographic barriers often delay or limit care. The Rural Health Transformation Program recognizes that meaningful progress in rural health requires both system redesign and full utilization of the health care workforce—including nurse practitioners practicing to the full extent of their education and training.

Brooks brings decades of lived and professional experience to this work, having spent most of her life practicing in rural America. As a family nurse practitioner, she has witnessed firsthand how policy and regulatory barriers can hinder timely, effective care for rural patients. “Outdated policies do not just affect clinicians—they directly impact patient access and outcomes,” she emphasized during discussions about workforce optimization.

One of RHTP's core strategies is advancing practical, workforce-centered solutions. Optimizing the health care workforce enables clinicians, including nurse practitioners, to practice at the highest level of their training. For rural communities, this approach expands access to care, strengthens team-based models, and improves patient wellness—particularly for individuals with few or no alternative health care options.

Innovation is another cornerstone of the Rural Health Transformation Program. Brooks emphasized that rural health solutions must be flexible, adaptive, and community-driven. Models such as telehealth, mobile clinics, and integrated care teams are essential for reaching patients where they live and work. RHTP supports rural-focused programs that enable these innovative care models to grow and respond to local needs, rather than imposing one-size-fits-all solutions.

**For nurse practitioners, these efforts represent both opportunity and responsibility. NPs are uniquely positioned to lead in rural health transformation through direct patient care, leadership, education, and policy advocacy.** Programs like RHTP acknowledge the critical role of advanced practice nurses in addressing provider shortages and improving health outcomes across rural America.

The White House [roundtable](#), held January 16, brought together health care leaders, legislators, and administration officials to discuss key rural health priorities. Topics included the Rural Health Transformation Fund, [The Great Healthcare Plan](#), and policy proposals related to “most favored nation” prescription drug pricing, among other issues affecting rural communities. Speakers included President Donald Trump; CMS Administrator Mehmet Oz, M.D.; Andrew McCue, M.D., a cardiologist at AdventHealth; Senator Dan Sullivan (R-Alaska); Governor Jim Pillen (R-Neb.); Representatives Rob Bresnahan (R-Pa.) and Mike Lawler (R-N.Y.); and Secretary of Agriculture Brooke Rollins.

Brooks emphasized that investing in rural health is not solely a rural issue—it is a national imperative. When rural communities thrive, the entire country benefits through improved population health, economic stability, and system resilience. “A healthier rural America strengthens the entire nation,” she noted.

As nurse practitioners continue to advocate for policies that support full practice authority, workforce optimization, and innovation in care delivery, initiatives like the Rural Health Transformation Program provide a critical platform for advancing these goals. For rural NPs and those who serve rural populations, this work reinforces the essential role of nursing leadership in shaping the future of health care.

## Cutting-Edge Education and Resources for NPs

### 12 Free CEs Annually for TNP Members

As your dedicated partner in professional development, TNP is excited to bring you the latest opportunities to advance your knowledge, meet Texas Board of Nursing requirements, and connect with peers. This includes our upcoming Pharmacology conference + Psych/Mental Health Pre-Con, newly launched free CE programs, and essential Texas-specific CE courses designed to keep you at the forefront of patient care.

Whether you're focusing on pharmacology, mental health, oncology, or ethical practice, we've curated high-quality, accessible education to fit your busy schedule. All programs are developed by experts and align with evidence-based standards. Let's dive in!



Mark your calendars for the must-attend event of the year! Join us for the **2026 Annual Pharmacology Conference**, featuring a specialized **Psych/Mental Health Pre-Conference** add-on. This dynamic gathering will explore the latest advancements in pharmacotherapy, psychiatric care, and integrated mental health strategies for nurse practitioners.

- **Date & Location:** April 23-25, 2026  
Hyatt Hill Country, San Antonio, TX
- **Highlights:**
  - In-depth sessions on emerging drug therapies, pain management, and psychopharmacology.
  - Interactive workshops, networking with industry leaders, and up to 16 CE credits available.
  - Psych/Mental Health Pre-Con: Dive deep into Autism, Dementia Assessment, and holistic mental health approaches.
- **Why Attend?** Stay ahead in a rapidly evolving field, earn required CE hours, and collaborate with fellow Texas NPs.

Visit [texasnp.org/pharma2026/](https://texasnp.org/pharma2026/) for full details and to register.

### New Free CE Programs: Expand Your Expertise at No Cost

TNP is proud to offer a fresh lineup of **FREE CE programs** tailored for busy practitioners. These on-demand courses provide flexible learning on critical topics, with certificates upon completion. Earn credits while enhancing your clinical skills—perfect for maintaining your certification without breaking the bank!

- **TNP FREE - Leucovorin:** Explore information regarding folinic acid (leucovorin) as a therapeutic approach for ASD and related neurodevelopmental conditions. (1 CE)
- **TNP FREE - Oncology Nursing Emerging Therapies:** Stay updated on breakthrough therapies and best practices for managing oncology care. (1 CE)
- **TNP FREE - Pancytopenia:** Delve into the causes, diagnosis, management of pancytopenia, and a focus on hematologic emergencies and supportive care. (2 CE)
- **TNP FREE - Empowering Providers in Healthcare: A Guide for Clinicians Outside HIV Specialization:** Build confidence in HIV screening, prevention, and basic management for non-specialists. (1 CE)

Access these programs anytime via your TNP member portal at [texasnp.org/ce/](https://texasnp.org/ce/).

**Not a member?  
Join today for exclusive access!**

TNP Texas Nurse Practitioners		2026 CE Planner		Texas Required CEs	
WHEN	WHAT'S REQUIRED	TNP-ON-DEMAND CE CENTER - <a href="http://texasnp.org">texasnp.org</a>	IN-PERSON CONFERENCE SESSIONS		
One Time	Prescription Monitoring Program REQUIREMENT: 2 hrs CE to be completed within one year of obtaining licensure	<input type="checkbox"/> Prescription Monitoring Program (2 PMP)	TNP'S ANNUAL PHARMACOLOGY CONFERENCE Psych/Mental Health Pre-Conference		
Every Year	Opioids REQUIREMENT: 2 hrs CE	<input type="checkbox"/> Management of Pain in Any Setting (1 C) <input type="checkbox"/> Opioids & DEA: 2024 (2 C) (expires 2/15) <input type="checkbox"/> Pain Assessment in Any Setting (1 C) <input type="checkbox"/> Prescription Monitoring Program (1 C) <input type="checkbox"/> Stroke Impact: Care Burden and Caregiver Strain (1 C)	April 23-25, 2026   San Antonio Hyatt Regency Hill Country Resort & Spa ORANGE courses will be available online starting May 1. <input type="checkbox"/> Practical Dermatology and Pharmacologic Approaches (1 C)		
Every Two Years	Pharmacy REQUIREMENT: 5 hrs	<input type="checkbox"/> Deprescribing Strategies for Older Adults (1 R)X <input type="checkbox"/> How to PEP Your Patient (5 R)X Free for TNP Members <input type="checkbox"/> Prescription Monitoring Program (1 R)X <input type="checkbox"/> Stroke Impact: Care Burden and Caregiver Strain (1.5 R)X <input type="checkbox"/> T1.5 Diabetes Mellitus and Hypercoagulability (1 R)X	<input type="checkbox"/> Approaches to Hypertension: Pearls for Practice (1 R)X <input type="checkbox"/> Autism: Help with Identifying What to Know, and When to Treat (1.5 R)X <input type="checkbox"/> Brighter Practice: Community Outreach and Pharmacology: A Holistic Approach to PMHNP Leadership (1.5 R)X <input type="checkbox"/> Dementia Assessment with the SLUMS Test Update (1 R)X <input type="checkbox"/> Integrated Pain Management (1 R)X <input type="checkbox"/> Pediatric Antibiotics (1 R)X <input type="checkbox"/> Pharmacologic Management in Hospice and Palliative Care (1.5 R)X <input type="checkbox"/> Pharmacologic Management of Animal-Related Injuries (1 R)X <input type="checkbox"/> Pharmacologic Management of Atrial Arrhythmias (1 R)X <input type="checkbox"/> Pharmacologic Management of Oral and Dental Conditions (1 R)X <input type="checkbox"/> Practical Dermatology and Pharmacologic Approaches (1 R)X		
	Geriatrics REQUIREMENT: 2 hrs	<input type="checkbox"/> Advance Care in Outpatient Geriatric Practice (1 G) <input type="checkbox"/> Deprescribing Strategies for Older Adults (1 G) <input type="checkbox"/> Frailty Demystified (1 G) <input type="checkbox"/> Stroke Impact: Care Burden and Caregiver Strain (1.5 G)	<input type="checkbox"/> Approaches to Hypertension: Pearls for Practice (1.5 G) <input type="checkbox"/> Dementia Assessment with the SLUMS Test Update (1 G) <input type="checkbox"/> Pharmacologic Management in Hospice and Palliative Care (1 G) <input type="checkbox"/> Pharmacologic Management of Atrial Arrhythmias (1.5 G) <input type="checkbox"/> Practical Dermatology and Pharmacologic Approaches (1.5 G)		
	Human Trafficking REQUIREMENT: 1 course	<input type="checkbox"/> Coming soon: Undergoing revisions to align with updated requirements.			
	Ethics/Jurisprudence	<input type="checkbox"/> How to PEP Your Patient (1 E/J) <input type="checkbox"/> Approaches to Hypertension:			

## Texas-Required CE Courses: Meet Your Mandates with Confidence

Fulfill your Texas Board of Nursing requirements with our specialized 2026 courses. These are designed to address key areas like pain management, ethics, and opioids, ensuring compliance while delivering practical insights. All courses are focused on meeting your Texas Specific CE Requirements.

For more information, download the [TNP CE Planner here](#).

### New Programs include:

- **TX Specific - 2026 - PMP: The Evolution of Pain: An Updated Look at Treating Pain and the PMP:** Review the Prescription Monitoring Program (PMP), evolving pain assessment techniques, and multimodal treatment strategies. (2 CE, including 1 hour on Pharmacology and 1 hour on Opioids)
- **TX Specific 2026 - Ethics and Jurisprudence:** Navigate ethical dilemmas, legal updates, and jurisprudence essentials for safe NP practice in Texas. (2 CE credits)
- **TX Specific 2026 - Opioids - Stroke Impact: Care Burden and Caregiver Strain:** Examine opioid use in stroke recovery, caregiver challenges, and interventions to reduce strain on patients and families. (1.5 CE credits, including opioid education)

Enroll now at [texasnp.org/ce/](http://texasnp.org/ce/) and track your progress seamlessly.

## Why Choose TNP for Your Education?

- **Quality Assurance:** All content is peer-reviewed and aligned with AANP and Texas BON standards.
- **Flexibility:** On-demand access, mobile-friendly platforms, and hybrid conference options.
- **Community Impact:** Your participation supports advocacy for NPs in Texas—together, we're shaping the future of healthcare.

Have questions or suggestions for future programs?

Reply to this email or contact us at [bella@texasnp.org](mailto:bella@texasnp.org).

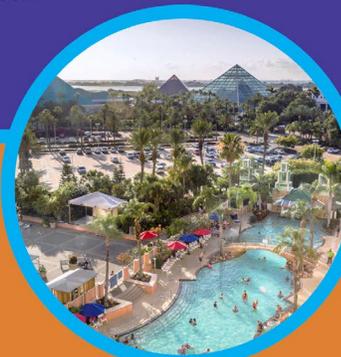


SAVE THE DATE

# ANNUAL CONFERENCE 2026

Moody Gardens | Galveston  
September 24-27, 2026

Where NPs get their Texas CEs and more!



## Save the Date for TNP's 2026 Annual Conference

September 24-27, 2026

Moody Gardens | Galveston, TX

Join more than 800 nurse practitioners and NP students from across Texas at our top-rated Annual Conference. Gain expert insights, earn CE credits, and connect in an energetic exhibit hall designed for networking and discovery.

**Registration Coming in May 2026!**

## From the Field: The NP Practice Corner

Each month, we'll spotlight real-world questions from TNP members about scope of practice, regulation, and professional issues in Texas. Whether it's navigating delegation agreements, understanding liability coverage, or staying compliant with state rules, our goal is to help you stay informed and confident in your practice.

Check out this month's featured questions below.

### Question:

**If my delegating physician passes away or is not able to cover the practice where does that leave my practice and patients?**

### Answer:

In Texas, nurse practitioners are required to have a supervising physician for prescriptive authority and to practice under a delegation agreement. If your collaborating physician is unable to continue practicing (due to health, incapacity, or passing), that delegation agreement would immediately become invalid. Without a current delegation agreement in place, you would not be legally authorized to provide medical aspects (evaluation, diagnosis and prescribing treatments, medications or durable medical equipment).

Even though you are highly experienced and have been with the practice for many years, Texas law does not allow nurse practitioners to practice independently or continue care without an active delegation agreement with a licensed Texas physician.

Here are a few options to consider **now**, before there is an urgent situation:

#### 1. Secure an Alternate Delegating Physician Now

Ask your current physician if he could identify a physician who could step in as your delegating physician in the event of his incapacity or retirement. It's also worth proactively reaching out to a physician colleague who may be open to entering a delegation agreement with you.

#### 2. Formalize the Delegation Agreement

Make sure your current delegation agreement is up to date and includes provisions for backup coverage. While this won't replace the need for an active physician, it helps create some clarity.

#### 3. Discuss Practice Succession Planning

Encourage your current physician to formally document a transition or succession plan for the clinic, including

how patient care, records, and medication refills will be managed in the event of incapacity. This plan should ideally include naming a physician who could serve in a temporary capacity.

#### 4. Communicate with Patients if Needed

If there is ever a gap in your ability to legally provide care (e.g., due to lack of physician delegation), you would need to notify patients and refer them appropriately, so it's not considered patient abandonment. Documentation of your efforts is key.



Unfortunately, even temporarily, you cannot legally practice or prescribe in Texas without an active physician delegation agreement. The law simply doesn't allow NPs to step in and run the practice on their own, even with the best intentions.

#### **Reflection:** Delegation Contingency Planning

Take a moment to identify whether you currently have:

- A named alternate delegating physician
- An updated delegation agreement
- A documented succession plan

If not, what specific step will you take to address this gap?



### Question:

My current employer provides a coverage of \$200K/\$600K claims-made with tail. I am interested to know if this is adequate coverage considering I work in urgent care, where liability could be high for missed diagnosis. I started carrying my own liability insurance with \$1M/\$3M occurrence-based.

### Answer:

Unlike some other states, Texas does not require nurse practitioners to carry a minimum amount of malpractice insurance. The coverage amount is ultimately your decision, but here are a few things to consider:

- **Employer Requirements:** Some employers, particularly hospitals and healthcare systems, may require a minimum level of coverage for credentialing. Be sure to confirm with your employer. Since your employer carries a policy with established amounts, should you ask your current employer they are unlikely to give you a different answer, but it is prudent to verify.
- **Credentialing Without Employment:** If you're credentialed with an institution but not employed by the facility, the institution may still impose its own coverage minimums. I recommend checking with the medical staff office at the specific facility, if this applies to you.
- **Texas Law on Malpractice Claims:** Texas has enacted malpractice reform that limits certain types of damages. Non-economic damages (e.g., pain and suffering) are capped at \$250,000 per claimant, and wrongful death claims are capped at \$500,000. However, economic damages (e.g., lost wages, medical expenses) are not capped.

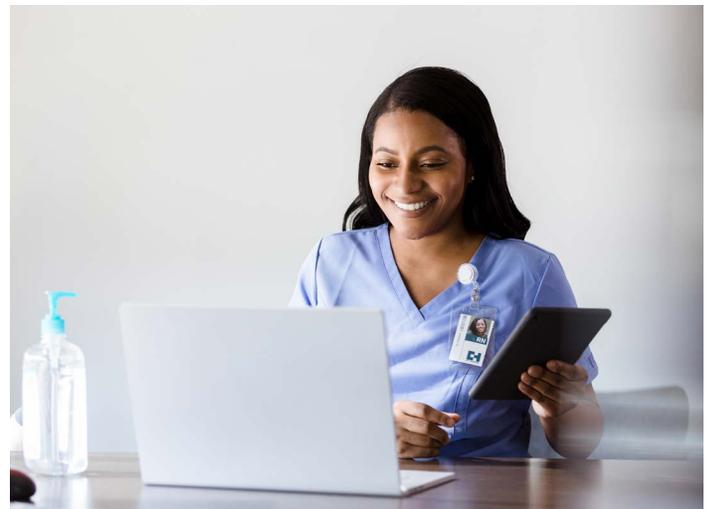
- **Type of Practice:** You are right to consider the type of practice in which you work. Malpractice insurance companies may require the provider to carry a higher amount of insurance with certain practices such as aesthetics, Ob, pediatrics, a hospital-based setting. Urgent care may be considered a higher risk setting that requires a higher amount insurance, but this would need to be verified with your specific malpractice insurance.

### Reflection: Malpractice Coverage Alignment

Evaluate your current malpractice coverage. Based on your clinical setting, determine whether your limits align with:

- Employer credentialing requirements
- Practice-specific risk exposure
- Economic damage risk in Texas

What verification step is needed?



### Question:

Is it ok for nurse practitioners to see patients via telemedicine in other states? Specifically established patients, with whom we already have a relationship in primary care. If a patient is on vacation in another state and has an acute issue come up, what is the risk of seeing them across state lines via telemedicine?

### Answer:

The requirement for state licensure is based on the patient's physical location and not the provider's location. You as the NP may be located anywhere and see a Texas patient via telemedicine provided you are licensed to practice and have all the delegation requirements in place. If your Texas patient is temporarily in another state and

needs to be seen, you would **not** be able to see them unless you are licensed in that state. Additionally, in order to legally operate across state lines via telemedicine the company should be registered with each state's secretary of state, have a registered agent in that state, be aware of any laws that govern telemedicine practice and other laws such as the state's controlled substance law and DEA requirements if one is going to prescribe controlled substances.

The risk that you face for seeing patients across state lines on a temporary basis as you have described is that you can be sanctioned by their board of nursing for practicing without a license. If this should happen, you would then have to report it to Texas Board of Nursing. There may be some risk to the business as well if the actual business is not registered to operate in the specific state.

The best and most prudent way to handle this situation is to refer the patients to see a provider in the area where they are currently located. A local urgent care is something that can be easily found by your patients.

**Reflection:** Telemedicine Compliance

An established patient contacts you while physically located in another state.

Determine:

- Are you licensed in that state?
- Is your organization authorized to operate there?
- What is the most compliant course of action?

Document your intended response approach.

The information below must be included with the article.

Participants will be awarded 0.5 contact hours, including 0.5 jurisprudence contact hours. To receive contact hours, participants must achieve a score of 80% or higher on the post-activity quiz.

**Disclosure Statement**

The faculty and planning committee members have no relevant financial relationships with ineligible companies to disclose.

*Technically, that disclosure is not needed, but I would rather have it on everything to maintain consistency.*

**Accreditation Statement**

*Texas Nurse Practitioners is approved as a provider of nursing continuing professional development by Louisiana State Nurses Association Approver Unit, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. LSNA Provider No. 4003232*

Activity Dates

Release Date: 02/15/2026

Expiration Date: 06/15/2026

To claim your Continuing Education (CE) credits, please follow the steps below:

1. Click this link to begin: [Survey Link](#)
2. A confirmation window will provide a link to view your CE Certificate.
3. Access your certificate:
  - Go to your profile > **Professional Development**
  - Select the **Certifications/Programs** tab (not *Journal Entries*).
4. To print, click the **small blue circle** next to the certification name.

If you have any issues or questions regarding this process, please don't hesitate to reach out to Bella at [bella@texasnp.org](mailto:bella@texasnp.org).



**TNP** | Member Benefit **NEW**  
Texas Nurse Practitioners

## Cost-Saving Individual and Group Health Plans

- Medical
- Dental & Vision
- Life & Disability

Exclusive Affinity Program for Texas Nurse Practitioners

### New TNP Member Benefit: Exclusive Cost-Saving Health Plans

We're excited to introduce a new, members-only benefit for Texas Nurse Practitioners. TNP has partnered with Association Healthcare as our official Affinity Program provider, giving members access to individual and group medical, life, disability, dental, and vision plans—many with savings not available on the open market.

**As a TNP member, you now have access to:**

- Customized group and individual health plans designed for Texas Nurse Practitioners
- Potential savings of 20–40% compared to similar plans
- First-dollar benefits to reduce out-of-pocket costs in emergencies
- Possible waived deductibles and coinsurance for scheduled procedures
- Flexible plan options across multiple carriers
- Potential rollover of unused premiums on group plans

[Click here to learn more.](#)



## TNP ANNUAL AWARDS NOMINATIONS NOW OPEN

Submission Deadline: April 30

[More info on texasnp.org](#)

### TNP 2026 Awards Nominations Now Open – Due April 30

TNP is accepting nominations for the 2026 TNP Awards. Award recipients will be honored at the TNP Annual Conference Award Ceremony on September 26, 2026, at Moody Gardens in Galveston.

These awards celebrate Nurse Practitioners who exemplify leadership, dedication, and impact in their communities and the healthcare profession. We encourage you to recognize deserving colleagues by submitting a nomination.

**2026 Award Categories**

- TNP of the Year Award
- Rising Star Award
- Preceptor of the Year Award
- NP Educator Award
- Visionary Award
- Community Impact Awards
- NP Student Leadership Award

**All nominations are due April 30, 2026.** Please review award descriptions and criteria on the TNP website [here](#) and access additional nomination information [here](#).

Take this opportunity to highlight the outstanding work of Nurse Practitioners who make a meaningful difference every day.

We look forward to celebrating the achievements of our remarkable NP community!

[Click here](#) to learn more and nominate a colleague!



## Transform Lives and Your Career

Combine your passion for patient care with a degree from the Andy and Barbara Gessner College of Nursing, now celebrating a decade of excellence. Discover new opportunities to improve health care, elevate your impact and boost your career with hands-on learning in our state-of-the-art facilities. Join a network of leaders transforming lives at one of the nation's top-ranked nursing programs.

[UH.EDU/NURSING](http://UH.EDU/NURSING)



Andy and Barbara Gessner  
College of Nursing  
UNIVERSITY OF HOUSTON

### The Other Lives of NPs

*We invited TNP members to share a glimpse of life beyond their roles as nurse practitioners, and their responses were nothing short of inspiring. From creativity to compassion, our community continues to shine in meaningful and unexpected ways. As you read about your fellow members, we hope you're reminded to nurture the passions, relationships, and moments that bring balance, fulfillment, and joy to your own life.*



**Ashley Camp**  
DNP, APRN, AGACNP-BC, FNP-BC, CNE

#### Grounded in Faith, Fueled by Family

Outside the hustle of the hospital and the university, my “other life” is a busy, faith-filled home. I am a wife and mother in the middle of beautiful chaos. We have two active little boys, a flyer cheerleader, a fierce preteen, and older kids who have already begun their own journeys. Our days are full of practices, school events, car rides, meals, laundry, and all the small moments that keep a family moving. My favorite time of day is the quiet before everyone wakes up. I get up early for coffee and a short devotional, and those few minutes help me begin with clarity and gratitude before the pace picks up. Jesus is the center of our lives, and my faith guides me as a wife and mom, helping me stay present, patient, and steady, even on the busiest days. One of my greatest joys is watching my kids grow into who they are. I also treasure time with my husband, even when it is simple, like a weeknight dinner, a late-night talk, or a quick laugh in the middle of a full week. He has walked with me through some of my hardest seasons, and I would not be who I am without him. I am deeply grateful for the life we have built together. This “other life” is where I am refueled and re-centered. It grounds me, reminds me who I am beyond my roles, and helps me return to nursing and teaching with a full heart.

“

*One of my greatest joys is watching my kids grow into who they are.*”

**Barbara Chapman**  
*DNP, MBA, APRN, EBP-C, NHDP-BE, FNP-C, PMHNP-BC*

### **Mexican Food, Marfa Lights, and Learning to Fly**

I'm an Associate Professor and MSN Psychiatric Mental Health Nurse Practitioner Program Track Coordinator at UNT Health College of Nursing. When I am not advocating for nurse practitioners across Texas, I am living my best "off-the-clock" life. A longtime member of the Texas Nurse Practitioners Board of Directors and current TNP Treasurer, I still make time for what matters most: family, beloved grand-dog Sushi Marie, and dreaming up my next adventure. I love traveling across Texas, eating Mexican food in El Paso, and making late-night stops to catch the Marfa lights. A proud Texan, I am convinced it's never too late to try something new... including learning how to FLY!! I believe nurses deserve joy, balance, and some Texas-sized fun.



“  
*I believe nurses deserve joy, balance, and some Texas-sized fun.*  
”



**Mayra Cantazaro**  
*DNP, APRN, FNP-BC, BC-ADM, CDCES*

### **Two Callings, One Heart: Life as a Nurse Practitioner and a Mommy**

In my other life, I'm simply "Mommy." As nurse practitioners, we wear many hats: clinicians, leaders, advocates, and educators. At home, I wear the one that matters most, being a mom. Before I care for patients living with diabetes, my mornings are filled with cuddles, diaper changes, big emotions, and two little humans that require my full presence. Balancing life as an NP and a mother hasn't been easy, but it has been meaningful. I'm grateful to do work that fulfills me while still being present for playtime, bedtime routines, hugs, laughter, and the small moments that matter most. My children don't just see what I do; they see why I do it. They see a mom who loves her work, whose days are rooted in care, service, and compassion, while always knowing they come first. I want my children to grow up knowing that purpose and family don't have to compete. That loving your work and loving your family can exist side by side, and that fulfillment comes from honoring both with intention. Being a working NP mom isn't always balanced. Some days feel steady; others feel like survival mode. To every NP balancing career and family, your impact matters at work and at home. And to my children, I hope you always know you are at the heart of everything I do. This is my other life. It's exhausting, joyful, imperfect, and full of purpose, and I wouldn't trade it for the world.

“  
*My children don't just see what I do; they see why I do it.*  
”



**Kate Taylor**  
DNP, FNP-C, CPPS, FNAP

### Passion for Family, Community, and Travel

As a DNP, FNP-C, CPPS, FNAP, and Assistant Dean of Clinical and Outreach Affairs at the UNT Health College of Nursing, I balance a demanding professional role with time spent with my family and friends, traveling, and shopping. A Fort Worth native, my husband and I remain deeply engaged in our community, supporting causes such as addressing homelessness and advancing Alzheimer’s disease awareness. One of our favorite aspects of Fort Worth is its “big-city amenities with a small-town feel.” My favorite role is caring for our two sons, Kole and Kade. Most of my non-work hours are spent with my twin 17-year-old boys, whether we are on college tours or watching them perform in jazz concerts. I can still get them to shop with me, which I love, love, and love. It is a busy stage of life, but a fun one. Travel also plays an important role in my life. My most recent adventure took me to Italy with my husband and close friends to celebrate a milestone birthday. There is nothing like pasta and beautiful scenery to reset yourself. The next trip cannot come soon enough. Grounded in community, energized by travel, and inspired by family, I bring the same passion to my personal life that I bring to nursing and academic leadership.

“  
...my husband and I  
remain deeply engaged  
in our community...”

**Michelle Ebrahimi**  
MSN, APRN, FNP-C

### A Symphony of Music, Sports, and Wildflowers

When I am not working as a Family Nurse Practitioner, I enjoy volunteering my first aid skills as a Field Aid Station Captain with the Houston Marathon. Maintaining physical activity is an important part of aging gracefully and promoting health and longevity. Outside of healthcare, you can catch me at a baseball game supporting the Houston Astros and the Sugar Land Space Cowboys, or walking the trails at Memorial Park. Hiking at a nearby state or national park is an absolute must when I am traveling. Most recently, I visited the Lady Bird Johnson Wildflower Center in Austin, which inspired me to start my own wildflower and vegetable garden in my backyard. Gardening helps me to relax and feel in tune with nature. It is so rewarding to witness a sprout flourish into a gorgeous flower or tasty cucumber over time. Speaking of tune, I have actually been a musician longer than I have been a nurse. Before the COVID-19 pandemic, I played the viola in the Houston Civic Symphony. I plan to audition again this summer, as I really do miss being part of a full orchestra and interacting with other young professionals offline and outside of work.



“  
Gardening helps me to  
relax and feel in tune  
with nature.”



**Deion Whitehead**  
*BSN, RN, DNP-S, FNP-S*

### Peak Perspectives: Life Lessons from the Trail

When life gets loud, busy, or a little too serious, I'm usually chasing trails and views. Hiking is my favorite way to unplug, recharge, and remind myself that life exists beyond deadlines. I'm originally from Phoenix, Arizona, so desert hiking has always had a place in my heart. There's something magical about rocky ground, cactus-lined paths, and sunsets that deserve their own fan club. Hiking keeps me grounded, literally, and teaches me important life lessons, like pacing myself, respecting the terrain, and accepting that sometimes the incline is rude for no reason. Hiking gives me peace, balance, and perspective. It's where stress melts away, creativity kicks in, and I remember that caring for others starts with caring for myself. I love the challenge, the quiet, and the feeling of accomplishment that comes from reaching a summit and realizing I did that. On the trail, I'm not multitasking or rushing. I'm just enjoying the climb, the views, and the journey. And honestly, that mindset follows me back into healthcare. One step at a time, a little grace, and always remembering to enjoy the view along the way.

“Hiking gives me peace, balance, and perspective.”

**Gloria Jimenez-Lewis**  
*DNP, MBA, APRN, FNP*

### A Mission of Faith, Healing, and Hope

Sozo is a non-profit organization that was born out of a calling placed on my heart to serve those who have little to no access to basic healthcare. As a healthcare provider, I have seen firsthand how something as simple as a medical visit, medication, or dental care can completely change a person's quality of life. I started Sozo to bridge that gap and to bring hope, healing, and dignity to underserved communities. Sozo is a faith-based nonprofit organization dedicated to providing medical, dental, and preventive care to individuals in third-world countries, with a current focus on Honduras. Through mission trips, volunteer teams, and partnerships, we travel to communities where healthcare is limited or nonexistent. We serve patients of all ages, addressing acute and chronic conditions while also providing education, prayer, and compassionate support. Our mission goes beyond treating illness. We believe true healing involves caring for the whole person: body, mind, and spirit. Every patient is treated with respect and love, reflecting the compassion of Christ in action. Sozo exists to be the hands and feet of Jesus, offering practical help and lasting hope to those who need it most.



“Our mission goes beyond treating illness.”

**Harriet Omondi**  
*PhD, APRN, FNP*

### **Paying It Forward: Supporting Future Nurses**

Giving back to nursing students is something I hold deeply dear. My husband and I benefited from scholarships that supported us as we navigated nursing school while raising our children. One of the most impactful was the Good Samaritan Scholarship, which played a critical role in supporting our nursing education. When we received our first scholarship, our oldest child was only a few months old. This year, we had the opportunity to take him to the Good Samaritan Gala as a college junior—a true full-circle moment that allowed us to reflect on how far we have come and to reciprocate what we received nearly two decades ago. I was blessed to receive this scholarship throughout my nursing education, including the early years of my doctoral studies. I strongly believe in honoring one's past and giving back to others in similar circumstances. I am profoundly grateful for the financial support I received, as it made it possible to pursue my education. It is my hope to now be a blessing to the educational pursuits of future nurses.



“  
*I believe strongly in honoring  
one's past and giving back.*”



**Ronda Bell**  
*DNP, APRN FNP-C*

### **Finding Balance on the Mat**

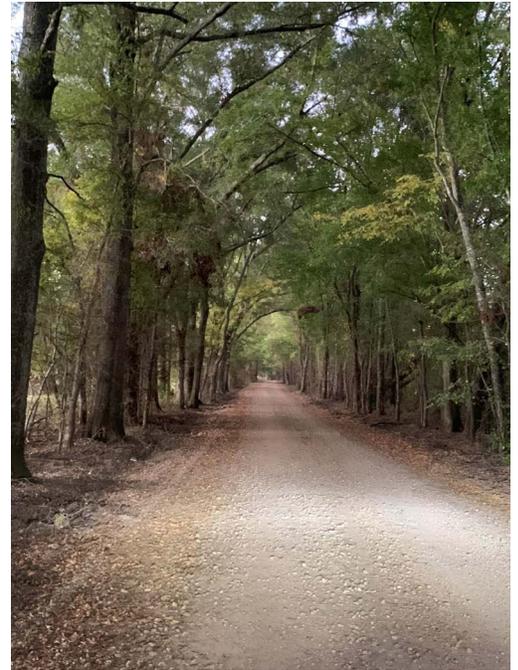
Beyond my roles as a nurse practitioner and educator, yoga is an essential part of my life and well-being. I have practiced yoga for over 12 years and taught more than 500 classes, experiences that have helped shape how I care for myself and, in turn, how I care for others. Yoga and meditation provide a much-needed pause from the demands of healthcare and academia. Through intentional movement and breath, I am able to manage stress, sleep better, and truly “recharge my batteries.” This practice allows me to return to my professional roles with greater focus, balance, and compassion. What began as a personal wellness tool has grown into a meaningful passion that continually reminds me of the importance of self-care. Yoga has taught me that rest is not indulgent, it is necessary. It reinforces the value of mindfulness, presence, and honoring personal limits, lessons that are especially important in the nursing profession. This “other life” supports and sustains my work as a nurse practitioner and graduate nursing professor, helping me remain grounded, resilient, and fully present for my patients and students, both on and off the mat. For me, yoga is a grounding practice that supports resilience, balance, and well-being beyond the clinical setting.

“  
*Yoga has taught me  
that rest is not indulgent,  
it is necessary.*”

**Donna Tubb**  
DNP, APRN, FNP-C

### Pure Joy: My Grandson, Gardening, and the Backroads

Outside of being a nurse practitioner, I find a lot of joy in the simple things. I love flower gardening, riding backroads in our side by side, and most of all, spending time with my grandson. Gardening has become a quiet act of care for me. Tending flowers requires patience, observation, and respect for natural rhythms, lessons that closely mirror my work in healthcare. Just as plants need the right environment to thrive, people heal best when they feel seen, supported, and nurtured. Time in the garden reminds me to slow down, breathe, and trust the process, which I carry with me into patient care and teaching. Riding backroads in our side by side is another way I reset. It reminds me that not every journey needs a strict plan or destination. Sometimes you simply choose a path, stay present, and see where it leads. That perspective carries into my practice, where every patient's story is different and my role is to listen and walk alongside them. Being a grandmother is my greatest joy. Time with my grandson brings laughter, perspective, and a sense of wonder that is easy to lose in the noise of adult life. He reminds me to slow down, be present, and appreciate the small moments. Watching him grow reinforces why the work we do as nurse practitioners matters for the future we are helping shape. These parts of my life keep me grounded and balanced, creating the space for me to show up with presence and intention in my work every day.



“Gardening has become a quiet act of care for me.”



**Lisa Ginapp**  
MSN, APRN, AGAACNP-BC,  
WCC, DWC, OMS

### Must Love People and Dogs!

Blessed to work for myself with the support of family, friends, patients, and great collaborating physicians over the years. I love taking care of people, and that supports my love of dogs. Current household included!

“I love taking care of people, and that supports my love of dogs.”



“  
*By empowering others,  
I help create a ripple  
effect—supporting  
not just individual  
careers, but also the  
communities we serve.*”

**Alanda White**  
*DNP, APRN, MSN, FNP-C, PMHNP-BC,  
HIVPCP, FPA, PFA, FADLN*

### Empowering The Next Generation of Nurses

Beyond my role as a nurse practitioner, my “other life” is dedicated to mentoring and advocacy—especially for nurses and underrepresented communities. I serve on the Board of Directors for the Theta Eta Chapter of Chi Eta Phi Sorority Incorporated, where I chair the Awards, Nominating, and Mentoring Committees. My journey into this work began early in my career, when I saw firsthand the challenges new nurses and minority clinicians face: lack of mentorship, limited access to resources, and the need for strong professional networks. I started organizing peer support groups and educational workshops, which grew into formal mentoring programs and leadership roles. This work matters deeply to me because I believe that nurturing the next generation of nurses and clinicians is essential for advancing health equity and improving patient care. By empowering others, I help create a ripple effect—supporting not just individual careers, but also the communities we serve. Whether I’m developing evidence-based practice fellowships, leading community impact initiatives, or simply offering a listening ear, my “other life” is about building bridges, fostering resilience, and ensuring that every nurse has the support they need to thrive. PS I try to get some sleep in my spare time.

**Sandra Kolapo-Balogun**  
*DNP, APRN, PMHNP-BC*

### Snowmobiling: The Art of the Winter Reset

Outside of my role as a psychiatric nurse practitioner, one of my favorite personal interests is snowmobiling in Colorado and Salt Lake City, Utah. Riding a snowmobile through mountain terrain combines my love for the outdoors, travel, and the energizing feel of crisp, cold air. There is a unique sense of freedom that comes from gliding across snow-covered trails, surrounded by wide-open landscapes and breathtaking views. The experience allows me to step away from daily responsibilities and fully immerse myself in the moment. The quiet of the mountains, broken only by the hum of the snowmobile, creates a sense of calm and clarity that I find deeply restorative. Traveling to these winter destinations adds to the adventure, offering new routes and scenery each time. Snowmobiling helps me recharge physically and mentally, reinforcing the importance of balance, exploration, and time spent in nature.



“  
*The experience allows me to step  
away from daily responsibilities  
and fully immerse myself in  
the moment.*”



### **Vicki Brooks** *DNP, APRN, FNP-BC, FAANP*

#### **Trails That Nurture Body and Soul**

Hiking has been a meaningful part of my life and wellness routine for over ten years. Every year, I hike with close friends, combining physical activity, social connection, and time in nature. My experiences include hiking sections of the Pacific Crest Trail, multiple trails throughout Colorado, Half Dome in Yosemite National Park, portions of the Appalachian Trail, and Scotland. These trips range from week-long hikes and challenging terrain, but all are grounded in intentional movement and shared experiences. I initially became involved in hiking because of my strong commitment to exercise and long-term health. As a nurse practitioner, I value preventive health behaviors and seek physical activities that are sustainable, effective, and enjoyable. Hiking provided an ideal balance of cardiovascular fitness, strength, and endurance while also offering variety and challenge. Over time, what began as a health-focused activity evolved into a core personal practice. Hiking matters to me because it allows me to relax, reset, and mentally reboot. Time in nature offers space for reflection, stress reduction, and clarity that is difficult to achieve in daily professional life. The physical rhythm of hiking, combined with natural surroundings, supports both mental and emotional well-being. Equally important is the opportunity to maintain long-standing friendships through shared experiences on the trail. After a decade of consistent hiking, this practice has become essential to my overall well-being. It sustains my physical health, strengthens social connections, and provides the mental renewal necessary to remain effective and grounded in both my professional and personal life.

**“** *I initially became involved in hiking because of my strong commitment to exercise and long-term health.* **”**

### **Lorraine Barton** *DNP, APRN, CPNP-PC*

#### **From Service to Senegal: A Calling That Continued**

After retirement from the U.S. Air Force, my family and I moved to San Antonio. We became members of University Methodist Church. While there, I met Dr. Linda Hearne, who was leading medical mission trips to Senegal, Africa. I went on my first trip in 2018 and have been back several times. The days in Senegal were long and hot. The medical mission was at times exhausting. But providing medical care for the underserved population there was rewarding. The Senegalese people were so appreciative and thankful.

**“** *The Senegalese people were so appreciative and thankful.* **”**



**Sarah Hassan**  
**BSN, RN, PMHNP-S**

### Music, Sourdough, and a Perfectly Bossy Shih Tzu

I'm a nurse with experience in labor and delivery, hematology, and oncology, and I'm currently pursuing my Psychiatric Nurse Practitioner degree. My work is grounded in a deep respect for people during some of the most intense moments of their lives. Outside of healthcare, I lead a creative and active life. Music is a constant—I play trumpet, trombone and piano—and I love anything that lets me move or make something with my hands, from dance to sewing. I spend a good bit of time cooking and baking dishes from around the world, usually alongside my homemade sourdough starter, and I'm happiest when serving a plate at the table with others. Time outdoors keeps me balanced. Gardening, hiking and bird watching all suit me well, especially when things are quiet and unhurried. At home, I share life with my brown Shih Tzu, Penny, who is small, opinionated, and fully convinced she is in charge! I wouldn't have it any other way.



“Time outdoors keeps me balanced.”



**Tanja Morgan**  
**DNP, APRN, FNP-C**

### Carrying Only What I Need Leaves Room for Joy

For years, I have enjoyed hiking. The more remote the trail, the more challenging and exciting the hike becomes. About 5 years ago, I started backpacking, and I would go every day if I could. Carrying everything I need on my back forces me to evaluate what is really important to be successful with my trip. Every unnecessary ounce can cause discomfort due to the weight, and careful planning is important. Of course, I had and still have fears about the “what ifs” when backpacking, such as having an injury, gear failure, animal encounters or route finding. Being prepared, troubleshooting, and drawing on previous experiences give me peace of mind. Waking up in the mountains and watching a sunrise, then packing up the gear and moving on to the next stop, brings me joy due to the environment and independence.

“Being prepared, troubleshooting, and drawing on previous experiences give me peace of mind.”

**Mikki Murr Hand**  
MSN, APRN, FNP

### Grounded by Family, Rural Health, and 4-H

As a Family Nurse Practitioner, I work 8 hours a week providing primary care in a rural Hill Country community health center. Those hours keep me grounded in patient care and connected to the realities of rural health, which is where my heart truly lies. In my other life, I lead as CEO of a thriving Community Health Center, guiding strategy and operations to ensure access to quality care for thousands of Texans across 6 rural counties. It's a role that challenges me to think big while never losing sight of the small, meaningful interactions that happen in the exam room. Beyond healthcare, I'm "Mom" to two amazing kids. Our family finds joy in the outdoors and in 4-H, where my children learn responsibility, leadership, and the value of hard work. Whether we're caring for animals, preparing for livestock shows, or spending time on our ranch, these moments bring balance and remind me why I do what I do. Each role—FNP, CEO, and mom—shapes who I am. They may seem worlds apart, but together they create a life rooted in service, family, and community.



“

*Our family finds joy in the outdoors and in 4-H, where my children learn responsibility, leadership, and the value of hard work.* ”



“

*I am a passionate driver and love cars.* ”

**Eleanor Forbes**  
APRN, WHNP-BC

### Built for Speed: Driving on the Fast Track

I am a passionate driver and love cars. My husband has 2 lovingly restored MGs, and I have a Golf R (if you know, you know) that I have stage 1-tuned for racing, and my real beast, an Aston Martin Vantage Roadster that I had custom-built to my specifications. In the UK, I was an "Observer" for the Institute of Advanced Motorists, meaning I would train up candidates to pass the advanced driving test. Over here, I tack super cars like Lamborghinis, McClarens, Ferraris and Porsches every chance I get. Most recently I got to race a Lambo round the Formula 1 Grand Prix track at COTA! I was also recently featured in the October edition of Modern Luxury Houston magazine as the Aston Martin Houston Brand Ambassador.



**Tracy Wilson**  
DNP, MBe, MSN.Ed., APRN, FNP-C, FAANP, FADLN

### A Worldview of Health Equity

Outside the clinic, I recharge by traveling—most often by sea. Cruises through the Caribbean and across Europe have become more than vacations; they are moving classrooms. Each port offers a new lens into how culture, history, and access shape health long before a patient ever enters an exam room. My travels have taken me beyond traditional tourist paths to countries that have profoundly shaped my worldview—South Africa, Ghana, Kenya, Mauritius, Thailand, and Bali. Walking through local markets, visiting rural communities, and engaging with families abroad has deepened my understanding of how social determinants of health transcend borders. I've seen resilience where resources are scarce and innovation is born from necessity. These experiences fuel my passion for health equity as a nurse practitioner. They remind me that health is never isolated from geography, culture, or policy. Whether I am advocating for patients at home or working within systems that influence care delivery, I carry these global lessons with me. Travel grounds me, expands me, and continuously reconnects me to why I became a nurse practitioner in the first place—to listen, to learn, and to help build a healthcare system that honors humanity in all its diversity.

“  
*I've seen resilience  
where resources are  
scarce and innovation is  
born from necessity.*”

**Rachel Arneson**  
FNP-C

### Memorable Education: Above and Below the Surface

I obtained my bachelors degree at the University of the Virgin Islands on St. Thomas. I learned to scuba dive there and quickly fell in love with the hobby. I have obtained my open water scuba instructor as well as hyperbaric chamber operator certifications. My most memorable dives were seeing whale sharks at Roca Partida, Revillagigedo Islands in Mexico and finding Megalodon teeth in Florida.

“  
*I learned to scuba dive there and  
quickly fell in love with the hobby.*”





**Paul Biluan**  
DNP, APRN, FNP-C

### Supporting Nurses at Home and Abroad

Outside scrubs and clinic life, I am an internationally educated nurse (IEN) mentor, leader, and advocate. I use my personal journey as an immigrant nurse to inspire IENs in the USA to their professional development and advanced education. I use social media to elevate the voices of IENs. I created podcasts, free educational resources, and mentored thousands of IENs in the USA and across the globe. I lead the organization Society of Internationally Educated Nurses in North America and also an NCLEX instructor through my company Aspire RN. I am also an active Sigma Nursing member, expanding my network globally. At the state level, I serve as TNP Legislative Ambassador in Houston, and at the national level, I serve as an AANP Conference Committee member. I also work with the Philippine BON to advocate for the adoption of APRN in the country. My two mini schnauzers are the love of my life – they keep me sane! I also love traveling and learning history from many countries, and if I am not busy working or fulfilling my commitment to these organizations, I am mostly out of town or out of the country. I have visited 30 countries so far and plan to visit all of them in my lifetime. Remember colleagues, work-life balance is important. Go step out of your clinical role and do something fun and anything that can boost your self-esteem! Can you guess where my photo was taken? :)

“Go step out of your clinical role and do something fun and anything that can boost your self-esteem!”

**Jennifer Burbage-Vieth**  
DNP, APRN, NP-C

### From Clinic to Cattle: Finding Balance on the Ranch

Outside of my role as a nurse practitioner, my life looks a little different. I live on a working cattle ranch in north Texas, where I'm married to a rancher and surrounded by wide-open land and some very special cows. These gentle giants bring me a sense of peace that's hard to put into words. Many are named and will happily eat from your hand, leaning in for head and neck scratches.

After a busy or stressful work day, you'll often find me out in the pasture with "the Girls," soaking in the quiet rhythm of ranch life. As the sun sets and nature slows down, I'm reminded to do the same. Being outside, grounded by the land and these calm, trusting animals, restores my balance, allowing me to return to my work refreshed, centered, and grateful.



“As the sun sets and nature slows down, I'm reminded to do the same.”

## MEMBER SPOTLIGHT

Beyond Disease Management:  
Leading the Future  
of Preventive Health  
TNP Member since 2010

**Terri DeNeui,**  
DNP, APRN, ACNP-BC  
Practice Owner,  
Podcast Host, Author,  
and Policy Maker



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

### Shaping the future

**Dr. Terri DeNeui, DNP, APRN, ACNP-BC,** exemplifies the power and potential of nurse practitioner-led care, evolving from acute care practice into a national leader in preventive medicine, education, and advocacy. From early curiosity that challenged traditional norms to owning two thriving NP-led clinics in Texas, Dr. DeNeui has built a career centered on root-cause, patient-focused wellness, with a special emphasis on advanced endocrinology and hormone optimization. Her work extends beyond clinical care through EVEXIAS Health Solutions, where she educates clinicians nationwide, her podcast and bestselling book on hormones, and her involvement in national health policy focused on women's and children's health. A passionate advocate for the profession, Dr. DeNeui's journey underscores how nurse practitioners can shape the future of healthcare—improving lives, strengthening families, and advancing NPs' voices across the country.



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## Texas Nurse Practitioner Foundation Needs Your Support



### You Make It Happen!

When you give to the Texas Nurse Practitioner Foundation, a 501 (c) 3, you improve healthcare and change lives in our great state of Texas. Your generosity funds education scholarships, healthcare grants, and research advances for the public good, transforming lives and improving access to quality healthcare for all Texans. TNPf is tax-exempt as described in section 501(c) (3) of the Internal Revenue Code; EIN 74-2676501.

Join us in advancing the mission of the Texas Nurse Practitioner Foundation.

**Donate Today!**

## Support the TNP Foundation's mission at TNP's Pharmacology Conference.



### TNP Foundation's Walk and Wine Down Friday, April 24, 5:00 pm

**Sponsor TNPf's Walk and Wine Down T-Shirt** and have your company logo or name printed on the back in recognition.

**To sponsor, submit your company logo** to [connie@texasnp.org](mailto:connie@texasnp.org) and request an invoice for sponsor payment.

### Purchase Your Walk and Wine Down Ticket

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



### TNPf Pharmacology Conference Silent Auction | April 24-25

**Donate a Basket or Item!** Join us, bid generously, and be part of this meaningful experience!

**Questions?** Contact [connie@texasnp.org](mailto:connie@texasnp.org). **Please click here** to view the guidelines for the TNPf Silent Auction, or **click here** to submit your donation form.

## ★ Austin Advanced Practice Nurses (AAPN)

This fall marked an exciting period of growth, engagement, and community impact for Austin APNs. We were proud to launch the Austin APN Leader Grant Award, an initiative designed to encourage and support members who advance the APRN role through education. This grant supports Austin APNs who educate primarily non-APRNs on APRN roles, outcomes, and evidence-based practice at local, regional, or national conferences—further amplifying the visibility and value of advanced practice nursing.

Our sense of community was on full display at our holiday celebration, where approximately 45 Austin APNs gathered at Purely Provisions. The evening was a wonderful opportunity to celebrate the season while reflecting on our organization's accomplishments, camaraderie, and ongoing commitment to community engagement.



In October, we partnered once again with El Buen Samaritano for a community health fair on October 18, 2025. This collaborative event brought together RN students, RNs, and APRNs for meaningful networking while providing health screenings and education focused on preventive care and women's health. The event highlighted the strength of interprofessional collaboration and our shared dedication to serving the community.

We were also delighted to welcome a new student leader to our board. In October, Kalee Smith was inducted as our new student member and now serves as Secretary, bringing enthusiasm and a fresh perspective to our leadership team.

Finally, we continue to foster connection and professional development through our sponsored dinners, held at least

twice a month, which are considered a valued benefit for our members.

Thank you to all who participated, volunteered, and supported these initiatives. We look forward to building on this momentum in the months ahead.

## ★ Hill Country Nurse Practitioners Association (HCNPA)



As part of our end-of-year philanthropy efforts, the Hill Country Nurse Practitioners Association was proud to support organizations that expand access to care for underserved populations in our region. We donated \$500 to Comal County Volunteers in Medicine and \$500 to Community in Action of South-Central Texas. Both organizations play a vital role in delivering essential healthcare services and resources to individuals and families who might otherwise face barriers to care.

We are pleased to share photos highlighting these contributions and extend our sincere appreciation to these organizations for their continued dedication to improving community health. Supporting initiatives like these reflects our association's ongoing commitment to service, collaboration, and advancing health equity across the Hill Country.

### ★ Houston Area Nurse Practitioners (HANP)



#### **Volunteer with HANP at Houston Food Bank Sign Up Now!**

Join us on Saturday, March 7, 2026, from 12:45 PM to 4:00 PM for a volunteer day at the Houston Food Bank. We'll be inspecting, sorting, and repackaging food for community distribution.

#### **How to Sign Up:**

**Register in advance and secure your spot with the HANP group here: [Sign Up](#)**

Limited spots available (25) – sign up today!

#### **Volunteers get a chance to win a Starbucks gift card!**

- **Location:** Houston Food Bank, 535 Portwall St., Houston, TX 77029
- **Parking:** Front lot or overflow lot behind the building
- **Attire:** Closed-toe shoes, casual clothing, long pants, and work gloves (optional)

#### **Important Notes:**

- Under 14? Minor Waiver form required.

**We look forward to volunteering with you!**



#### **HANP x Harris Health Community Drive**

We're excited to partner with Harris Health to support patients in both inpatient units and outpatient clinics through a community donation drive!

**We're collecting blankets and snack kits, and there are two easy ways to give:**

- ✦ **Shop our Amazon Wishlist ([Click here to purchase](#))**
- ✦ **Bring donations in person to our HANP Dinner Meeting on Wednesday, February 11, 2026, from 6 PM to 8 PM, at McCormick & Schmick's Seafood Restaurant, 1151-01 Uptown Park Blvd, Uptown Park Shopping Center, Houston, TX 77056.**

Every donation helps provide comfort, care, and IMPACT to those who need it most

***Thank you for always showing up for our community!***



#### **NP Night with the Houston Astros – Wednesday, May 13, 2026!**

Calling all nurse practitioners! Nurses Night with the Houston Astros is here as the Astros take on the Seattle Mariners at Daikin Park. Join fellow NPs for a fun night of baseball, connection, and well-deserved relaxation. You do not want to miss this!

**Grab your discounted tickets here:**

**[HANP Night with the Astros tickets](#)**

### ★ Texas: Austin NAPNAP Chapter (TANC)

The Texas: Austin NAPNAP (National Association of Pediatric Nurse Practitioners) Chapter (TANC) hosted three educational events for our members in the fall, two of which provided continuing education (CE) hours. We also provided two volunteer opportunities for our members. We look forward to both the TNP Health Policy Summit and to our 2nd Annual Statewide Day of Service event with other Texas NAPNAP chapters in February.



### ★ North Texas Nurse Practitioners (NTNP)

NTNP is excited to announce the appointment of our very first Marketing Committee Chair, Angela Peggy Krajnovic! Angela is pictured below, second from the left, alongside the rest of our 2026 NTNP Board. We are thrilled to welcome her leadership and vision as we continue expanding our organization's reach and impact.

This past season, NTNP proudly awarded two scholarships to outstanding nurse practitioner students and a philanthropy grant to the Pediatric Behavioral Health Program at Parkland Health, supporting vital work in our community.



### 2026 NTNP Continuing Education Conference

North Texas Nurse Practitioners (NTNP) invites you to our annual continuing education conference on Friday, April 10, 2026 (5:00 pm - 9:00 pm) and Saturday, April 11, 2026 (7:00 am - 5:45 pm).

We have planned a stellar conference full of interesting topics. Our conference theme this year is **“Back to Basics and on to Excellence: Sharpening Pathophysiology, Pharmacology, & Physical Assessment.”**

**April 10 - 11, 2026**

NYLO Las Colinas Hotel, Tapestry Collection by Hilton  
1001 W Royal Ln, Irving, TX 75039

**Early-bird rates are available until April 1, 2026—[register today.](#)**

We look forward to seeing our fellow NPs and NP students at this year's annual CE conference for two days of clinical excellence, networking, and professional growth.

As always, our member dinners are a wonderful way to connect, celebrate, and build upon our community. Learn more about NTNP and membership [here.](#)

## ★ Wichita County Nurse Practitioners (WCNP)

Wichita County Nurse Practitioners enjoyed a festive and meaningful close to the year by joining in their local Christmas parade, celebrating the holiday season while increasing visibility within the community. This event provided a joyful opportunity to connect with residents and showcase the role of nurse practitioners in promoting community health.



In addition, Rachel Reitan, WCNP, had the opportunity to visit with local state representative's office to express appreciation for continued support of Wichita County nurse practitioners. This visit reinforced the importance of ongoing collaboration and advocacy at the local level in advancing the NP profession

### TNP University Ambassadors News

#### ★ TTU Health Sciences Center School of Nursing Announces Annual NP Conference

Join us for our 30th Annual Nurse Practitioner Conference—presented both in person and virtually. This valuable continuing education opportunity for nurse practitioners will be held on the Texas Tech University Health Sciences Center Lubbock campus on March 5-6, 2026.

[Register here through March 3.](#)

#### ★ Texas A&M College of Nursing launches certificate in adult acute care

**Applications open for fall 2026**

The [Texas A&M University College of Nursing](#) has added an online post-graduate certificate to develop more advanced practice registered nurses (APRNs) to care for an aging adult population. The [Post-Graduate Certificate in Adult-Gerontology Acute Care Nurse Practitioner](#) is accepting applications for its first cohort of students in fall 2026.

[Adult-gerontology acute care nurse practitioners](#) (AGACNPs) are licensed APRNs who care for patients with complex and acute conditions by creating treatment plans and preventive care strategies. They work in intensive

care, trauma, acute care, specialty clinics and long-term care facilities.

Applicants must have a graduate degree in nursing. Courses are delivered asynchronously online over four semesters, and students can complete most of the certificate's required clinical hours in their own communities.

Completion of the certificate allows students to sit for the American Nurses Credentialing Center or American Academy of Nurse Practitioners certification exams to be licensed as an AGACNP. The college maintains a 100% pass rate for national nurse practitioner exams.

Students in the AGACNP certificate program who work in rural areas are eligible for the college's [Rural Engagement Scholarship](#), which provides a total of \$375,000 annually to nurses seeking advanced education.

The college also offers pathways to nurse practitioner certification in other specialties, including [family nurse practitioner](#) and [psychiatric mental health nurse practitioner](#).

Visit the [AGACNP certificate page](#) for detailed information, including admission requirements and deadlines.



## PANCYTOPENIA WEBINAR NOW AVAILABLE

**2 FREE CE hours for TNP members**

- Essential hematology education for diagnostics and patient care
- Watch on-demand now





**2026 Nurse Practitioner  
PHARMACOLOGY CONFERENCE  
+ Psych/Mental Health Pre-Conference**

**April 23-25, 2026 | San Antonio  
Hyatt Regency Hill Country Resort & Spa**



**REGISTRATION OPEN**



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