

pulse

Texas Nurse Practitioners Magazine



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SUMMER ISSUE

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New TNP Board
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Landmark Lawsuit

News From
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TNP Leadership

2026-2027 TNP Board of Directors

TNP proudly announces the Board of Directors for 2026-2027!

The following incumbents have been re-elected and will continue to serve on the TNP Board:



Stephanie Atkinson
DNP, APRN, FNP-C



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

We also welcome new board members:



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



Kate Taylor
DNP, FNP-C, CPPS, FNAP

The 2026–2027 Board of Directors will be officially sworn in during the TNP Annual Conference, taking place at Moody Gardens in Galveston on September 26, 2026.



A special thank you to **Erin Perez** and **Ilaria Reyes**, who will be leaving the board in September. Your service to TNP is extraordinary.



Congratulations to our board members. Thank you to all who participated in the election process.

TNP Staff

CEO: Emily Eastin
Government Affairs Director: Erin Cusack
Community Engagement Manager: Connie Rentz
Education Manager: Bella Stewart
Membership Coordinator: Jill Price

Building Momentum Together: Join Us in Galveston

As I reflect on the incredible progress Texas Nurse Practitioners has achieved, I am reminded that our greatest strength has never been found in a building, a boardroom, or a policy document—it lies in you, our members.

Together, we have continued to advance the NP profession, strengthen our legislative voice, expand student engagement, grow our university ambassador and affiliate programs, and create opportunities that empower nurse practitioners throughout Texas. The momentum is real, and the future is bright.

That is why I am especially excited to invite you to join us for the 2026 TNP Annual Conference in Galveston.

Our annual conference is much more than a continuing education event. It is where our profession comes together to connect, collaborate, learn, and lead. It is where new ideas are born, partnerships are formed, and lifelong professional relationships begin. Whether you are an aspiring NP, student, new NP, experienced clinician, educator, entrepreneur, and/or healthcare leader, there is a place for you at this conference.

We will install our new Board of Directors and celebrate the leaders who have stepped forward to serve our organization and our profession. Leadership transitions are important moments—not just for TNP, but for the future of nurse practitioner practice in Texas. Your presence helps shape that future.

As legislative, regulatory, and legal challenges shape our profession, your voice matters more than ever. TNP’s landmark lawsuit challenging Texas’ physician delegation requirement marks an important step in removing barriers to patient care.

By attending the conference, you can stay informed, connect with colleagues, and strengthen the collective voice advocating for nurse practitioners and the patients we serve.

Momentum is not something we inherit—it is something we create together. Every conversation, every connection, every member who chooses to engage helps move our profession forward.

I hope you will join us in Galveston as we celebrate our successes, welcome new leaders, strengthen our network, and continue building the future of nurse practitioner practice in Texas.

Thank you for your commitment to TNP, the people we serve, and our profession. I look forward to seeing you at the conference.



If I can, you can, and together we can!
Restricted NP practice anywhere is restricted access to care everywhere!

With gratitude and excitement,
Tracy Hicks, DNP, MBA, APRN, FNP-BC, PMHNP-BC, CARN-AP, FIAAN, FAANP, FAAN
President, Texas Nurse Practitioners



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- **Access to cost-saving health, dental, and vision insurance** through our exclusive affinity program
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Policy & Legislative Updates

From the Capitol to the Courtroom: TNP Files Landmark Constitutional Challenge to Texas' Physician Delegation Requirement



Dear Texas NPs,

Today marks a historic day for Texas nurse practitioners.

Texas Nurse Practitioners (TNP) has joined two Texas nurse practitioners in filing a landmark constitutional lawsuit challenging Texas' physician delegation requirement.

The lawsuit asks the courts to affirm a simple principle: Texas cannot require licensed nurse practitioners to pay a physician for permission to practice the very skills the State has already determined they are qualified to perform.

After decades of fighting for our independence and economic freedom at the Texas Capitol, TNP is taking our fight to the courtroom to remove unreasonably burdensome barriers to patient care and protect the profession we serve.

Years of Advocacy Led to This Moment

For decades, TNP has fought to remove unnecessary and unreasonable barriers that prevent nurse practitioners from practicing to the full extent of their education, training, and licensure.

Together, we've educated lawmakers, mobilized thousands of grassroots advocates, commissioned groundbreaking research, built bipartisan support, and advanced legislation that brought Texas closer than ever to meaningful reform. Those efforts have changed the conversation and built unprecedented momentum.

Unfortunately, Texas continues to require licensed nurse practitioners to secure—and sometimes pay for—a physician delegation agreement before they can provide care the State has already determined they are qualified to deliver.

While TNP will continue leading on legislative and regulatory advocacy, meaningful reform sometimes requires pursuing every appropriate avenue available. Today's lawsuit is the next chapter in our advocacy.

Your Membership Makes This Possible

This moment is exactly why Texas Nurse Practitioners exists.

Together, we've built an organization capable of defending nurse practitioners wherever that fight must be fought—at the Capitol, before state agencies, and now in the courtroom.

This lawsuit reflects years of work by TNP members, volunteer leaders, advocates, and supporters who refused to accept the status quo. It is a testament to what we can accomplish when we stand together with one voice.

How You Can Help

This case will not be decided in a single day. It will require sustained advocacy, public education, and member engagement. Here's how you can help:

[Support the TNP Advocacy Fund:](#) Your contribution will help sustain public education, member communications, and media outreach surrounding this historic legal challenge.

[Attend the TNP Annual Conference:](#) Join us in Galveston for a special presentation on the lawsuit, what it means for nurse practitioners, and what comes next in the fight to remove unnecessary barriers to patient care.

[Join or Renew Your Membership:](#) A strong association is only possible because of strong members. Every membership strengthens TNP's ability to advocate for nurse practitioners—and the patients we serve—in the Legislature, before state agencies, and now in the courts. Thank you for standing with Texas Nurse Practitioners. Together, we have built this movement, and together we will continue working toward a future where every Texas nurse practitioner can provide the care they are educated, trained, and licensed to deliver—and where every Texan has greater access to the high-quality care they deserve.

Federal Judge Blocks Student Loan Rule Affecting Future Nurse Practitioners



[A federal judge has temporarily blocked the U.S. Department of Education](#) from implementing portions of its final Reimagining and Improving Student Education (RISE) rule that would have reclassified many nurse practitioner and other advanced practice education programs, thereby reducing federal student loan funding available to many students. The ruling comes just days before the policy was set to take effect on July 1.

The lawsuit, [led by the American Association of Nurse Practitioners \(AANP\) and a coalition of healthcare, education, and professional organizations](#), argues that the Department of Education exceeded its legal authority by changing the longstanding federal definition of a “professional degree.”

If the rule had taken effect, many nurse practitioner students would have been reclassified as graduate students rather than professional students, reducing the amount they could borrow through the federal Direct Unsubsidized Loan Program. Professional students are generally eligible to borrow up to \$50,000 annually (up to \$200,000 total), whereas graduate students are limited to \$20,500 annually with a \$100,000 lifetime cap.

The court concluded that the organizations challenging the rule are likely to succeed on their claim that the Department exceeded its authority. It issued a preliminary injunction preventing the new definition from taking effect while the litigation continues.

The decision means that eligible nurse practitioner students may continue to qualify for the higher federal loan limits available to professional degree programs as the case moves forward in federal court.

[Texas Nurse Practitioners \(TNP\) supported the legal challenge](#) by allowing the association to be cited in the complaint as an example of how the rule could harm nurse practitioner students, educational programs, and patient access to care in Texas. Although TNP is not a plaintiff in the lawsuit, our inclusion underscores the real-world impact the policy could have on the future NP workforce. “Texas already faces significant shortages of primary care and behavioral health providers, and we cannot afford policies that make it harder for qualified students to become nurse practitioners,” said TNP President Tracy Hicks, DNP, MBA, APRN, FNP/PMHNP-BC, CARN-AP, FIAAN, FAANP, FAAN. “This ruling is an important victory for students, educational programs, and the patients who rely on nurse practitioners for timely access to care. TNP remains committed to working with our national partners to protect and strengthen the future healthcare workforce.”

TNP Testifies Before Public Health Committee, Advocates for NP Solutions

TNP brought the voice of Texas NPs to the Texas House Public Health Committee on June 4 as lawmakers examined healthcare workforce shortages, telehealth, and the Rural Health Transformation Program.

Representing TNP, Policy Chair Stella Logan urged legislators to pursue practical solutions to improve access to care by:

- Expanding workforce training, clinical rotations, and loan repayment programs, especially in high-need communities and specialties;
- Advancing payment reforms to strengthen primary care and preventive services; and
- Removing unnecessary practice barriers by granting Texas NPs Full Practice Authority.

“Texas has a healthcare access problem,” Stella shared in her testimony. “At the heart of that problem is a workforce shortage. Workforce shortages should not be compounded by regulatory barriers that prevent qualified providers from caring for Texans in need.”

The hearing also featured testimony on telehealth modernization, rural healthcare funding and sustainability, emergency medical services, and the implementation of several recently enacted healthcare initiatives.



As lawmakers continue studying these issues ahead of the 2027 legislative session, TNP will remain at the table, advocating for policies that expand access to care by empowering NPs to practice to the full extent of their education and training.

 You can watch Stella’s testimony [at minute mark 9:37:52.](#)

TNP Awards Healing Politics Scholarships to Two Nurse Practitioner Leaders



Christy Blanco
DNP, APRN, WHNP-BC, MSCP, FAANP, FNPWH



Michelle Ebrahimi
MSN, APRN, FNP-C

TNP is proud to announce that Christy Blanco, DNP, APRN, WHNP-BC, MSCP, FAANP, FNPWH, and Michelle Ebrahimi, MSN, APRN, FNP-C, have been selected as recipients of TNP’s 2026 Healing Politics Campaign School Scholarships. The scholarships will support their participation in the nationally recognized Healing Politics Campaign School for Nurses & Midwives, held July 30–August 2 at Duke University in Durham, North Carolina.

Both scholarship recipients have demonstrated exceptional commitment to advocacy and public service.

Christy Blanco, a past president of Texas Nurse Practitioners and a longtime Legislative Ambassador, has spent more than a decade advancing nurse practitioner policy at the state and national levels. Drawing on her experience practicing in New Mexico’s full practice authority environment while continuing to advocate in Texas, she hopes to build on her extensive leadership experience and take the next step from policy advocate to a future candidate for public office.

Michelle Ebrahimi has also distinguished herself as a dedicated grassroots advocate through legislative testimony, voter registration efforts, community organizing, campaign volunteering, and service as a TNP Legislative Ambassador. As a newly elected precinct chair, she is already building the relationships and campaign experience needed to pursue future leadership opportunities.

[The Healing Politics Campaign School](#) closely aligns with TNP’s commitment to developing nurse practitioner leaders who can shape public policy and advocate for healthier communities. By investing in members interested in civic leadership, TNP helps ensure that the voices of nurse practitioners—and the patients they serve—are represented in policymaking at every level of government.

Congratulations to Christy and Michelle on this well-deserved recognition. We look forward to following their experience at Healing Politics and to seeing how they continue to advance the nurse practitioner profession through leadership, advocacy, and public service.

[Healing Politics is a nonpartisan, nonprofit organization](#) dedicated to inspiring, recruiting, and preparing nurses and midwives to serve in elected office and to build a stronger culture of civic engagement within the professions. Hosted by the Polis: Center for Politics at Duke University, the immersive three-day campaign school equips participants with practical skills in campaign planning, fundraising, communications, media relations, grassroots organizing, voter outreach, ethics, and campaign finance. Whether participants are considering running for office, managing a campaign, or becoming more engaged in the political process, the program offers hands-on training tailored to healthcare professionals.



Prepared by: TNP's Practice Consultant
John Gonzalez
DNP, APRN, ACNP-BC, ANP-C, CNE





How to get your CE credit:

After reading the July 2026 Scope of Practice Q&A, “From the Field: The NP Practice Corner,” please complete the survey to obtain your CE certificate.

login.texasnp.org/surveys/?id=2216287

Participants will receive 0.5 contact hours, including 0.5 jurisprudence contact hours. To receive contact hours, participants must identify one concept from this article that is directly relevant to their current or future practice. What specific action will you take as a result of this learning?

Question 1

What should an NP practicing in TX have in place to offer peptide therapy? The FDA documents are difficult to review. Is there a simplified version? Are there clear guidelines and/or an agency that can review protocols? What about other states where NPs have independent practice?

Answer

In Texas, the biggest mistake that nurse practitioners can make with peptide therapy is assuming this is simply a prescribing issue. In reality, peptide therapy involves regulatory compliance, pharmacy oversight, informed consent, documentation standards, and risk management all at once. Before offering peptide therapy, an NP in

Texas should have an appropriate collaborating physician relationship and a compliant prescriptive authority agreement that clearly supports the prescribing of these therapies. The protocols and delegation language should be broad enough to include peptide prescribing, and the NP must be able to demonstrate education, training, and competency related to the therapies being offered. The Texas Board of Nursing expects APRNs to practice within their scope and demonstrate competency, even though there are no peptide-specific BON rules.

A nurse practitioner should also ensure there is a legitimate medical purpose for treatment, that there is evidence to support prescribing practices, and avoid operating in a manner that appears more like a retail

wellness business than a medical practice.

Patients should undergo a complete history and physical examination, appropriate laboratory evaluation, and have a documented diagnosis, treatment rationale, monitoring plan, and follow-up strategy. You should also ensure that the patient is receiving standard of care. Thorough documentation is essential. Equally important is a strong informed consent process. Patients should understand whether the peptide is FDA-approved or compounded, whether the use is off-label, the risks and unknowns, and the available alternatives. Many patients do not realize that compounded peptides are not FDA-approved medications, and that distinction should be clearly explained.

Another critical area is pharmacy compliance. Providers should only work with reputable licensed compounding pharmacies, ideally 503A pharmacies or FDA-registered 503B outsourcing facilities when appropriate. One of the most confusing aspects for providers is determining whether a peptide may legally be compounded. The FDA classifies bulk drug substances used in compounding into

categories based on safety concerns and review status. Very simply, Category 1 substances may still be eligible for compounding while under FDA review, whereas Category 2 substances raise significant safety concerns. This has become particularly important for peptides such as BPC-157 and TB-500, which have faced increased scrutiny from the FDA. Many providers incorrectly assume that if a pharmacy offers a peptide, it must automatically be legal to prescribe, but that is not always the case.

Marketing is another area that requires caution. Clinics should avoid exaggerated claims such as “anti-aging cure,” “healing,” or “reversal” therapies unless supported by evidence and regulatory approval. The FDA has increased scrutiny of clinics marketing compounded peptides and wellness therapies that could mislead consumers. Providers should also verify that their malpractice insurance specifically covers peptide therapy, regenerative medicine, or wellness-based services, as some policies exclude these treatments entirely.

From a compliance standpoint, every practice offering peptide therapy should maintain written clinical protocols. These should include patient selection criteria, contraindications, dosing guidelines, laboratory monitoring schedules, adverse event management procedures, emergency response protocols, and documentation templates. These protocols become especially important when supervising staff, using standing orders, or operating across multiple states.

Unfortunately, there is no single, simplified FDA resource or official agency that approves peptide protocols. The FDA guidance documents are fragmented and difficult to interpret, even for experienced providers and attorneys. The most practical framework is to ask several key questions: Is the peptide FDA-approved? If compounded, is the ingredient legally compoundable? Is the pharmacy compliant? Is there a patient-specific prescription when required? And is the clinic operating as a legitimate medical practice rather than a supplement-style wellness business?

There are no universally accepted guidelines for peptide therapy for nurse practitioners. Instead, providers must interpret a combination of FDA compounding law, state nursing board regulations, pharmacy board rules, malpractice standards, and advertising regulations. In Texas, the most relevant oversight bodies are the Texas

Board of Nursing, the Texas State Board of Pharmacy, and the FDA’s human drug compounding division. Most experienced clinics rely on a combination of legal counsel, compliance consultants, collaborating physicians, and knowledgeable compounding pharmacists to review protocols and operational processes.

It is not my role to discuss other states’ rules and regulations, so I will provide general information. For nurse practitioners practicing in independent practice states, the process may be operationally easier because physician delegation requirements are removed. However, federal FDA rules regarding compounding still apply regardless of state scope-of-practice laws. Independent practice authority does not eliminate obligations related to informed consent, documentation, malpractice exposure, or FDA restrictions on compounded substances. In other words, an NP in a full practice authority state may have more prescribing autonomy, but they are still subject to the same federal restrictions on compounded peptides and standards of care.

My recommendation to NPs interested in peptide therapy is to start conservatively with more established therapies, work only with reputable compounding pharmacies, avoid research peptides, maintain detailed protocols and informed consent documents, and obtain legal and compliance review before launching services. The regulatory landscape is rapidly evolving, and providers who approach peptide therapy cautiously and professionally are best positioned to protect both their patients and their practice.

You may find additional resources through A4M and the International Peptide Society, which is affiliated with A4M.

Thank you for reaching out with your question.

Reflection Question 1:

Evaluate your current or planned use of peptide therapies. Based on the information provided, determine whether your practice has addressed:

- Appropriate clinical indications and documentation
- Informed consent requirements
- Pharmacy and compounding compliance
- Written protocols and monitoring procedures
- Regulatory and malpractice risk considerations



Question 2

I understand that APRNs may not delegate to unlicensed staff, such as medical assistants. I am in a debate with my employer about justifying the placement of a nurse rather than an MA as my nurse.

I practice as a PMHNP in a BH outpatient setting and do not feel that MAs have the skill set to handle this patient population. Avoiding delays in care can be especially important. I try to utilize nursing staff (primarily RNs, 1 LVN) to their full capacity. We strive to set boundaries with our patients, and I do not typically contact patients directly. All patient communication starts with nursing staff and is filtered to providers. Often, we require nursing staff to contact patients for further information and then direct as warranted.

I want to clarify where the boundaries actually are and should be, as it is common practice in corporate medicine to use “policies and protocols” that define the roles of MAs and nurses in processing orders, taking phone calls, responding to MyChart messages, lab values, refill requests, and contacting patients, etc.

For example,

- 1) A patient sends a message reporting medication concerns.
- Can an MA call the patient for further information and relay it to the APRN provider?
- Can the APRN send a message back to the MA (expecting them to call the patient) with instructions to stop, start, or change, or to go to the ER, etc.?

Are there any particular scenarios you have heard of in the past that would be good examples of what not to allow?



Answer

Thank you for reaching out with your question.

CHAPTER 224. DELEGATION OF NURSING TASKS BY REGISTERED PROFESSIONAL NURSES TO UNLICENSED PERSONNEL FOR CLIENTS WITH ACUTE CONDITIONS OR IN ACUTE CARE ENVIRONMENTS is the TX BON rule that addresses your question. Unfortunately, the rule does not provide specific scenarios but offers guidance to help you make the decision. The limits of what you can delegate to an MA are set forth in §224.8, *Delegation of Tasks*, specifically part C, which I have copied below.

Nursing Tasks Prohibited from Delegation.

By way of example, and not in limitation, the following are nursing tasks that are not within the scope of sound professional nursing judgment to delegate:

1. Physical, psychological, and social assessment, which requires professional nursing judgment, intervention, referral, or follow-up;
2. Formulation of the nursing care plan and evaluation of the client’s response to the care rendered;
3. Specific tasks involved in the implementation of the care plan which require professional nursing judgment or intervention;
4. The responsibility and accountability for client health teaching and health counseling, which promotes client education and involves the client’s significant others in accomplishing health goals; and
5. Administration of medications, including intravenous fluids, except by medication aides as permitted under §224.9 of this title (relating to The Medication Aide Permit Holder).

Based on number 1 above, RNs may not delegate to the MA the task of assessing a situation to obtain additional information to relay to the APRN. This scenario and the required response require nursing judgment and therefore cannot be delegated by the RN. However, the MA may perform this task if the action is specifically delegated by the physician, with clear documentation of the delegation, and you maintain documentation that the MA can safely perform this action.

Regarding the second scenario you presented, one could argue that it falls under numbers 2, 3, and 4 above and is not permitted for the RN to delegate. In this instance, it would be best to ensure that the physician is delegating this task as well, that it is clearly documented that the



Question 3

I am covering for a provider in our practice while she is out. I have never seen most of her patients. Am I okay to authorize refills of established medications prescribed by the provider I am covering, even though I may not have seen these patients?



Answer

Thank you for reaching out with your question.

Whenever you write a prescription, whether it is a new prescription or a refill, you are accepting responsibility. That means you have conducted an assessment to determine that the medication is appropriate for the patient, that there are no contraindications, that there are no side effects that would prevent prescribing, and that the medication is therapeutic, etc. It is okay to refill prescriptions, but you must also know the aforementioned information and document it. Part of prescribing is ensuring that you have done an appropriate evaluation to determine the appropriateness of the medication and, of course, document it.

This does not necessarily mean you have to see the patient to refill the medication. In some instances, a chart review may suffice. For instance, consider the following scenario.

A patient who has been with the practice for 10 years is requesting a refill of their antihypertensive. They were last seen one month ago and had lab work. Their BP was stable (within goal), and labs were all normal. They are scheduled

physician is doing the delegation, and that you maintain documentation that the MA can safely perform this action.

Please note that my wording above is a strict and literal interpretation of this BON rule. When scenarios are not clear-cut, it is best and safest to take a strict interpretation and apply it accordingly.

Please let me know if you have any additional questions.

Reflection Question 2

Consider your current practice setting. Are there clinical tasks being performed by unlicensed personnel that may require reassessment to ensure compliance with delegation regulations?

for follow-up in 3 months. In this scenario, you could make a case for a refill without seeing the patient in person, with a simple chart note documenting the items I wrote above.

It is important to use your professional judgment when deciding whether to refill a medication. If you doubt whether you need to see the patient, the best decision is to see the patient before prescribing the refill.

I hope you find this helpful. If you have additional questions, please let me know.

Reflection 3

Consider your approach to authorizing medication refills for patients you have not personally evaluated. Assess whether your decision-making process includes:

- Review of the patient’s clinical status
- Assessment of medication appropriateness
- Identification of contraindications or safety concerns
- Adequate documentation supporting the refill decision
- Determination of whether an office visit is warranted



Question 4

What are the steps a nurse practitioner needs to take to open their own practice in Texas?



Answer:

Thank you for reaching out with your question and attending the webinar last night. I hope you found it helpful.

To open a nurse practitioner (NP) practice in Texas, you must begin by

legally establishing your business in the State of Texas. To do this, you will need to do the following:

- 1. Obtain a Texas Registered Agent. This is required to form a legal business entity in Texas. The registered agent serves as the entity that will accept legal notice if the entity is sued. You can find a registered agent by simply doing a Google search.
- 2. Form a Professional Limited Liability Company (PLLC) with the Texas Secretary of State using Form 206. The form is available at [.sos.state.tx.us/corp/forms/206_boc.pdf](https://sos.state.tx.us/corp/forms/206_boc.pdf).

You will need to list your registered agent on the form, so you will need to obtain that information first. Texas law requires licensed professionals who own a business related to their licensed profession to form a PLLC, not an LLC.

Once the PLLC is formed, there are a few things you must be aware of:

- 3. You will be required to file a Franchise Tax Report annually with the Texas Comptroller's Office. An accountant can assist you with this.
- 4. If you sell any products that are subject to sales tax, you will need to be set up to pay the tax to the Texas Comptroller's Office. This requires you to apply for a permit. You can read more about this at the following link: comptroller.texas.gov/taxes/permit/
- 5. You may need to comply with the Beneficial Ownership Information (BOI) reporting requirements. This is a federal law established to promote

transparency in corporations. There has been significant controversy and changes to these requirements, and I am not certain whether this is still a requirement. You can read more about this on the following website: fincen.gov/boi

Administrative items that you will need to complete are listed below:

- 6. Obtain an EIN from the IRS. You can read more about this at the following link: irs.gov/businesses/employer-identification-number
- 7. Make sure to open a business banking account. You will want to keep the business account separate from your personal account.
- 8. Obtain a bookkeeping program such as QuickBooks.
- 9. Ensure you have an accountant and an attorney who can help you navigate tax and legal questions.
- 10. Ensure you are compliant with clinical requirements.
 - You must hold an active Texas RN and APRN license issued by the Texas Board of Nursing.
 - Ensure that you fully execute a Prescriptive Authority Agreement and have a supervising physician.
 - If you plan to prescribe controlled substances, ensure you have a DEA number that is associated with you at your business.

Other items you will need to consider and address are:

- 11. If you plan to accept insurance, you will want to complete credentialing with Medicare, Medicaid, and major commercial insurers (such as Blue Cross Blue Shield or Aetna) so you can bill for your services.
- 12. Select an electronic health record (EHR) and billing system that support accurate coding and telehealth documentation.

- 13. When establishing your physical or virtual office, choose a location that complies with zoning, ADA, and health code requirements. Furnish the office with essential equipment, supplies, and technology, and consider hiring staff such as a receptionist or medical assistant.
- 14. Draft practice policies for patient intake, consents, emergencies, and referrals.
- 15. Ensure that your technology is HIPAA-compliant, particularly your EHR and telehealth platforms. You must request and keep on file a Business Associate Agreement (BAA) from all vendors with whom you work, verifying that they are HIPAA compliant. There are many additional HIPAA requirements that are extensive. It is important that you consult with an expert in HIPAA to ensure you are compliant with this law and the Texas privacy law.
- 16. You will want to establish an account with a lab such as Quest or Labcorp so you can order labs. Often, they will provide a lab draw station and personnel to draw labs in your office. If this occurs, discuss with them whether you need to apply for a CLIA certificate.

I recommend that you consult with an attorney experienced in health care and Texas business law, as well as an accountant, to ensure you have all your bases covered.

Please let me know if you have any additional questions.

Reflection Question 4

Which clinical, operational, legal, or financial considerations would be the most challenging if you were opening your own practice, and why?



Have a Scope of Practice Question?
Ask TNP's Practice Consultant
Visit the Resources section on texasnp.org to submit your question.

Disclosure Statement

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

Accreditation Statement

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Activity Dates

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This Scope of Practice Q&A was provided by TNP's Practice Consultant, John Gonzalez, DNP, APRN, ACNP-BC, ANP-C, CNE

Through Ask TNP's Practice Consultant, members can submit practice-related questions using a simple online form. [Click here](#) to learn more.



Keynote Speaker
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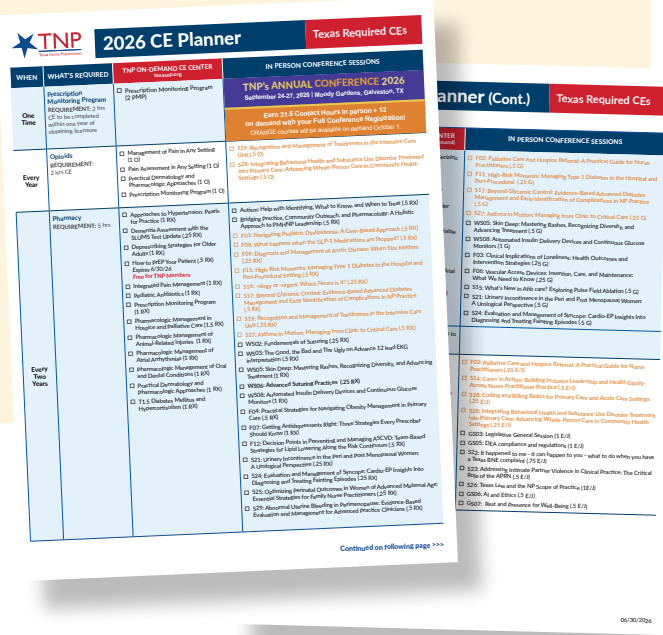
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Texas CE Planner
Click here for the updated 2026 Texas CE Planner.

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On-Demand – 12 CE Hours
Available until December 31, 2026

Visit the On-Demand CE Center on texasnp.org



If you weren't able to attend the Pharmacology Conference in person, we have you covered with 12 CE hrs of the content available on demand – including 8.5 hrs Pharmacology, 2 hrs Geriatrics, 1 E/J, 1 hr Opioids.

Attendees gave exceptionally high feedback on the speakers' presentations. If you were unable to attend live, you can still access all the content and earn your CE credits on your own schedule through our on-demand platform.

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Temporary Update:
Accessing the TNP
On-Demand CE Center

To support a temporary organizational initiative, the TNP On-Demand CE Center will be password-protected for a limited time.

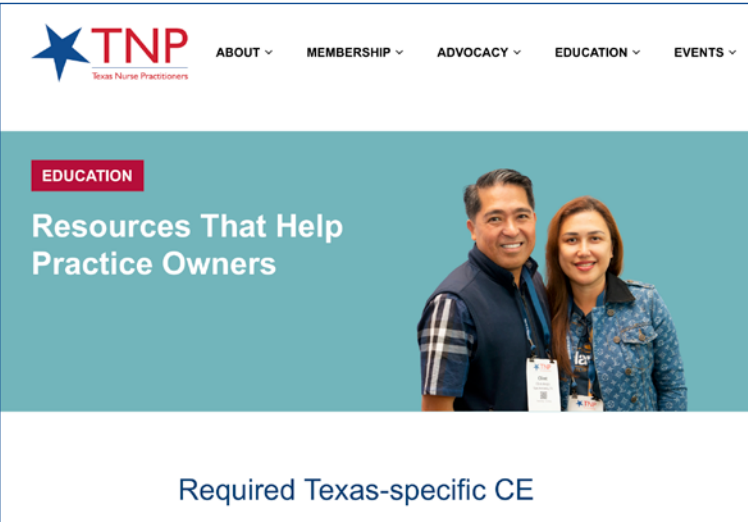
When you visit the On-Demand CE Center, you will be prompted to enter a password. Please use the following password to access the content:
tnpondemand

All programs remain fully accessible, and your ability to access purchased and available content has not changed.

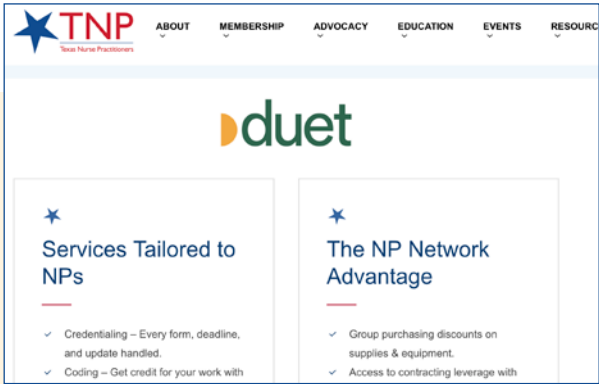
If you have any questions or need assistance, please contact me at Bella@texasnp.org.

Thank you for your patience and understanding as we implement this temporary change.

Exclusive Benefits & Resources For TNP Members



Resources for Practice Owners
We have developed a page on our website completely devoted to supporting our NP practice owners.
Learn about these resources for NP practice owners and many more [here](#).



Member Benefit Spotlight: Duet

Are you considering starting your own practice, or looking for ways to strengthen and grow an existing NP-owned practice?

As a TNP member, you have access to Duet, a valuable resource designed to support independent healthcare practices. Through TNP's partnership with Duet, members can access expertise and tools related to practice operations, credentialing, billing, revenue optimization, marketing, business strategy, and more.

Whether you're in the early stages of practice ownership or seeking to optimize an established business, Duet offers resources to help you navigate the challenges and opportunities of independent practice.

This partnership is just one of the many benefits available through your TNP membership, reflecting our commitment to supporting nurse practitioners throughout their professional journey.

[Learn more](#) about this member benefit.





Member Benefit

Cost-Saving Individual and Group Health Plans

- Medical • Dental & Vision • Life & Disability



Exclusive Affinity Program for Texas Nurse Practitioners

New Member Benefit Available for All Members: Access to Exclusive, Cost-Saving Health Plans
TNP has partnered with Association Healthcare as our official Affinity Program provider. Through this partnership, TNP members gain access to individual and group medical, life, disability, dental, and vision plans—many of which offer savings and features not typically available on the open market. [Learn more](#).



Shape the Future of Your Specialty
Every student you precept learns from your clinical judgment, patient-care approach, and real-world decision-making. The NPs you help develop today become the trusted colleagues you'll work alongside for years to come. Few opportunities offer a greater impact on the future of your specialty—or on the quality of care patients receive. The directory was built with flexibility in mind. As a preceptor, you can:

- Limit the number of students you are willing to precept
- Automatically be removed from search results once you've reached your selected limit
- Set specific availability dates
- Change your status to "not available" at any time

Now is the time to make an impact. Ready to offer a preceptorship? Sign up today to offer your skills!
[Click here for TNP's Preceptor Directory.](#)

Connect With Texas NPs Online in TNP Member-Only Communities

As a TNP member, you're automatically part of our **All-Member Community**, where you can connect, share insights, and stay informed. You may already be enrolled in additional communities based on the clinical focus or practice type listed in your profile.

Practice Owners Online Community: A peer forum for practice owners to connect, ask questions, and share resources, information, and best practices. The community helps develop TNP's resources for practice owners, including the Practice Owner Directory. [Learn more.](#)

Care+ Online Community: Care+ = Access, Awareness, Respect, Empathy & Excellence. Community members focus on advancing support for inclusive leadership, health equity, and professional development. [Learn more.](#)

All-Member Community: A welcoming space for all TNP members to ask questions, seek mentorship, and connect with NPs across the state. [Learn more.](#)

Women's Health Online Community: This community serves as a dedicated space to discuss women's health issues, highlight challenges facing women across Texas, and provide TNP with valuable insights and expertise on this population. [Learn more.](#)

Rural Health Online Community: Connects NPs practicing in rural communities and helps develop resources. Participants serve as a resource for TNP members with questions or those interested in practicing in rural communities. [Learn more.](#)

Obesity Online Community: Hosts discussions and shares resources and information on obesity and its treatment. Participants serve as a resource for TNP members and help determine the topics and speakers for TNP's Annual Obesity Pre-Conference, held in the spring in connection with our Pharmacology Conference. [Learn more.](#)

Industry/Pharmaceutical NP Community: This community brings together **Industry Nurse Practitioners within TNP** to foster collaboration, professional growth, and shared learning. It serves as a forum for exchanging ideas, exploring career opportunities, and engaging in meaningful discussions about industry and medical science. Members also serve as **therapeutic area experts**, offering disease-state education and clinical perspectives to support peers across the NP community. [Learn more.](#)

[Log in to access your communities.](#) If you want to join one or more of our special-interest Communities or are interested in starting a new community, please contact Connie Rentz at connie@texasnp.org.

TNP Corporate Membership Program

We're committed to supporting our APRN employers' efforts to develop and retain top APRN talent and to helping your company shine. TNP's corporate memberships are designed to meet the needs of organizations with APRN workforces of all types and sizes.

We invite organizations to experience the exclusive benefits of TNP's Corporate Membership program. [Click here](#) to learn more.

We gratefully acknowledge the support of our Corporate Members. These organizations understand the value NPs bring to healthcare, and they're investing in a future where NPs can thrive.



Congratulations Are In Order!



LCMR Thornell Lewis
DNP, APRN, FNP-C, PMHNP-BC
United States Public Health Services
TNP Member Since 2024

Dr. Tracy L. Hicks
DNP, APRN, FNP/PMHNP_BC, CARN-AP, FIAAN, FAANP
Owner/CEO of C-Trilogy Comprehensive
Clinical Care/C-Trilogy Outreach
University of Texas at Tyler School of Nursing
TNP President | TNP Legacy Member Since 2014

Congratulations to Dr. Tracy Hicks and LCMR Thornell Lewis, recipients of the TNA 25 Outstanding Texas Nurses Award for 2026, in recognition of their dedication, innovation, and commitment to health and wellness.

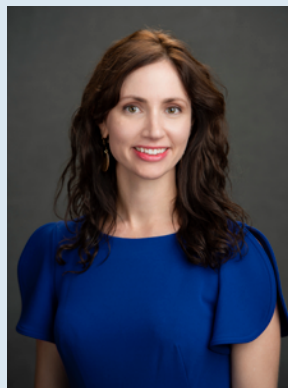
You make Texas NPs proud!

Texas AANP 2026 State Award for Outstanding Contributions

Congratulations to Shelagh Larson, DNP, WHNP, MSCP, IF, FAANP, FNPWH, a recipient of the 2026 AANP State Award for Outstanding Contributions. This award honors individuals who have advanced health care through practice, education, advocacy, research, and leadership while elevating the image and visibility of NPs.

Congrats, Shelagh! You make Texas NPs proud!





Erin Cusack, TNP Government Affairs Director, Begins New Professional Chapter

After more than 11 years with Texas Nurse Practitioners, Erin Cusack will leave TNP to launch her own government affairs and lobbying firm.

“Erin has played a key role in advancing our legislative and regulatory priorities, working alongside our Board, volunteer leaders, coalition partners, and advocacy team. We’re thankful for her long-standing professionalism, expertise, and dedication,” said Emily Eastin, CEO of Texas Nurse Practitioners. “She has given generous notice ahead of the next legislative session and will remain with TNP through most of August to ensure a smooth transition.”

In preparation for the 2027 legislative session, TNP is actively recruiting its next government affairs leader and will work closely with its advocacy team to maintain continuity with policymakers and coalition partners. TNP also anticipates exploring opportunities to collaborate with Erin in a different capacity during her successor’s onboarding.

Please join TNP in thanking Erin for her years of service and in wishing her success in her new venture.



Meet TNP’s Membership Coordinator: Jill Price

As TNP’s Membership Coordinator, I wear many hats, which is one of the things I enjoy most about my role.

My primary focus is supporting our members and ensuring they have a positive experience with TNP. On any given day, I might be assisting with membership renewals, managing our membership database, responding to website inquiries, coordinating outreach campaigns, supporting TNP’s online communities, or helping prepare for conferences. I also assist with conference logistics, merchandise sales, and a variety of projects that help keep our organization running smoothly.

I’ve always been passionate about healthcare, helping people, and business operations, so joining TNP felt like the perfect fit. I was excited to join a mission-driven organization where I could use my organizational skills to support nurse practitioners and, ultimately, the patients they serve. I’ve now been with TNP for a year and a half, and it has been an incredibly rewarding experience.

The most meaningful part of my job is connecting with our members and helping them get the most value from their TNP membership. I especially enjoy meeting our members at our conferences and events, which gives me



the chance to put faces to names and hear their stories firsthand. Learning about the many ways NPs are making a difference in their communities reminds me every day why our work is so important.

One accomplishment I’m especially proud of is helping to strengthen member engagement while improving our membership processes. I enjoy finding ways to streamline workflows, improve communication, and make it easier for members to connect with TNP.



Many people don’t realize how much goes on behind the scenes to support our members. Membership management, reporting, communications, conference logistics, donor recognition, committee support, and countless operational details all require careful coordination. It’s a collaborative effort, and I’m proud to contribute to the work that helps ensure every member has a positive experience with TNP.

When I’m not working, you’ll usually find me on the tennis court, practicing yoga, or spending time with family and friends. One fun fact about me is that I genuinely enjoy working with spreadsheets and data. I love organizing information, solving problems, and improving efficiency. On a personal note, I’m the youngest of four children, and my greatest inspiration is my mother, who is 100 years old and continues to live independently in California with her 101-year-old husband.

Being part of TNP means being part of an organization that supports and advocates for nurse practitioners and the patients they serve across Texas. It’s incredibly rewarding to contribute to a mission that strengthens our profession and improves healthcare throughout the



state. What makes the experience even more meaningful is the people I work alongside every day. Our culture is supportive, collaborative, and committed, and I’m grateful to be part of a team that shares a passion for serving our members.



★ Fort Worth Region Nurse Practitioners

The Fort Worth Region Nurse Practitioners Association participates in **Feed the City** events. Our organization provides the food for our group, and we prepare meals for the homeless. We participated in the June 20th event and, as a group, prepared 875 meals!



★ North Texas Nurse Practitioners (NTNP)



The North Texas Nurse Practitioners (NTNP) have had a busy and exciting few months! Thank you to everyone who attended the 2026 Spring CE Conference. We can't wait until next year!



Meanyoung Lee



Luis Munguia



Deepali Walker

In May, NTNP proudly awarded three student scholarships to support the next generation of nurse practitioners. Congratulations, Meanyoung Lee, Luis Munguia and Deepali Walker! They also presented their Philanthropy Grant to the free clinic in Collin County, recognizing their commitment to improving the health of the community.

NTNP is currently accepting applications for **President-Elect**, **Treasurer**, and **NP of the Year**. If interested in a leadership role or recognizing an outstanding colleague, please apply. Additional information and application details are available on the NTNP website. The deadline to apply is **July 31, 2026**.



Several NTNP members had the opportunity to attend the AANP National Conference in Las Vegas this June, where they enjoyed networking, continuing education, and even a visit to the iconic Neon Museum (see photo below!), thanks to our AANP Region 6 Director for organizing it!



FAANP Robert Metzger



FAANP Jackie Michael

NTNP is also thrilled to celebrate two of their own, **Robert Metzger, DNP, MBA, FNP-BC, FAANP**, and **Jackie Michael, PhD, APRN, WHNP-BC, PMHNP-BC, FAAN, FAANP**, who were inducted as Fellows of the American Association of Nurse Practitioners (FAANP). Congratulations to both on this well-deserved achievement!

THANK YOU TNP AFFILIATES

We are grateful to our TNP Affiliates who work together with TNP to provide networking, support, and education for nurses in advanced roles or preparing themselves for practice in advanced roles.

- Austin Advanced Practice Nurses
- Brazos Valley Nurse Practitioner Association
- Brazosport Area Nurse Practitioners
- Central Texas Nurse Practitioners Association
- Coastal Bend Advanced Practice Nurses
- East Texas Nurse Practitioner Association
- El Paso Area Advanced Practice Nurses
- Fort Worth Region Nurse Practitioners
- Galveston Coalition of Advanced Practice Nurses
- Greater Texas Chapter of NAPNAP
- Hill Country Nurse Practitioners Association
- Houston Area Nurse Practitioners
- Laredo Advanced Practice Nurses Association
- National Black Nurse Practitioner Association
- North Harris Montgomery Advanced Practice Nurses Society
- North Texas Nurse Practitioners
- Panhandle Nurse Practitioners Association
- Piney Woods Advanced Practice Nurses Association
- Psychiatric Advanced Practice Nurses of Austin
- Psychiatric Advanced Practice Nurses of Texas
- San Angelo Coalition of Nurses in Advanced Practice
- San Antonio Nurses in Advanced Practice
- South Plains Nurse Practitioners Association
- Southeast Texas Nurse Practitioners
- The Texas Austin Chapter of NAPNAP
- Valley Advanced Practice Nurse Association
- Victoria Area Nurse Practitioners
- Wichita County Nurse Practitioners

★ **Cizik School of Nursing at UT Health Houston**

The Family Nurse Practitioner track of our BSN-DNP program has earned national recognition, ranking No. 1 in Texas and among only 15 programs recognized nationally by *U.S. News & World Report*. We are also proud to have launched the first-ever Emergency Nurse Practitioner (ENP) subspecialty in Emergency Medical Services. In other program news, the Adult Gerontology Primary Care Nurse Practitioner track is currently on hold and not accepting new applicants.

★ **Texas A&M University develops first-of-their-kind DNP tracks**

The **Texas A&M University College of Nursing** has added unique specialty tracks in extreme environment nursing and forensic nursing to its online **Doctor of Nursing Practice degree**.

These nursing specialties available at the doctoral level are exclusive to Texas A&M University and designed to meet emerging state, national and global needs, according to College of Nursing leaders.



The **DNP-Extreme Environment Nursing track** prepares nurses to lead and deliver care in resource-limited environments like aerospace, alpine, arctic, desert, maritime, tropical and urban conflict zones. The program

promotes environmental adaptability and positions nurses to practice and manage care across the components of **Texas A&M's triple designation as a land-, sea- and space-grant university**. Two courses, for example, train nurses to practice at sea and support care for preparation and return of space missions.

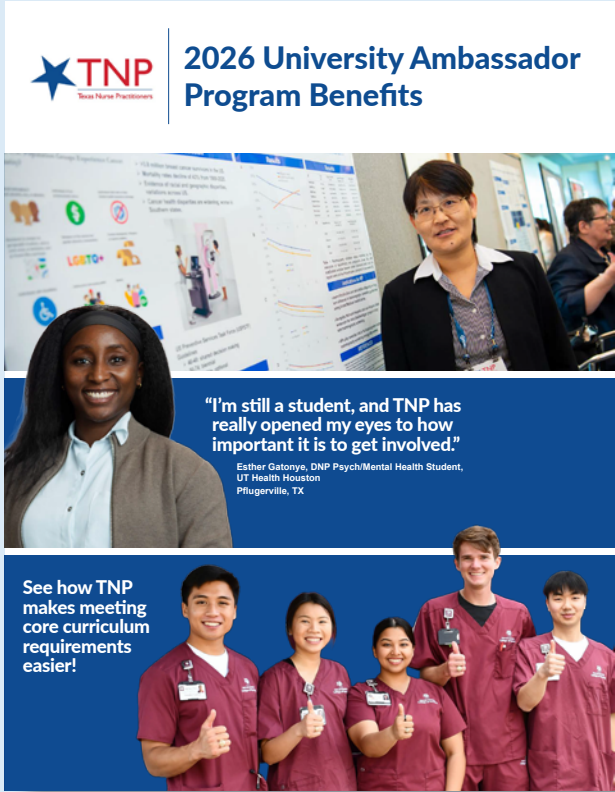
The **DNP-Forensic Nursing track** complements the college's existing forensic nursing offerings at the master's and graduate certificate level and helps nurses develop advanced skills needed to hold leadership roles in the field, which focuses on caring for survivors of violence and trauma. The program trains forensic nurses as implementation scientists who study and influence the health care and legal systems in which they operate. In addition to providing care to survivors, forensic nurses are responsible for collecting and documenting forensic evidence for the legal process.

The college will also leverage the expertise of its federally and state-funded **Texas A&M Health Center of Excellence in Forensic Nursing**, which was established in 2019 to advance forensic nursing education, outreach and research.

"Expansion of our Doctor of Nursing Practice degree with these specialty tracks was necessary to prepare our graduates to lead in a complex and ever-evolving health care landscape," said **Leann Horsley**, PhD, dean of the college. "We push our students to think about how they can influence the systems that shape health outcomes. From practicing in nontraditional settings to making a difference at the intersection of care and the legal systems, our graduates leave with the tools to specialize, lead, and innovate."

Both programs are delivered online, but students' complete hands-on clinical hours in their own communities and during limited on-campus obligations that take advantage of learning opportunities at state-of-the-art Texas A&M simulation and research facilities. A graduate degree in nursing is required for admission, among other requirements.

For more information, visit nursing.tamu.edu.



**THANK YOU
TNP UNIVERSITY
AMBASSADORS**

We are grateful to our TNP University Ambassadors who work together with TNP to create a dynamic forum where academic leaders can engage, share insights, and collaborate on advancing the nurse practitioner profession.

- Baylor University Louise Herrington School of Nursing
- Houston Christian University Linda R. Dunham Nursing School
- Stephen F. Austin State University DeWitt School of Nursing
- Texas A&M University College of Nursing
- Texas A&M University Texarkana
- Texas Christian University Harris College of Nursing and Health Sciences
- Texas State University St. David's School of Nursing
- Texas Tech University Health Sciences Center
- Texas Wesleyan University School of Health Professions
- Texas Woman's University College of Nursing
- The University of Texas at Arlington College of Nursing and Health Innovation
- The University of Texas at Austin School of Nursing
- University of North Texas Health Science Center College of Nursing
- University of Texas at Tyler School of Nursing
- University of Texas Health Science Center at Houston Cizik School of Nursing
- University of Texas Medical Branch School of Nursing
- West Texas A&M University College of Nursing and Health Sciences

ANNUAL CONFERENCE 2026

Gearing up for TNP Foundation Annual Conference fundraisers!

Two all-time favorite activities at TNP’s in-person conferences are the Foundation’s Silent Auction and Walk and Wine Down! Both activities help raise money for annual scholarships for NP student members.



Peruse the silent auction in the exhibit hall at TNP’s Annual Conference during breaks to place your bids on your favorite and must-have items!

TNPF Silent Auction

Donate to the silent auction to join in on the fun! [Click here](#) for more details, and [click here](#) to let us know about your donation. Questions? Contact connie@texasnp.org.



TNPF Walk & Wine Down

Join fellow NPs on Saturday, September 26, 2026, at 6:00 pm. Go on a 20–30-minute walk to unwind with one complimentary glass of wine or beverage of your choice. Registered participants will also receive a keepsake t-shirt while supplies last. Registration is \$75. Purchase your ticket during online registration or [click here](#) or in person at the conference registration desk.

Sponsor Walk T-shirts and have your company or group logo printed on the t-shirt. Please contact connie@texasnp.org if you would like to sponsor the t-shirts.



Support the Texas NP Foundation Through Employer Matching Gifts

Many employers and institutions offer charitable matching gift programs that allow employees to double—or even triple—their donations to eligible nonprofit organizations.



Why Your Support Matters

Every contribution helps fund scholarships, professional development programs, and initiatives that support the growth and advancement of nurse practitioners across Texas. Matching gifts make your generosity go even further—expanding opportunities for NPs, students, and the communities they serve.

[Click here](#) to learn more, donate, and request the match!

For questions, contact connie@texasnp.org.

2026 TNP Foundation Scholarship Recipients

Congratulations to the recipients of the Texas Nurse Practitioner Foundation’s 2026 Scholarships!



Katie Russell Memorial Scholarship

Olivia Ponton, BS, BSN, CPN, CHPPN, CPN, CCRN

DNP, Pediatric NP (Dual Acute/Primary Care)

Baylor University



Olivia Ponton is a dedicated pediatric critical care and emergency nurse currently pursuing a Doctor of Nursing Practice degree as a dual Pediatric Nurse Practitioner student in Acute and Primary Care. She holds both a Bachelor of Science in Psychology and a Bachelor of Science in Nursing.

Olivia currently works in a pediatric emergency department, and previously served in the Pediatric

Intensive Care Unit, specializing in ECMO and the care of children with complex cardiac needs. She also served as a Fetal Cardiology Coordinator, where she used her expertise in pediatric cardiology and critical care to educate and support families expecting infants with complex cardiac conditions.

Her commitment to advancing pediatric healthcare is reflected in co-authored publications on bereavement and palliative education needs in pediatric critical care and fetal cardiology. A multiple-time DAISY Award nominee, Olivia is recognized for her clinical excellence, compassionate care, and meaningful impact on patients, families, and colleagues. She is passionate about continued professional growth and improving patient and family experiences in pediatric healthcare.

General TNPf Scholarship

Emily Lester, RN
MSN-FNP Student
University of Texas Medical Branch



Ms. Lester is a registered nurse and MSN-FNP student at the University of Texas Medical Branch, graduating in December 2026. She earned her BSN magna cum laude from Texas State University and began her career in the emergency department at St. David's South Austin Medical Center in 2021. There, she worked as a trauma, charge, and triage nurse, mentored new team members, and contributed to pediatric and maternal readiness initiatives. As Clinical Nurse Coordinator, Ms. Lester streamlined throughput operations and advocated for staff and patients. She also acted as the social committee vice-president, fostering team spirit and collaboration. Ms. Lester is passionate about advancing the nurse practitioner profession and has served on the TNP Student Leadership Council since 2025, volunteering at annual conferences and supporting her peers. She is dedicated to improving clinical placement opportunities for NP students and intends to continue this advocacy after graduation. Her goal is to build a career in primary care, delivering holistic, individualized care to patients of all ages.

Hollin Macklin, MSN, RN
PMHNP Student
University of North Texas Health Science Center College of Nursing



Hollin Macklin is a Psychiatric Mental Health Nurse Practitioner (PMHNP) candidate at the University of North Texas Health Science Center College of Nursing and is expected to graduate in August 2027. In May 2026, Hollin earned a Master of Science in Nursing: Practice Innovation with a 4.0 GPA and was honored as the College of Nursing's nominee for the Presidential Academic Excellence Award.

With more than a decade of nursing experience, Hollin currently serves as a Service Coordinator at UnitedHealthcare while continuing advanced PMHNP studies. Research interests focus on digital health innovation and expanding access to mental health care for underserved populations. Scholarly work includes serving as first author of a PRISMA-ScR systematic review examining artificial intelligence and wearable

biosensing for addiction recovery, currently under review for publication, as well as developing SENTRY, an offline-capable relapse-prediction prototype designed for rural communities. Hollin also co-authored an accepted perspective on artificial intelligence for Nursing Administration Quarterly.

Hollin is passionate about advancing the future of psychiatric nursing in Texas and is sincerely grateful for the support of TNP in helping make that goal possible.

Nausheen Merchant, RN, BSN
MSN-FNP Student
Frontier Nursing University



Nausheen Merchant is a Registered Nurse and a Family Nurse Practitioner (FNP) student at Frontier Nursing University. Since beginning her nursing career in 2017, she has gained experience in adult and pediatric intensive care units and trauma centers in both Los Angeles and Dallas County, caring for patients with complex and critical illnesses.

Inspired by her own experiences navigating barriers to healthcare, Nausheen is passionate about expanding access to high-quality, culturally competent primary care for underserved communities. She hopes to improve health outcomes through preventive care, patient education, and early intervention. As a future Family Nurse Practitioner, she is committed to building trusting relationships with diverse patient populations, empowering individuals to take an active role in their health, and advancing health equity.

Nausheen is honored to receive the Texas Nurse Practitioners (TNP) scholarship and is grateful for the organization's investment in the education and development of future nurse practitioners who will serve communities throughout Texas.

Nkiru Ogbuke, BSN, RN,
MedSurg- BC
DNP, PMHNP
Baylor University Louise Herrington School of Nursing



Nkiru G. Ogbuke, BSN, RN, MedSurg-BC, is a Doctor of Nursing Practice (DNP) student in the Psychiatric Mental Health Nurse Practitioner (PMHNP) program at

General TNPf Scholarship

Baylor University's Louise Herrington School of Nursing. She is a registered nurse with experience in medical-surgical nursing, inpatient psychiatric care, and outpatient behavioral health.

Her passion for mental health was shaped by her background and caring for patients across diverse clinical settings, where she recognized that healing extends beyond treating physical illness. These experiences deepened her understanding of the complex relationship between physical and mental health and reinforced the importance of seeing each person as a whole. She is committed to reducing mental health disparities, improving access to quality behavioral healthcare, and helping break the stigma surrounding mental illness through compassionate, evidence-based care.

Nkiru believes that caring for others begins with understanding their stories and recognizing that every individual deserves to be treated with dignity, empathy, and respect. She is passionate about promoting holistic well-being, advocating for vulnerable populations, and empowering patients to achieve meaningful, lasting improvements in their mental health. Through clinical practice, leadership, and service, she hopes to make mental healthcare more accessible, equitable, and person-centered for the communities she serves.

Alyssa Starkey, BSN, RN
DNP-FNP Student
UT Health Houston



Alyssa Starkey, BSN, RN, is an emergency department registered nurse and serves as the Pediatric Emergency Care Coordinator (PECC) at Baylor Scott & White Health. She is dedicated to delivering outstanding, evidence-based emergency care for all ages. Pursuing her DNP-FNP at UTHealth Houston, she balances nursing, doctoral studies, and family. Her experience with adult and pediatric emergency patients fuels her passion for compassionate, evidence-based care, clinical excellence, and improving patient outcomes via leadership and quality initiatives.

Outside her professional role, Alyssa is the proud mother of three children, Bridgette, Oliver, and Nicolas, who inspire her dedication to lifelong learning and service. She also serves as the Missions and Community Council Chair for the Ministry of Moms, where she leads outreach

initiatives and supports programs that strengthen and serve families in her community.

Alyssa will begin the Emergency Nurse Practitioner (ENP) program during her final semester of the DNP-FNP curriculum and complete the additional two semesters required for certification. She is committed to providing expert emergency care to patients of all ages and is honored to receive the Texas Nurse Practitioner Foundation Scholarship, which supports her continued education and dedication to advancing the nurse practitioner profession.

Kamilah Aziza Yang, MS, BSN,
RN, CBCN
DNP-FNP Student
Texas Christian University



Kamilah Aziza Yang is a Doctor of Nursing Practice-Family Nurse Practitioner (DNP-FNP) candidate at Texas Christian University with over eight years of nursing experience, including specialization in breast oncology. Her doctoral project focuses on standardizing clinical trial prescreening in breast oncology through automation and structured data abstraction. She has presented her scholarly work on clinical trial prescreening and nurse-led treatment education in breast specialty care at national conferences. As a Certified Breast Care Nurse (CBCN), she is dedicated to delivering evidence-based care and expanding access to clinical research for historically underrepresented populations. In addition to her clinical expertise, she has volunteered as a CBCN item writer, a peer reviewer for Oncology Nursing Society Congress, and a mentor to oncology nurses pursuing quality improvement initiatives.

As a future DNP, Kamilah hopes to continue practicing breast oncology in the community and ultimately hold a leadership position to shape cancer care delivery and clinical trial access. She is passionate about social justice in healthcare policy and an advocate for healthcare reform.

Kamilah is a native Texan, the wife of a supportive husband, and the mother of an amazing daughter. Her hobbies include fishing, painting, and reading about history and politics.

Advanced Practice Provider Course:

Bridging the Gap in Comprehensive Spine Care

Saturday, October 17

7:30 a.m.–12:30 p.m.

Henry B. Gonzales Convention Center

San Antonio, TX



Advanced Practice Providers (APPs) play an increasingly critical role in the evaluation, coordination, and management of patients with spinal disorders.

This half-day educational program is designed to strengthen the clinical knowledge and practical decision-making skills needed to manage complex spine presentations across interdisciplinary settings.

Who should attend?

This course is designed for Advanced Practice Providers involved in spine care, including physician assistants, nurse practitioners, and other APPs working in orthopaedic surgery, neurosurgery, physiatry, pain management, or interdisciplinary spine practices.

Learn more at www.spine.org/APP



Focused lectures and case-based discussions

Explore common diagnostic challenges where spinal pathology overlaps with hip, pelvic, shoulder, and upper extremity conditions

Examine current controversies in lumbar pathology

Review treatment considerations across conservative and surgical pathways

Practical perspectives on the evolving role of APPs in both academic and private spine practices

Strategies to improve patient care, surgical optimization, and practice efficiency



EARLY REGISTRATION
DISCOUNT ENDS JULY 31

ANNUAL CONFERENCE 2026

Moody Gardens | Galveston

September 24-27, 2026



PROGRAM

Where NPs get their Texas CEs and more!

- Top experts, 40+ educational sessions
- NP and Industry Posters
- Exhibit Hall and Product Theaters
- Legendary TNP Member Appreciation Event
- The best networking event of the year
- Attendees can earn 21.5 Contact Hours (including up to 5.75 E/J, 5 RX, 2.75 G, and 1 O) in person.
- BONUS: Register for Full Conference and earn an additional 12 Contact Hours (including 1.25 E/J, 3.25 RX, 1.5 G, 1 O)



Register on texasnp.org

Join us for the premier conference for Texas NPs!

- 21.5 CE hours from expert speakers
- Hands-on workshops and clinical updates
- Networking events, including the TNP Member Appreciation Night
- Wellness activities like Mindful Morning Meditation and TNP’s Walk & Wine Down
- Relaxation time at the Moody Gardens Spa and Pool

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



Don’t miss the biggest TNP event of the year!
Register today!
#TNP2026Annual



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TNP Board Members

- 

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Tracy Hicks, DNP, MBA, APRN,
FNP-BC, PMHNP-BC, CARN,
AP, FIAAN, FAANP
- 

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- 

Secretary
Susan J. Calloway, PhD, APRN,
FNP-BC, PMHNP-BC, FAANP
- 

Member at Large
Stephanie Atkinson,
DNP, APRN, FNP-C
- 

Member at Large
Lutricia Harrison, DNP,
APRN, FNP-BC
- 

Member at Large
Ilaria Reyes, MSN,
APRN, FNP-C

TNP Staff
CEO: Emily Eastin
Government Affairs Director: Erin Cusack
Community Engagement Manager: Connie Rentz
Education Manager: Bella Stewart
Membership Coordinator: Jill Price

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 Moody Gardens, Galveston, 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 23, 3:00 pm – 7:00 pm
Thursday, September 24, 7:00 am – 7:00 pm
Friday, September 25, 7:00 am – 5:00 pm
Saturday, September 26, 7:00 am – 5:00 pm
Sunday, September 27, 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 Exhibit Hall, Expo AB.

Exhibit Hall Hours

Thursday, September 24 5:00 pm – 7:00 pm
Friday, September 25 8:00 am – 4:45 pm
Saturday, September 26 8:00 am – 11:45 am

Survey and CE Forms

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.

TNP Office
4425 S. Mopac, Building III, Suite 405
Austin, Texas 78735
Phone: 512.291.6224 | Fax: 512.291.6225



texasnp.org

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: F09, F11, S15, S16, S19, S27, S17, S24
Geriatric: F02, F03, F06, F11, S15, S17, S21
Pediatric: F01, F05
Women’s Health: S21, S23, S25, S29
Psych/Mental Health: F03, F07, S28,
Practice/Professional: F13, S14, S18, S22, S26, S30
Skills: WS02, WS04, WS05, WS06, WS07, WS08, F10

Pharmacology (RX): WS02, WS06, WS03, WS05, WS08, F01, F04, F07, F08, F09, F11, F12, S16, S17, S19, S21, S24, S25, S27, S29
Ethics/Jurisprudence (E/J): GS03, GS05, GS06, GS07, F02, S14, S18, S22, S23, S26, S28
Geriatrics (G): WS05, WS08, F02, F03, F06, F11, S15, S17, S21, S24, S27
Opioids (O): S19, S28

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

In addition, if a session or workshop includes any of the following Texas-Specific hours required by the Board of Nursing, that information will be included with the description.

SESSIONS THAT FULFILL TEXAS CE REQUIREMENTS

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

Geriatrics:
WS05 (.5), WS08 (1), F02 (.5), F06 (.25), F11. (.25), S15 (.5), S21 (.5), S24 (.5), S27 (.25)

Earn a total of 4.25 G hours to exceed your Texas-Specific Geriatrics Requirement by registering for these courses.

Opioids:
S19 (.5), S28 (.5)

Earn a total of 1 O hour to count towards your Texas-Specific Opioids Requirement by registering for these courses.

RX:
WS03 (.5), WS05 (1) F04 (.5), F07 (1), F12 (.5), S17 (.5), S21 (.25), S24 (.25), S29 (.5)

Earn a total of 5 RX hours to meet your Texas-Specific RX Requirement by registering for these courses.

Ethics/Jurisprudence:
F02 (.25), GS03 (1), GS05 (1), GS06 (.5), GS07 (.5), S24 (.5), S22 (.75) S26 (1)

Earn a total of 5.5 E/J hours to exceed 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 Wednesday, September 16.

Wednesday | September 23 – Registration and Check-in

3:00 pm – 7:00 pm	Registration and Check-in (Reg Desk)
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Thursday | September 24 – Annual Pre-Conference (7.5 Contact Hours)

7:00 am – 7:00 pm	Registration
7:45 am – 8:45 am	Breakfast Product Theaters Floral Hall A & Floral Hall B
9:00 am – 12:15 pm	AM Workshops
12:30 pm – 1:30 pm	Lunch Product Theaters Floral Hall A & Floral Hall B
1:45 pm – 5:00 pm	PM Workshops
5:00 pm – 7:00 pm	Exhibit Hall Opens Expo AB
7:15 pm - 8:45 pm	Thursday General Session: Space Nursing – By: Glenn Barnes, DNP, RN, EMT-P, NHDP-BC, FWEM, FAWM Expo C

Friday | September 25 – Annual Conference (5.5 Contact Hours)

All general sessions are in Expo C unless otherwise noted.

7:45 am – 8:45 am	Breakfast Product Theaters Floral Hall A & Floral Hall B
8:00 am	Exhibit Hall Opens Expo AB
9:00 am – 9:30 am	GS01: Welcome Address and Membership Mtg By: TNP President, Tracy Hicks, DNP, MBA, APRN, FNP-BC, PMHNP-BC, CARN-AP, FIAAN, FAANP, FAAN
9:45 – 10:45 am	GS02: Keynote: Healthy and Fit at Any Age: Easy Ways to Reduce Stress and Adopt Healthy Habits By: Mimi Secor, DNP, FNP-BC, FAANP, FAAN
10:45 – 11:15 am	Break in Exhibit Hall / Silent Auction Opens Expo AB
11:15 am – 12:15 pm	GS03: Legislative General Session
12:30 pm – 1:30 pm	Lunch Market Style / Product Theaters Floral Hall A & Floral Hall B
1:45 pm – 2:45 pm	First Breakout Session
2:45 – 3:15 pm	Break in the Exhibit Hall
3:15 pm – 4:15 pm	Second Breakout Session
4:15 pm – 4:45 pm	Break in the Exhibit Hall / Poster Presentations Expo AB
4:45 pm– 5:45 pm	Third Breakout Session
7:00 pm – 10:00 pm	TNP Member Appreciation Event. This 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 here or at checkout. Additional tickets are \$50 each

Join our Networking Passport Event in the exhibit hall for a chance to win a gift card

Exhibit Hall Opens at 8:00 am

Exhibit Hall Closes at 4:45 pm

PROGRAM AT A GLANCE (CONTINUED)

Saturday | September 26 – Annual Conference (5.5 Contact Hours)

All general sessions are in Expo C unless otherwise noted.

7:45 am – 8:45 am	Breakfast Product Theater & PAC Breakfast Floral Hall A & Floral Hall B
8:00 am	Exhibit Hall Opens Expo AB
9:00 am – 10:00 am	GS04: Board Installation and Awards Ceremony
10:00 am – 10:30 am	Break in Exhibit Hall / Poster Presentations
10:30 am – 11:30 am	GS05: DEA Presentation: Prescription Abuse DEA Compliance and Regulations
11:45 am – 12:45 pm	Lunch Market Style / Product Theaters Floral Hall A & Floral Hall B
12:45 pm	Exhibit Hall Closes
1:00 pm – 2:00 pm	First Breakout Session
2:00 pm – 2:15 pm	Break
2:15 pm – 3:15 pm	Second Breakout Session
3:15 pm – 3:30 pm	Break
3:30 pm – 4:30 pm	Third Breakout Session
4:30 pm – 4:45 pm	Break
4:45 pm – 5:45 pm	Fourth Breakout Session
6:00 pm	TNPF Walk and Wine Down Show your support for the TNP Foundation and join us for a 20–30-minute walk and wine down with one complimentary glass of wine or beverage at location coming soon. (T-shirt included.) Additional beverages are available for purchase. This is a \$75 Ticketed item; you can purchase here or at registration checkout.

Sunday | September 27 – Annual Conference (3 Contact Hours)

7:00 am - 7:45 am	Sunday Mindful Morning Meditation – on the Garden/Rooftop Terrace member event brought to you by the TNP Wellness Committee
7:45 am – 8:45 am	Breakfast Product Theaters Floral Hall A & Floral Hall B
9:15 am – 10:45 am	GS06: AI and Ethics by Stephanie H. Hoelscher, DNP, RN, NI-BC, AIMP, CHISP, CPHIMS, FHIMSS
10:45 am – 11:00 am	Break
11:00 am – 12:30 pm	GS07: Rest and Presence for Well-Being by Chris Divin, PhD, APRN, FNP-BC, Cara Young, PhD, APRN, FNP-C, FAAN, FAANP, Dr. Rhonda Tower Siddens, PhD, MSN, APRN, FNP-C, CNE, CFNIP, Denise De La Rosa, DNP, APRN, FNP-C, Wanda Hilliard, DNP, MBA, APRN, PMHNP, Susan Calloway, PhD, RN, FNP-BC, PMHNP-BC, FAANP (.5 E/J Adv)
12:30 pm	Adjourned, TNP President Tracy Hicks, DNP, MBA, APRN, FNP-BC, PMHN-BC, CARN-AP, FIAAN, FAANP, FAAN

It's an NP Takeover at the Moody Gardens, Galveston, Texas!

We've reserved the entire property.



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 \$189 for a Standard King Bed/Standard 2 Bed.

Check in 4:00 pm
Check out 12:00 pm

Room rates are based on availability through September 1, 2026.

Self-Parking
Daily Self-Parking - Complimentary
Daily Garage Parking - \$15
Overnight Guest Self-Parking - Complimentary

Valet Parking
Daily Valet - Up to \$12
Overnight Valet - \$30

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.

View Galveston Island's destination information for TNP attendees. >>



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

WS01: Neuroplasticity: From Understanding to Clinical Applications -Practical Brain-Based Strategies for Nurse Practitioners (3 Contact Hours) Brought to you by the Texas Nurse Practitioner Foundation Kim Oas Memorial Fund

This workshop translates the science of neuroplasticity into practical tools nurse practitioners can apply immediately into clinical practice. Brain health significantly influences cognitive performance, behavioral regulation, emotional stability, and physical functioning across the lifespan. Many common conditions – including ADHD, anxiety, depression, addiction, traumatic brain injury (TBI), and neurodegenerative disorders – have meaningful brain-based components that can be addressed through targeted assessment and intervention. Participants will learn how to identify brain-related contributors through focused intake questions and appropriate laboratory evaluation. Evidence-informed nutritional, metabolic, and lifestyle strategies that support neuroplasticity will be included. Attendees will leave with a clear, practical framework for integrating brain-health strategies into everyday patient care.

Speaker: Barbara S. Peavey, Ph.D., MS PsyPharm, BCIAC

Barbara S. Peavey is an internationally recognized licensed psychologist specializing in neuroplasticity, applied psychophysiology, stress management, and psychopharmacology. She earned dual doctoral degrees in Behavioral Medicine and Clinical Psychology from the University of North Texas (1982) and completed postdoctoral training in Psychopharmacology through Alliant University. For over two decades, Dr. Peavey has served as CEO and Clinical Director of the PsychoNeuroPlasticity (PNP) Center in Grapevine, TX, where she leads a multidisciplinary healthcare team integrating brain-based assessment with evidence-based interventions to enhance cognitive, emotional, behavioral, and physical functioning across the lifespan. Dr. Peavey is widely recognized for translating neuroscience into practical, clinically applicable strategies that empower healthcare professionals to optimize patient outcomes through brain-based, evidence-informed care.

WS02: Fundamentals of Suturing (limited to first 50 paid registrants) (3 Contact Hours, .25 RX)

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

Speakers: Virginia Austin, APRN, FNP-C, CRNFA and Ann Birka, MSN, APRN, RNFA, CNS, ACNP-BC

Virginia Austin, APRN, FNP-C, CRNFA brings 26 years of operating room experience, including 23 years as a dedicated surgical first assistant. She has trained countless medical students, residents, surgical technologists and OR personnel in

suturing techniques across a variety of surgical specialties. With a strong focus on practical application with down-to-earth instruction, tissue respect, and procedural efficiency, Virginia is a sought-after educator who excels at turning real-world OR experience into clear, actionable teaching. She looks forward to sharing essential suturing skills in this lecture.

Ann Birka is a clinical nurse specialist, nurse practitioner and RN first assistant, her clinical specialty areas are critical care and surgery. For the past 26 years, the majority of her clinical positions have been in large urban hospitals working as an acute care nurse practitioner in Cardiothoracic and Neurological Surgery in the Dallas/Fort Worth region. She is also an RN first assistant at surgery centers within the community. Ann wanted to give back to the profession and has been teaching for 12 years as a Clinical Assistant Professor in the graduate nurse practitioner, undergraduate RN to BSN, and undergraduate BSN programs at the University of Texas at Arlington, College of Nursing and Health Innovation.

WS03: The Good, the Bad and the Ugly on Advance 12 Lead EKG interpretation (3 Contact Hours, .5 RX)

12 lead EKG workshop is a class for the NP who needs a refresher or learn how to read a 12 lead EKG, recognize acute MI, arrhythmias, and AV blocks and understand what needs to be done for their patients. This 3-hour course will discuss, learn, pinpoint through case scenarios, questionnaires and EKG samples to practice and be able to recognize abnormal findings requiring immediate action or monitoring.

Speaker: Jose Villa, DNP, APRN, FNP-BC

Dr. Jose L. Villa is a DNP, completed his undergraduate degree from Medical University of SC, and his MSN from the University of Texas Health Science Center in SA. He completed his DNP from the University of the Incarnate Word. His Capstone project was geared on the management of patients with atrial fibrillation and minimizing hospital readmissions in a large military institution. He is presently the owner of Villa Family Clinic.

WS04: Auricular Therapy: A Useful Tool for Pain Management and So Much more (limited to the first 15 paid registrants) (3 Contact Hours)

Auricular Acupuncture/Auricular Therapy has been around for centuries and serves as an affective adjunctive tool for pain management and other conditions. This course is designed to introduce Advanced Practice Providers to the foundational principles of auricular therapy. It includes instruction and demonstration of two, 5-point Auricular Therapy protocols and highlights the simplicity and practicality of its application in clinical settings. This is an introductory course and does not provide certification in auricular therapy or fulfill the requirements to independently practice auricular therapy. Further training and board certification are recommended for providers wishing to incorporate this modality into their practice.

Speaker: Karen Williams, DNP, FNP-BC

Dr. Karen Williams, DNP, FNP-BC, brings over 40 years of experience in the healthcare field, with extensive expertise in using an integrative approach to headache and pain management. She completed a 300-hour medical acupuncture program in 2013 and has national certification in auricular acupuncture and certification as a Battlefield Acupuncture Instructor. With 20+ years of public speaking experience, she continues to mentor healthcare professionals in headache and pain management.

1:45 pm – 5:00 pm | PM Workshops

WS05: Skin Deep: Mastering Rashes, Recognizing Diversity, and Advancing Treatment (3 Contact Hours, 1 RX, .5 G)

There are critical gaps in dermatologic care for patients with dark skin types due to thier underrepresentation in research and in dermatological education. This can also contribute to health disparities. This session will share key insights along with the latest diagnostics and management of common skin conditions in patients with skin of color. high-quality dermatologic care means safe, effective and culturally competent care to diverse patient populations.

Speaker: Margaret Bobonich, DNP, FNP-C, DCNP, FAANP

Margaret Bobonich, DNP, FNP-C, DCNP, FAANP, is an Assistant Professor at Case Western Reserve University (CWRU) School of Medicine and the Frances Payne Bolton School of Nursing. She is a Dermatology Certified Nurse Practitioner and founder of the Center for Dermatology NPPA. Her clinical focus has been on immune-mediated skin diseases and doctoral work in education for dermatology advanced practice providers.

WS06: Advanced Suturing Practices (limited to first 50 paid registrants) (3 Contact Hours, .25 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 (WS02) offered in the morning, have done the basics course previously, or be proficient in basic stitches such as interrupted and continuous and knot tying.

Speakers: Virginia Austin, APRN, FNP-C, CRNFA and Ann Birka, MSN, APRN, RNFA, CNS, ACNP-BC

Virginia Austin brings 26 years of operating room experience, including 23 years as a dedicated surgical first assistant. She has trained countless medical students, residents, surgical technologists and OR personnel in suturing techniques across a variety of surgical specialties. With a strong focus on practical application with down-to earth instruction, tissue respect, and procedural efficiency, Virginia is a sought-after educator who excels at turning real-world OR experience into clear, actionable teaching. She looks forward to sharing essential suturing skills in this lecture.

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WS07: Writing for Publication: Nurse Practitioner Tools for Success (3 Contact Hours)

This workshop encourages and equips Nurse Practitioners (NPs) to share their voice within the enduring record through successful writing for publication. With content tailored to NPs at all levels and across settings, participants will be taken from idea generation through the steps to begin to write a manuscript. Strategies for identifying a good journal fit, a process for completing an article and guidance in how to navigate the publication process will be provided along with wellness breaks and evidence-based writing resources.

Speakers: Jayne Dunlap, PhD, DNP, FNP-C, EBP-C FAANP and Julee Waldrop, DNP, PNP-C, FNP-C, EBP-C, FAANP, FAAN

Jayne Jennings Dunlap, PhD, DNP, APRN, FNP-C, CNE, EBP-C, FAANP is the DNP Program Director at Texas Woman's University Denton/Dallas and Houston. She maintains an NP practice and serves as Associate Editor at The Journal for Nurse Practitioners. Julee Waldrop, DNP, PNP-C, FNP-C, EBP-C, FAANP, FAAN is a professor emeritus at The University of North Carolina School of Nursing. She serves as Associate Editor for the Journal of Professional Nursing.

WS08: Automated Insulin Delivery Devices and Continuous Glucose Monitors (3 Contact Hours, 1 RX, 1 G)

This practical, 3-hour workshop equips Nurse Practitioners with the skills needed to confidently manage continuous glucose monitors (CGMs) and automated insulin delivery (AID) systems in real-world practice. Participants will review all CGM and AID devices currently available in the U.S., compare device features and algorithms, and learn how to initiate therapy, adjust settings, troubleshoot problems, and safely transition patients on and off pump therapy. Emphasis is placed on interpreting CGM and pump reports to support safe, effective insulin management for patients who are largely cared for outside of endocrinology.

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

Celia Levesque is an Advanced Practice Provider for the Department of Endocrine Neoplasia and Hormonal Disorders at MD Anderson Cancer Center in Houston, Texas. She has been in the field of diabetes since 1986. She became a CDCES in 1986, and BC-ADM in 2003. She takes care of complex patients with diabetes and speaks frequently on the topic of diabetes to professional audiences and has published.

PRE-CONFERENCE WORKSHOPS | Thursday, September 24, 2026

7:15 pm – 8:45 pm | PM Session

WS09: Space Nursing (1.5 Contact Hours)
APRNs are increasingly called to practice in some of the most challenging environments on Earth and beyond, from Antarctic stations and disaster zones to future missions in space. This session explores the unique demands of Space Nursing — including microgravity physiology, radiation management, autonomous care, and long-duration isolation — alongside valuable lessons from other extreme nursing settings. Attendees will leave with practical, actionable steps they can begin today, such as targeted training, certifications, simulations, and skill-building, to prepare for tomorrow’s frontiers in nursing.

ANNUAL CONFERENCE | Friday, September 25, 2026

9:00 – 9:30 am

GS01: Welcome Address
TNP President Tracy Hicks, DNP, MBA, APRN, FNP-BC, PMHNP-BC, CARN-AP, FIAAN, FAANP, FAAN

9:45 – 10:45 am

GS02: Keynote Presentation – Healthy and Fit at Any Age: Easy Ways to Reduce Stress and Adopt Healthy Habits (1 Contact Hour)
During this interactive session, attendees will learn about the latest research on the effects of stress, the causes of burnout, and the definition of “extreme self-care.” The clinician and patient benefits of being a healthy role model will be explored. Learn how a healthy lifestyle can improve competency, quality of care, patient safety, and clinical outcomes. Understand how to break unhealthy habits and adopt healthy habits. Describe strategies for life-long prevention of stress effects and burnout.

Speaker: Dr. Mimi Secor, DNP, FNP-BC, FAANP, FAAN
Dr. Secor has been a Family Nurse Practitioner for 48 years, specializing in Women’s Health and, more recently, Health and Fitness. A national speaker, educator, media ambassador, and recent cancer survivor, she earned her DNP in 2015 from Rocky Mountain University in Provo, Utah, and is a Fellow of both the American Association of Nurse Practitioners (AANP) and the American Academy of Nursing. She has received numerous honors, including the 2025 AANP Sharp Cutting-Edge Leadership Award, the Outstanding Alumnae Award from Rocky Mountain University, and the Lifetime Achievement Award from the Massachusetts Coalition of Nurse Practitioners, which she co-founded.

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

11:15 am – 12:15 pm

GS03: Legislative General Session (1 Contact Hour, 1 E/J)
Speaker: Erin Cusack, TNP Government Affairs Director
Erin Cusack is TNP’s Government Affairs Director with extensive public affairs and grassroots advocacy experience at the 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: Navigating Pediatric Dyslipidemia: A Case-Based Approach (1 Contact Hour, .5 RX)
Children and adolescents with type 1 and type 2 diabetes are at increased risk for early cardiovascular disease, particularly when additional factors such as obesity, familial hyperlipidemia, or genetic predisposition are present. Dyslipidemia is a key modifiable contributor to premature atherosclerosis, yet many pediatric patients remain undertreated or under-monitored. This case-based session will provide advanced practice providers (APPs) with practical guidance for screening, interpreting, and managing dyslipidemia in pediatric patients with diabetes. Participants will review current recommendations from the American Diabetes Association.

Speaker: Mili Vakharia, DNP-C, APRN, FNP-C, CDCES
Speaker is an assistant professor in Pediatric Diabetes and Endocrinology at Texas Children’s Hospital, Baylor

ANNUAL CONFERENCE | Friday, September 25, 2026

College of Medicine, and a nurse practitioner with over 10 years of experience. She serves in leadership roles with TNP and NAPNAP and co-leads diabetes education quality-improvement initiatives, advancing technology use, cardiovascular screening, and equity in care. She has presented nationally, published peer-reviewed articles, and received multiple clinical excellence awards.

F02: Palliative Care and Hospice Referral: A Practical Guide for Nurse Practitioners (1 Contact Hour, .5 G, .25 E/J)
This session equips Nurse Practitioners with an evidence-based, practical framework for distinguishing palliative care from hospice and making timely, appropriate referrals for patients with serious illness. Participants explore current guidelines, validated assessment and prognostic tools, and key hospice eligibility indicators to strengthen clinical decision-making. The presentation ultimately enhances NP confidence in leading end-of-life conversations and supporting goal-concordant, patient-centered care across the continuum.

Speakers: Aurbrey Eikenhorst, DNP, APRN, FNP-C, ACHPN and Beth Grace, DNP, APRN, FNP-C, ACHPN
Dr. Aurbrey Eikenhorst, DNP, APRN, FNP-C, ACHPN, CWCN-AP, is a nurse leader with over 17 years of experience across diverse settings. Dr. Eikenhorst currently serves as a faculty member at Texas Woman’s University and maintains an active clinical practice with Baylor Scott & White and Amedisys Hospice, specializing in end-of-life care and outpatient Internal Medicine. Her interests include artificial intelligence, peer mentorship, and Hospice and Palliative care.

Dr. Elizabeth Grace, DNP, APRN, FNP-C, ACHPN is a palliative care nurse practitioner and educator with over 35 years of experience. She serves as a Palliative Care NP and APP Manager at Baylor Scott & White Health, leading interprofessional care and advanced care planning. She also teaches at the University of North Texas, focusing on symptom management and improving timely, patient-centered referrals.

F03: Clinical Implications of Loneliness: Health Outcomes and Intervention Strategies (1 Contact Hour, .25 G)
Loneliness has emerged as a significant public health concern following the COVID-19 pandemic, with strong evidence linking social isolation to depression, anxiety, suicide risk, cardiovascular disease, and cognitive decline. Affecting both young and older adults at high rates, loneliness is a modifiable risk factor comparable to smoking and obesity, yet it is often under-assessed in clinical practice. This session reviews current research, evidence-based screening tools, and practical intervention strategies that nurse practitioners can integrate into routine care to improve patient outcomes and promote holistic, person-centered practice.

Speakers: Susan Calloway, PhD, APRN, FNP-BC, PMHNP-BC, FAANP and Cara Young, PhD, APRN, FNP-BC, FAANP, FAAN
Dr. Calloway is dually certified as a family nurse practitioner and psychiatric-mental health nurse practitioner and has directed FNP and PMHNP programs. She is the program director of the University of Texas at Austin PMHNP program.

Dr. Calloway 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 had a private geri-psych practice for 13 years.

F04: Practical Strategies for Navigating Obesity Management in Primary Care (1 Contact Hour, .5 RX)
This interactive, case-based activity will explore barriers to effectively managing and treating obesity or overweight in the primary care setting. Specifically, the barriers discussed are those pertaining to the health care provider, such as lack of skills and confidence to discuss weight with your patients, clinician perceptions and biases, and lack of confidence in managing obesity treatment. Learners will actively participate in this session and practice behaviors and skills as they are discussed.

Speaker: Joy Mockabee
Dr. Mockbee has provided primary care for 25 years and remains deeply committed to the mission and innovation of community health centers. She earned her MD from the University of Arizona, an MPH from Harvard, completed her residency at Ventura County Medical Center, and has served as Medical Director for Family Medicine since 2003. Her work focuses on workforce development, quality improvement, and population health, with clinical interests in weight management, behavioral health, and care for people experiencing homelessness, and she is board certified in Obesity Medicine.

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

F05 : Pediatric Vaccine Hesitancy: A Public Health Crisis in the Making (1 Contact Hour)
Pediatric vaccine hesitancy refers to the delay or refusal to vaccinate children despite availability of vaccination services. Pediatric vaccine hesitancy is not just a personal decision; it is a public health issue with far-reaching consequences.

Speaker: Cassandra Duran DNP, Norma Castillo, and Dr. Lynda Aririguzo MSN
Cassandra Duran, DNP, RN, FNP-BC, is an Assistant Professor for the Department of Pediatrics at Baylor College of Medicine. Dr. Duran obtained her BSN from Texas Tech University, MSN from Texas Woman’s University, and DNP from the University of Texas Medical Branch. Dr. Duran cares for the most vulnerable pediatric population in the Houston area. Dr. Duran’s primary clinical position is on the Texas Children’s Mobile Clinic Program (TC-MCP). Lynda C. Aririguzo, MD, MPH, FAAP is an assistant professor of pediatrics at Baylor College of Medicine (BCM). She is a pediatrician on the Texas Children’s Mobile Clinic Program (TC-MCP), providing care for under-resourced children while teaching medical trainees. Her training includes medical school at the UT-Houston (McGovern), the Global Child Health and Pediatrics Residency at BCM, academic general pediatrics fellowship at BCM, and MPH from UT Health Science Center, Houston. Among the children who attend TC-MCP are newly arrived immigrants and

refugees with vaccine schedules from various countries; Dr. Aririguzo has developed expertise concerning immunization of this population. Her research interests include overlaps of conditions affecting local and global under-resourced children, community health education for refugee mothers, medical screening for newly arrived immigrant children, and social determinants of health.

F06: Vascular Access Devices: Insertion, Care, and Maintenance: What We Need to Know (1 Contact Hour, .25 G)

This session will emphasize that 10% of a VAD's life is spent on insertion, while 90% is spent on maintenance. All types of VADs will be discussed briefly, but mostly centrally inserted central catheters (CICC). It will highlight the importance of reviewing radiological images both post-insertion and throughout device use, and will explore common complications, including catheter-related thrombosis, skin irritation, and CLABSI.

Speaker: Joanne Dalusung, DNP, APRN, AGACNP-BC, CCRN, VA-BC

Joanne Dalusung, DNP, APRN, AGACNP-BC, VA-BC, CCRN, has been an advanced practice provider with the Acute Care Procedure Team at MD Anderson Cancer Center since September 2014, where she inserts central venous catheters and performs lumbar punctures and paracenteses. She began her career as an ICU nurse in December 2003 and later transitioned to the Infusion Therapy Department in August 2011, where she specialized in vascular access and PICC insertion.

F07: Getting Antidepressants Right: Three Strategies Every Prescriber Should Know (1 Contact Hour, 1 RX)

This program reviews three practical, evidence-based strategies to improve antidepressant prescribing. It focuses on medication selection, measurement-based care, and side-effect management to optimize treatment outcomes.

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

Kimberly Giberga, MSN, APRN, FNP-C, PMHNP-BC, is a dual-certified Family and Psychiatric Mental Health Nurse Practitioner with over 17 years of experience across emergency medicine, urgent care, endocrinology, vascular medicine, and psychiatry. She is the founder and clinical lead of Salado Creek Mental Health, a concierge-level psychiatric practice in Texas. In 2025, Kim was honored with the America's Top Nurse Practitioner Award for her work in an underserved region of Texas.

F08: What Happens When the GLP-1 Medications are Stopped? (1 Contact Hour, .5 RX)

Many people lose significant weight on GLP-1 based medications but regain the weight quickly when they stop the meds. Weight regain is not inevitable, and there are lifestyle strategies that people can use to partially replace the medications and prevent weight regain.

Speaker: James Hill, Ph.D.

Dr. James Hill is one of the world's foremost experts in obesity and weight management. He is Professor of Nutrition Sciences and Director of the Nutrition Obesity Research Center (NORC) at the University of Alabama at Birmingham. He recently co-authored the book "Losing the Weight Loss Meds: A 10-week Playbook for Stopping GLP-1 Medications without Regaining the Weight."

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

F09: Diagnosis and Management of Aortic Disease: When Size Matters (1 Contact Hour, .25 RX)

Heritable connective tissue disorders (CTDs) (e.g., Marfan syndrome, Loeys-Dietz syndrome, and Vascular Ehlers-Danlos syndrome) significantly elevate the risk of aortic aneurysm, dissection, and rupture. Because early recognition and coordinated surveillance are essential, Advanced Practice Providers (APPs) must be prepared to identify characteristic features, apply diagnostic tools, and initiate timely surgical referrals. This session provides a concise overview of common heritable CTDs, practical assessment resources, and CTA examples illustrating hallmark aortic pathology. Current evidence on pharmacologic therapies—both protective and potentially harmful—will also be highlighted. Participants will leave with clear, clinically applicable strategies for recognizing and supporting the care of patients with heritable aortic disease.

Speakers: Brittany D. Rhoades, PhD, APRN, CCNS, CCTN, FCNS and Gilda E. Martinez, MSN, APRN, FNP-C

Dr. Brittany D. Rhoades, PhD, APRN, CCNS, CCTN, FCNS, is a Clinical Nurse Specialist and Assistant Professor in the Division of Cardiothoracic Surgery at Baylor College of Medicine. She specializes in pre- and post-operative management of cardiothoracic surgical patients and has extensive expertise in advanced heart failure, cardiac transplantation, and mechanical circulatory support. Her research focuses on patient decision-making and psychosocial outcomes in heritable thoracic aortic disease.

F10: Imaging Stewardship: A Primary Care Provider's Guide to Treating and Referring Patients with Musculoskeletal Conditions (1 Contact Hour)

This presentation will provide advanced practice providers (APPs) a guide when treating patients with musculoskeletal (MSK) conditions with a specific focus on imaging. Conditions affecting the joints, muscles, and skeletal system make up the majority of PCP visits. In fact, 77 % (65.8 million) of all injury-related health care visits are for musculoskeletal injuries. In terms of cost, 176.1 billion dollars were spent in the US in 2011 to treat MSK injuries [1]. Knowing how to perform a focused exam, documentation, diagnostic testing, and treatment will lower cost, improve patient outcomes, and expedite referral to Orthopaedic Specialists

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

Amelia Leal-Serrata and Karen Scherger are Advanced Practice Providers practicing in the Department of Orthopaedics at Parkland Health and Hospital System in Dallas, Texas. This session is a reflection of 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.

F11: High-Risk Moments: Managing Type 1 Diabetes in the Hospital and Peri-Procedural Setting (1 Contact Hour, .5 RX, .25 G)

Hospitalization, procedures, and surgery are high-risk periods for individuals with type 1 diabetes, where fasting, steroid use, insulin interruption, and device mismanagement can rapidly lead to severe hypoglycemia or diabetes-related ketoacidosis. This session provides nurse practitioners with practical strategies for managing type 1 diabetes during NPO status, imaging, surgery, and inpatient care, including safe use of insulin pumps and continuous glucose monitoring. Emphasis is placed on preventing common errors, managing transitions of care, and implementing evidence-based insulin adjustments to improve patient safety and outcomes.

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

Celia Levesque is an Advanced Practice Provider for the Department of Endocrine Neoplasia and Hormonal Disorders at MD Anderson Cancer Center in Houston, Texas. She has been in the field of diabetes since 1986. She became a CDCES in 1986, and a BC-ADM in 2003. She takes care of complex patients with diabetes and speaks frequently on the topic of diabetes to professional audiences and has published.

F12: Decision Points in Preventing and Managing ASCVD: Team-Based Strategies for Lipid Lowering Along the Risk Continuum (1 Contact Hour, .5 RX)

Atherosclerotic cardiovascular disease (ASCVD) remains the leading cause of morbidity and mortality in the United States, with more than 83 million Americans living with one or more forms of cardiovascular disease (CVD) and millions more at risk due to elevated lipid levels. Although LDL-C and lipoprotein(a) [Lp(a)] are now recognized as causal and independent risk factors for ASCVD, large segments of high-risk populations remain undiagnosed, under-treated, or insufficiently managed. Newer treatment options are advancing opportunities to improve adherence to therapy, and require a team-based approach for effective implementation. As critical members of the care team, physician assistants and nurse practitioners are in a key position to drive change. Designed specifically for advanced practice providers, PeerView and The Mended Hearts are bringing this live ASCVD event right to your doorstep. In each meeting, learners are afforded the opportunity to interact directly with a lipid expert and ask their most pressing questions. By the end, attendees will be better prepared to identify patients at risk of ASCVD,

apply evidence-based approaches to reduce CV risk, and collaborate as a care team to improve treatment adherence for lipid-lowering therapies.

Speaker: Coming Soon

F13: Silent Barriers: Effective Communication with Deaf Patients (1 Contact Hour)

This presentation addresses critical gaps in healthcare for Texas's Deaf and Hard of Hearing (DHH) community, where an estimated 17% of adults—over 3.8 million Texans—experience hearing difficulty yet often face significant language and literacy barriers when interacting with Nurse Practitioners. It explores the intersection of Deaf culture and healthcare delivery, highlighting how inadequate communication contributes to higher rates of chronic conditions like hypertension and diabetes, while reviewing ADA requirements and common shortcomings in current accommodations. Participants will learn practical, evidence-based strategies—including the effective use of qualified ASL interpreters and VRI, plain-language materials with visual aids, Teach-Back methods, and proper EHR documentation—to deliver culturally competent care and advance health equity for DHH patients.

Speaker: Colleen Manning, DNP, APRN, FNP-C

Dr. Colleen Manning is an Assistant Professor of Graduate Studies at UTHealth Houston Cizik School of Nursing. Her nursing career began in 2004 and since 2014, she has practiced as a family nurse practitioner specializing in primary care. Dr. Manning's DNP project focused on improving advance care planning engagement among Deaf seniors. As a child of Deaf parents and family members, she has the unique perspective of being a hearing child immersed in Deaf culture. She remains committed to advocating for equitable access to care and health information for Deaf/Hard of Hearing individuals.



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9:00 – 9:45 am

GS04: Board Installation and Awards Ceremony
TNP President Tracy Hicks, DNP, MBA, APRN, FNP-BC, PMHNP-BC, CARN-AP, FIAAN, FAANP, FAAN

9:45 – 10:45 am

GS05: DEA Compliance and Regulations (1 Contact Hour, 1 E/J)
 Protect your patients with expert guidance on the DEA Registration and Application process, the Closed System of Distribution, and how to prevent diversion in hospital settings. Master essential Recordkeeping Requirements, prepare confidently for DEA Inspections, and implement Effective Controls against diversion to safeguard controlled substances. Stay ahead with the latest Current Trends in diversion prevention and discover proven Community Outreach strategies that strengthen compliance and public safety.

Speaker: Coming Soon

1:00 pm – 2:00 pm | First Breakout Session

S14: Care+ in Action: Building Inclusive Leadership and Health Equity Across Nurse Practitioner Practice Settings (1 Contact Hour, .5 E/J)
 This panel introduces the Care+ framework—Access, Awareness, Respect, Empathy, and Excellence—as a practical leadership model for nurse practitioners. Panelists will share real-world strategies to improve patient engagement, reduce disparities, strengthen team collaboration, and prevent burnout. Participants will gain actionable communication and leadership tools applicable across primary care, behavioral health, and community settings while supporting ethical practice and health equity.

Speakers: Tracy Hicks, DNP, MBA, APRN, FNP-BC, PMHNP-BC, CARN-AP, FIAAN, FAANP, FAAN and Sandra Balogun, DNP, APRN, PMHNP-BC
 Dr. Tracy Hicks, DNP, APRN, FNP-BC, PMHNP-BC, CARN-AP, FIAAN, FAANP, is a dual-certified Nurse Practitioner in family and psychiatric mental health. She earned degrees from UT Tyler, UT Arlington, Frontier Nursing University, and TCU. A Fellow of AAN, AANP, and IAAAN, she has launched PMHNP and leadership programs across Texas. As founder of C-Trilogy Clinics and Outreach, she leads integrated care and currently serves as President of Texas Nurse Practitioners.
 Dr. Sandra Kolapo-Balogun, DNP, APRN, PMHNP-BC is a board-certified Psychiatric Mental Health Nurse Practitioner who earned degrees from Florida A&M University (FAMU), Florida State University (FSU), and the University of South Alabama, specializing in mental health nursing and psychiatry. She is the founder of Kay Psychiatric Center and serves as the PMHNP Program Coordinator at The University of Texas at Tyler. Dr. Kolapo-Balogun is dedicated to reducing mental health stigma, expanding access to quality psychiatric care, and

mentoring future psychiatric nurse practitioner leaders through education, advocacy, and clinical excellence.

S15: What's New in AFib Care? Exploring Pulse Field Ablation (1 Contact Hour, .5 G)
 This session provides APRNs with an up-to-date overview of pulse field ablation (PFA) as a Class I therapy for atrial fibrillation, emphasizing its non-thermal mechanism and strong safety profile. Participants will review current evidence, patient-selection considerations, and the APRN's role in counseling, shared decision-making, and coordinating care for individuals seeking alternatives to long-term medication management.

Speaker: Glenda Dell, DNP, APRN, ACNS-BC, CV-BC
 Glenda Dell is an APRN at the Temple, Texas VA working in the electrophysiology department. She received her BSN from the University of Cincinnati in 1992. She received her MSN as a Clinical Nurse Specialist in 2013, her DNP from the University of Cincinnati in 2023, and her Nurse Educator Certificate in 2024. She has 26 years' experience working in electrophysiology caring for patients with pacemakers, ICD and arrhythmias.

S16: -ology or -urgery, Which Neuro is it? (1 Contact Hour, .25 RX)
 This discussion will describe what patient clinical presentations and conditions should go to neurosurgery versus neurology for referral. Being in neurosurgery, we often have patients that end up in our clinic who are more appropriate for neurology. This talk will discuss how to determine which specialty patients should be referred. It will have patient case examples, and diagnosis examples to help clarify the neurosurgery versus neurology referral route.

Speaker: Lisa Wilkins, AGPCNP, APRN, RNFA, NP-C
 Lisa Wilkins, BSN, AGPCNP, NP-C, APRN-RNFA was in the Neuro/trauma ICU as a bedside RN for 8.5 years. She transitioned to the role of APRN and first assist in neurosurgery at a level 1 trauma hospital for 5 years, which included OR, in-patient management, and outpatient clinic settings. Now her focus is in the cranial neurosurgical environment, managing a full clinic schedule seeing patients independently and alongside neurosurgeons.

S17: Beyond Glycemic Control: Evidence-Based Advanced Diabetes Management and Early Identification of Complications in NP Practice (1 Contact Hour, .5 RX, .5 G)
 This session examines the evolving, evidence-based approach to diabetes management beyond glycemic control, highlighting the nurse practitioner's role in improving outcomes across the continuum of care. Emphasizing primary care practice, the presentation also addresses key considerations during acute care transitions and in geriatric populations, including individualized treatment goals, cardiovascular and renal risk reduction, and early identification of complications. Through practical guidance and real-world examples, attendees will gain actionable strategies to deliver patient-centered, team-based diabetes care in diverse clinical settings

Speaker: Ampili Jagan, DNP, APRN, AGACNP-BC, FNP-BC
 Dr. Ampili Jagan, DNP, APRN, AGACNP-BC, FNP-BC, is a doctorally prepared nurse practitioner with over a decade of experience in diabetes management. Her practice spans the full continuum of care, including screening, treatment, and complication prevention. She has led several quality improvement initiatives, delivered diabetes-focused education to interdisciplinary teams, and serves as an Adjunct Assistant Professor at the University of North Texas Health Science Center College of Nursing.

12:15 pm – 3:15 pm | Second Breakout Session

S18: Coding and Billing Basics for Primary Care and Acute Care Settings (1 Contact Hour, .25 E/J)
 New to the nurse practitioner role or need a refresher in coding and billing? This session will review the basics of coding and billing in the primary care and acute care settings. This presentation is designed for novice nurse practitioners in the first 1-3 years of practice. Novice nurse practitioners transitioning from the registered nurse role to the nurse practitioner role are responsible for billing for reimbursement and coding health conditions and procedures. This session is designed to introduce and review the basics of coding and billing principles in the primary care and acute care settings.

Speakers: Ethany Howden, DNP, APRN, FNP-C, CNE and Halli Carr, DNP, ARPN, ACNP-BC
 Ethany Howden, DNP, APRN, FNP-C, is a Clinical Associate Professor at Baylor University Louise Herrington School of Nursing with an active clinical practice in the primary care setting. Ethany has experience teaching coding and billing in the family nurse practitioner track at Baylor University and presenting on coding and billing at conferences.

S19: Recognition and Management of Toxidromes in the Intensive Care Unit (1 Contact Hour, .25 RX, .5 O)
 A clinically focused review of ICU toxidromes emphasizing rapid bedside recognition, physiologic pattern identification, and evidence-based management strategies for intoxication and withdrawal syndromes. Participants will learn decision-making frameworks to support early stabilization and prevent life-threatening complications in critically ill patients.

Speaker: Lamiya Starling, DNP, APRN, AG-ACNP-BC
 Dr. Lamiya Starling, DNP, APRN, AG-ACNP, is an Intensivist Nurse Practitioner and advanced practice provider leader with over a decade of experience managing high-acuity medical and surgical ICU populations. She specializes in critical-care pharmacology and advanced practice provider transition education. Dr. Starling is an educator, speaker, and clinical mentor whose presentations focus on toxicologic emergencies, alcohol withdrawal management, and APP transition frameworks.

S20: The Vital Role of Nurse Practitioners in the Multidisciplinary Approach for Early Diagnosis of Acute Leukemias (1 Contact Hour)
 The presentation will enable participants to learn key information about the importance of promptly diagnosing acute leukemias, which are fast-progressing blood disorders that must be treated urgently to improve patient outcomes. Participants will be able to identify that the common diagnostic test called the complete blood count (CBC) with differential can be initiated by nurse practitioners to promptly clarify the non-specific signs and symptoms that acute leukemia patients endorse at presentation in various clinical settings.

Speaker: Amandine Ndje, MS, MBA, APRN, FNP-C
 Amandine Ndje is a Nurse Practitioner (NP)/Advanced Practice Provider (APP) in the Leukemia Department at the University of Texas MD Anderson Cancer Center in Houston, Texas, USA (UT-MDACC) since November 2016. She is holder of a Master of Science in Nursing from Texas Woman's University (TWU)-Houston-Texas, USA and a MBA from the University of St. Thomas, Houston-Texas. Before her NP position, she worked as an inpatient Registered Nurse (RN) at the Children's Cancer Hospital (CCH) at UT-MDACC for almost a decade. Amandine has published and presented about leukemia and is passionate about sharing information with the public and the nursing and medical community on topics about improving patient outcomes.

S21: Urinary Incontinence in the Peri and Post Menopausal Woman: A Urological Perspective (1 Contact Hour, .25 RX, .5 G)
 Urinary incontinence (UI) is a common condition affecting up to 60% of women worldwide, resulting in a substantial financial burden and decreased quality of life. Over half of the women affected report that their UI is bothersome. Comorbidities include a decrease in quality of life and productivity, an increase in anxiety and depression, urinary tract infections, risk for falls, and non-traumatic fractures in older women. NPs must stay up to date with how to help these patients with current treatment modalities using shared decision-making and make a difference in the lives of these patients.

Speaker: Nancy Brownlee, DNP, APRN, FNP-BC
 Speaker, author, and Board-certified as a Family Nurse Practitioner, Dr. Nancy Brownlee has over 30 years of experience in urology and over 12 as a urology Nurse Practitioner. She earned her BSN from Houston Baptist University, her master's from UTHSC in Houston, Texas and her doctorate and post-master's certificate in education from Vanderbilt University. Currently, Dr. Brownlee is an assistant professor and FNP track coordinator at Houston Christian University.

3:30 pm – 4:30 pm | Third Breakout Session**S22: It Happened to Me - It Can Happen to You: What to Do When You Have a Texas BNE Complaint**
(1 Contact Hour, .75 E/J)

NPs are human and humans make mistakes. Some mistakes are more costly than others. This program is designed to give the NP pointers on what to do and not to do after receiving a Texas BON complaint. When you receive a Board complaint, multiple emotions follow. What you do or don't do in the coming months can be devastating to you as an NP and as a human being. This course is designed to help guide the NP in the ensuing months to come.

Speaker: June Belt, APRN, ACNP-BC

June graduated from the Acute Care NP program in 1996. She has worked in the hospital setting since then, in the emergency room and infectious diseases. She personally knows how devastating a BON complaint can be. June wants to share her experience of how to manage during and after the disciplinary process.

S23: Addressing Intimate Partner Violence in Clinical Practice: The Critical Role of the APRN (1 Contact Hour, .5 E/J)

This presentation will discuss in detail the global public health issue of intimate partner violence (IPV), its consequences, and effective ways to prevent and address IPV. The role of Advanced Practice Registered Nurses (APRNs) in providing Trauma-Informed Care (TIC) to clients who experience IPV will be discussed.

Speaker: Doncy Eapen, PhD, MSN, APRN, FNP-BC

Doncy Eapen, PhD, MSN, APRN, FNP-BC is an Associate Professor at the Cizik School of Nursing, University of Texas Health Science Center in Houston. Her research focuses on intimate partner violence—especially its impact on the health of women, children, and families who experience homelessness. She leads several studies aimed at better understanding domestic violence and finding effective ways to support survivors.

S24: Evaluation and Management of Syncope: Cardio-EP Insights Into Diagnosing and Treating Fainting Episodes
(1 Contact Hour, .25 RX, .5 G)

A deep dive into the evaluation and management of patients presenting with syncope, a common symptom encountered across healthcare settings. Types, pathophysiology, high-risk ECG patterns, and guideline-directed approach to diagnosis and management of syncope will be discussed.

Speaker: Anna Samuel, DNP, APRN, ACNP-BC

Anna Samuel is a doctoral-prepared cardiovascular nurse practitioner and published author with over 25 years of nursing experience, the last 16 as an Advanced Practice Provider. She earned her BSN from the University of Kerala, India, in 1999, worked as an assistant lecturer, then migrated to the US, where she gained RN licensure in 2001, completed her MSN at Vanderbilt University, and became board-certified as an Acute Care Nurse Practitioner in 2008.

S25: Optimizing Perinatal Outcomes in Women of Advanced Maternal Age: Essential Strategies for Family Nurse Practitioners (1 Contact Hour, .25 RX)

As the number of women pursuing pregnancy at age 35 and older continues to rise, family nurse practitioners must be equipped to provide comprehensive, evidence-based care across the perinatal continuum. This session will explore the unique maternal and fetal risks associated with advanced maternal age, including updated screening guidelines, risk stratification strategies, and best practices for interprofessional collaboration and timely specialist referral. Participants will leave with practical tools for developing individualized care plans and delivering patient-centered counseling that addresses psychosocial needs, health disparities, and informed reproductive decision-making.

Speaker: Antay Waters, PhD, DNP, APRN, CNM, WHNP-BC, CRNFA, CNE, C-OBE, C-EFM, FNPWH

Dr. Antay Waters is an associate professor in academia and a practicing certified nurse-midwife and women's health nurse practitioner. Her research focuses on severe maternal morbidity in Texas, with clinical expertise in maternal health equity, rural maternal health, and electronic fetal monitoring. She authored the C-EFM Certification Review, is an inaugural NPWH Fellow, and the recipient of the 2025 NPWH Inspiration in Women's Health Award for Policy.

4:45 pm – 5:45 pm | Fourth Breakout Session**S26: Texas Law and the NP Scope of Practice**
(1 Contact Hour, 1 E/J)

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 DNP-prepared faculty member at UT Tyler who educates AGACNP students and practices functional medicine through his telemedicine clinic, Holistic Integrative Health. A longtime TNP member, he is also a published author and consultant on RN and APRN scope of practice. Dr. Kristin Hittle Gigli is an acute care pediatric NP and UT Arlington researcher specializing in hospital-based APP roles, pediatric policy, and pediatric critical care.

S27: Asthma in Motion: Managing from Clinic to Critical Care
(1 Contact Hour, .5 RX, .25 G)

This session provides an overview of asthma across the care continuum, emphasizing the transition from outpatient management to acute severe presentations. Through a case-based format, attendees will explore evidence-based strategies for outpatient and inpatient management. The session is designed to equip APRNs with the knowledge needed to recognize early deterioration and deliver timely, high-quality care in both ambulatory and hospital settings.

Speaker: Moneé Carter-Griffin, DNP, MBA, MAOL, APRN, ACNP-BC and Emily Sumrow, MSN, APRN, AGACNP-BC

Moneé Carter-Griffin is the Chief Learning Officer for Exceed Healthcare. She's dedicated her professional career to education in both the academic and practice setting. Emily Sumrow is the APP Education Manager for Exceed Medical and practices as a pulmonary critical care NP. She has extensive knowledge on managing pulmonary conditions in the acute care setting.

S28: Integrating Behavioral Health and Substance Use Disorder Treatment into Primary Care: Advancing Whole-Person Care in Community Health Settings
(1 Contact Hour, .25 E/J, .5 O)

This presentation highlights an integrated primary care framework in which behavioral health, substance use treatment, and crisis services are woven directly into routine FQHC workflows. Nurse practitioners collaborate closely with interdisciplinary teams to manage co-occurring conditions, support early intervention, and provide evidence-based treatment such as buprenorphine-based therapy for opioid use disorder. The session will offer guidance on effective implementation, team communication, and approaches that enhance long-term stability and patient engagement.

Speaker: Alissa Strambler-Rios, DNP, APRN, FNP-BC and Tracy Hicks, DNP, MBA, APRN, FNP-BC, PMHN-BC, CARN-AP, FIAAN, FAANP, FAAN

Dr. Alissa Strambler-Rios, DNP, APRN, FNP-C, is a Family Nurse Practitioner and Behavioral Health Integration Specialist with 13 years of experience in primary care and addiction treatment. She serves as a Texas Nurse Practitioners Legislative Ambassador and is a founding board member of Brazosport Area Nurse Practitioners, where she has served as Secretary, Student Liaison, and now Legislative Ambassador. Her work focuses on advancing integrated, whole-person care in FQHC settings.

S29: Abnormal Uterine Bleeding in Perimenopause: Evidence-Based Evaluation and Management for Advanced Practice Clinicians (1 Contact Hour, .5 RX)

This session equips advanced practice clinicians with a structured, evidence-based approach to diagnosing and treating AUB using the PALM-COEIN classification system as a clinical anchor. Participants will review perimenopausal hormonal physiology, learn to differentiate structural from non-structural etiologies, and apply best-practice strategies for laboratory testing, imaging, and endometrial sampling. Emphasis is placed on recognizing red-flag symptoms requiring urgent evaluation or specialty referral, as well as developing individualized treatment plans incorporating both hormonal and non-hormonal options. Through case-based learning, attendees will strengthen clinical reasoning skills and gain practical tools to improve patient outcomes and confidence in managing AUB during the menopausal transition.

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

Dr. Shelagh Larson is a board-certified Women's Health Nurse Practitioner with twenty years at the county hospital district in Fort Worth, where she founded the APP Council and the JPS Menopause and Sexual Health Clinic. A nationally certified menopause provider and multi-organization Fellow, she is a leader in NP advocacy, an educator at Texas Woman's University, and a prolific author and national speaker.

S30: Healing Politics: Every NP Is Needed (1 Contact Hour)

Nurses are sorely underrepresented in elected politics, but we can change that! This program will address the skills and abilities that make NPs well suited to elected office, important considerations before running for office, key ingredients of a successful campaign, and case studies of nurses who have run and served in a variety of elected positions.

Speaker: Lisa Summers, MSN, DrPH

Lisa Summers practiced clinically for 20 years and held faculty positions in schools of nursing and medicine before shifting to health policy work at the American College of Nurse-Midwives and the American Nurses Association. She has spoken and written widely on healthcare policy and advocacy. She holds a BSN from University of Texas Health Science Center at San Antonio, an MSN from Yale University, and a DrPH from Columbia University.



9:00 – 10:30 am

GS06: Decoding the Machine: The Evolving Role of the NP in AI-Augmented Care (1.5 Contact Hours, .5 E/J)

Across clinical settings, nurse practitioners are using AI to support documentation and decision-making, often without formal guidance on how to do so safely. From ambient documentation tools to AI-supported clinical decision-making, these technologies are rapidly becoming embedded in everyday practice. This session prepares nurse practitioners to navigate this shift with confidence by reframing their role from task executor to supervisor of intelligent systems. Participants will explore real-world scenarios of AI in clinical workflows, examine risks related to accuracy and overreliance, and identify practical strategies to maintain clinical judgment, accountability, and patient safety. Grounded in real-world practice, this session offers an approach to integrating AI into care delivery while upholding ethical, legal, and professional responsibility.

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.

10:45 am – 12:15 pm

GS07: Rest and Presence for Well-Being (1.5 Contact Hours, .5 E/J)

It has been said that “rest may be one of the clearest expressions of professionalism,” however, clinicians are often challenged in finding moments to truly disconnect and practice presence. This session will encourage attendees to think innovatively about the ways in which they rest and recharge and provide attendees with practical solutions to incorporate more restful moments into their lives.

Speakers: TNP Wellness Committee Members: Chris Divin, PhD, APRN, FNP-BC, Cara Young, PhD, APRN, FNP-C, FAANP, Dr. Rhonda Tower Siddens, PhD, MSN, APRN, FNP-C, CNE, CFNIP, Denise De La Rosa, DNP, APRN, FNP-C, Wanda Hilliard, DNP, MBA, APRN, PMHNP, Susan Calloway, PhD, RN, FNP-BC, PMHNP-BC, FAANP

Chris Divin has been a Clinical Assistant Professor at the University of Texas at Austin School of Nursing and a Family Nurse Practitioner since 1998. She presently serves on the TNP Wellness Committee along with her NP Wellness Committee colleagues Dr. Rhonda Tower Siddens, Dr. Cara Young, Dr. Wanda Hilliard, Dr. Denise De La Rosa, and Dr. Susan Calloway, all NP educators who will share insights in this presentation of collective well-being.

12:15 pm

Adjourned

TNP President Tracy Hicks, DNP, MBA, APRN, FNP-BC, PMHNP-BC, CARN-AP, FIAAN, FAANP, FAAN



“TNP is your headquarters if you’re going to be a nurse practitioner in the state of Texas.”

Shelagh Larson, DNP, APRN, WHNP-BC, MSCP, IF, FAANP
TNP member since 2004

.5 CE for viewing all poster presentations on Friday

Management of Obesity in Adults

By: Donna Callicoat, DNP, APRN, FNP-C

This evidence-based obesity management project implemented in a rural primary care clinic using guidelines from the American Heart Association, American College of Cardiology, and The Obesity Society. The session will highlight strategies for integrating structured dietary counseling, physical activity recommendations, and self-monitoring tools into routine practice to improve patient outcomes.

Nurse Practitioner Professional Identity Formation: Influencing Factors and Practice Implications

By: Jennifer Reeves, DNP, APRN, FNP-BC, CNE

Professional identity is foundational to the strength and cohesion of the nurse practitioner profession. This poster synthesizes evidence on the factors that shape NP professional identity formation and examines how role legitimacy, boundary navigation, and structural influences affect professional integration. Implications for supporting identity development across education and clinical practice will be highlighted.

The Impact of Structured Family Meetings in the Intensive Care Unit

By: Loyce Mofor, MSN, APRN, AGACNP-BC

This quasi-experimental study evaluates the impact of Structured Family Meetings in the ICU following provider training using the VitalTalk communication framework. The intervention focused on improving communication and shared decision-making for families of critically ill patients. Results showed a statistically significant improvement in family satisfaction with communication, as measured by the FS-ICU 24 survey. This poster highlights practical, evidence-based strategies to enhance family-centered communication in the ICU.

Say Yes to Leadership: Elevating Nurse Practitioner Engagement in Community and Legislative Change

By: Vicki Brooks, DNP, APRN, FNP-BC, CNEI, FAANP

The purpose of this poster presentation is to provide Nurse Practitioners with a practical, structured framework for engaging in community leadership and state and national legislative advocacy. The content encourages NPs to “Say Yes” to expanded leadership roles that elevate professional energy, purpose, and long-term career sustainability while advancing health equity and policy change.

Silent Myocardial Infarction and How to Identify It?

By: Jose Villa, DNP, APRN, FNP, BC

The presentation will include an explanation of silent MI, its pathophysiology, and treatment options, illustrated through case studies.

Clinical Considerations for Nurse Practitioners prescribing Weight Loss Pharmacotherapy

By: Shibi Kunjumon, DNP

Presentation reviews the impact of weight loss pharmacotherapy on bone health, with a focus on GLP-1 receptor agonists and combination agents. Attendees will explore populations at increased risk for bone loss and learn practical, evidence-based strategies nurse practitioners can use to preserve bone health while supporting safe and effective weight management.

Empowering Pediatric Providers: A QIEBP ADHD Initiative

By: Toshia McKeon, APRN, CPNP-PC and Stephanie Key, DNP, APRN, CPNP-PC, PHMS, FAANP

This Doctor of Nursing Practice (DNP) quality improvement project evaluated the impact of a brief, virtual educational intervention on pediatric advanced practice providers' confidence and knowledge in managing attention-deficit/hyperactivity disorder (ADHD). Using a pre- and post-intervention design, providers completed three evidence-based modules focused on ADHD diagnosis, treatment, and follow-up care aligned with American Academy of Pediatrics guidelines. Findings support the use of structured, time-efficient education to enhance provider competence and promote consistent, guideline-concordant ADHD care in pediatric primary care settings.

Pillars to Progress: Strengthening GDMT to Stop Readmissions

By: Kevyn Bieschke, MSN, APRN, FNP-C, AGACNP-BC and Kristen Alexander, APRN, MS, CNL, AGACNP-BC

Heart failure remains a major driver of hospital readmissions despite strong evidence supporting guideline-directed medical therapy (GDMT). This session reviews the burden of HF rehospitalization, examines persistent gaps in GDMT initiation and optimization, and highlights practical, multidisciplinary strategies—particularly during hospitalization and care transitions—to improve therapy delivery. Attendees will gain actionable insights to leverage inpatient and outpatient opportunities to reduce preventable readmissions and improve outcomes through proactive, guideline-driven care.

.5 CE for viewing all poster presentations on Friday

Decreasing the Public Health Burden of Migraine in Women: 2025 Milestones

By: Vera Gibb, DNP, APRN, FNP-C, AQH, CCTP and Cheryl Juneau, DrPH, MSN, APRN, FNP-C

Migraine is the leading cause of years lived with disability in women under 50. This presentation is an overview of three major 2025 milestones: the American Headache Society's recommendations for routine migraine screening in women using a self-administered three-question survey ID Migraine, new American College of Physicians' recommendations for treatment and prevention of acute episodic migraines in outpatient settings, and introduction of Headache Education, Access, Diagnosis, and Care Health Equity Act (HEADACHE Act, H.R. 5536) in the US House of Representatives.

Reimagining Graduate Health Policy Education: Integrating TNP's Advocacy Toolkit

By: Tracey Smith, DNP, APRN, FNP-BC

This presentation highlights a revision of a graduate Health Policy course that integrated the Texas Nurse Practitioners Advocacy Toolkit to help students translate policy theory into understanding practical advocacy processes. Aligned with AACN Essentials, this curriculum-embedded approach improved APRN students' understanding of the legislative process, confidence in their advocacy readiness, and engagement with health policy content.

Empowering Nurse Practitioner Students: Intimate Partner Violence Education Improves Readiness

By: Stephanie Smith, APRN, MSN, FNP-BC, PMHS

This presentation describes the development and planned implementation of a structured educational module designed to improve Family Nurse Practitioner (FNP) student confidence, competence, and readiness to screen for and respond to intimate partner violence (IPV). Attendees will learn how self-paced learning combined with interactive virtual simulation can strengthen IPV education in graduate nursing curricula and address common barriers to screening in primary care. Implications for curriculum integration and expansion to practicing nurse practitioners will also be discussed.

Decreasing Caregiver Burden in Hospice Family Caregivers

By: Breion Scott, FNP-C and Katherine Hughes, DNP, APRN, FNP-BC, PMHNP-BC, RN- TNCC

This quasi-experimental study evaluated the effectiveness of CaregiverTLC, a six-week evidence-based psychoeducational workshop designed to reduce caregiver burden among hospice family caregivers. Thirty-five participants completed the pre-intervention Zarit Burden Interview (ZBI), with 80% reporting high burden levels. Following the workshop, post-intervention ZBI scores from 24 participants showed a statistically significant reduction in caregiver burden ($t(23) = 4.53, p < .001, d = 0.93$), demonstrating that the CaregiverTLC program effectively decreased burden and improved caregivers' ability to manage stress.

Work Can Wait: Caring for Yourself as You Care for Others

By: Carissa Dugas, FNP-BC, CST

This presentation encourages Nurse Practitioners and Nurses to draw strength, resilience, and purpose from the Word of God as they navigate the physical, emotional, and spiritual demands of healthcare. Using strategies from Be The SPARK: A SPARKS' Care Plan 30-Day Devotional for New and Transitioning Nurses alongside Scripture-based reflection and practical application, attendees will discover how biblical principles can renew compassion, prevent burnout, and sustain them during challenging shifts. Participants will leave equipped with daily spiritual and faith-based self-care strategies to remain grounded, encouraged, and faithful in their calling to care for others.

Reclaiming the Clinical Hour: An APP-Led Centralized Model to Reduce Denial Rates and Provider Burnout

By: Sarah Bottomley, DNP, APRN, CPNP-PC and Joyce Dains, DrPH, JD, APRN, FNP-BC, FNAP, FAANP, FAAN

Prior authorizations and insurance denials are leading drivers of APP burnout and delayed patient care, yet a specialized APP team at a Comprehensive Cancer Center successfully centralized the peer-to-peer (P2P) process. This session demonstrates how the model reclaimed hundreds of clinical hours, reduced turnaround times to under 24 hours, and achieved an 88% authorization success rate. Attendees will gain a scalable roadmap to implement similar operational leadership strategies that improve institutional efficiency and professional satisfaction.

Updates in Gut-Brain Axis, And Its Role in Chronic Disease

By: Lauren Duroy, DNP, APRN, FNP-C, FIM-P, WCS-C, CFMP, AAMA

New research continues to reshape our understanding of the gut-brain axis and its influence on chronic disease. This presentation explores emerging evidence and clinical considerations that support a whole-body perspective in evaluating and managing complex chronic conditions.



.5 CE for viewing all poster presentations on Saturday

Loneliness in Older Adults: Gaps in Assessment and Opportunities for Primary Care Integration

By: Alyssa Cosme, BSN, RN and Aagath Shalini Leo, BSN, RN

Loneliness is a growing public health concern among older adults, affecting an estimated 20–40% of community-dwelling individuals aged 65 and older. Loneliness is associated with adverse health outcomes, including depression, cognitive decline, cardiovascular disease, functional impairment, and increased mortality. Despite frequent interaction with older adults, primary care settings do not routinely assess loneliness. The absence of standardized screening and inconsistent workflow integration highlights a critical gap in care.

From Silence to Skill: Communication Strategies for Navigating Difficult End-of-Life Conversations Using ELNEC Principles

By: Joanne Minnick, DNP, APRN, ACNP-BC, FNP-BC

This session prepares nurse practitioners to confidently navigate difficult end-of-life conversations using evidence-based communication strategies grounded in the End-of-Life Nursing Education Consortium (ELNEC) framework. Participants will gain practical language, structured conversation models, and decision-support tools to facilitate advanced care planning, discuss DNR status, and align treatment with patient values across care settings. Designed for immediate clinical application, this presentation strengthens NP leadership in delivering compassionate, goal-centered care while incorporating key regulatory updates relevant to practice.

Improving Type 2 Diabetes Follow-Up Through Standardized Nurse-Led Telephone Encounters in a Rural Primary Care Clinic

By: Kelley Al-Dhalaan, RN

This presentation describes a Doctor of Nursing Practice quality improvement project that implemented standardized nurse-led follow-up telephone encounters for adults newly diagnosed with type 2 diabetes mellitus in a rural primary care clinic. The intervention used a structured Diabetes Self-Management Education (DSME) script and documentation workflow completed within 72 hours of diagnosis to reinforce education, review medications, and improve continuity of care. Project outcomes demonstrated improved diabetes knowledge and high medication adherence, supporting telephone follow-up as a practical, scalable strategy for family nurse practitioners to enhance chronic disease management in resource-limited settings.

Age Friendly Care to Support Aging in Place: Nurse Practitioner Findings from a Mobile 4Ms Framework Pilot Study

By: Bekki McKintosh, DNP, APRN, ACNP-BC

This poster presentation highlights findings from an NP-led, age-friendly mobile care pilot using the 4Ms Framework to support community-dwelling older adults aging in place. Results demonstrate how nurse practitioner-driven in-home assessments, interprofessional collaboration, and social prescribing identified unmet clinical and social needs and improved linkage to community resources. The model aligns with TNP's mission by showcasing innovative NP practice that expands access, promotes patient-centered care, and advances health equity for older adults.

Surgical Decision-Making and Experiences Among Family Members with Heritable Thoracic Aortic Disease

By: Gilda Martinez, MSN, APRN, FNP-C, AGACNP-BC and Brittany D. Rhoades PhD, APRN, CCNS, FCNS

This poster examines surgical timing, patterns of intervention, and patient experiences within families affected by heritable thoracic aortic disease. Findings highlight multigenerational surgical needs, emotional burden, and the influence of prior aortic events on decision-making. Results underscore the importance of proactive surveillance and family-centered management to improve outcomes.

Reducing Caregiver Fatigue Through Skills Education: A Community Engagement Project

By: James Igo, BSN, DNP-FNP Student

Informal caregivers experience high rates of burnout compared to professionals such as nurses or nursing assistants. This quality improvement doctoral project aims to answer the question "Can providing practical skills training to informal caregivers in Central Texas reduce rates of burnout compared to no intervention in a 90-day period?"

Impact of Advanced Practice Provider Integration on Productivity Across General Internal Medicine Services in a Comprehensive Cancer Center

By: Jerrin Alexander, MSN, APRN, AGPCNP-C and Ugochi Ugwuegbulam DNP, APRN, FNP

Clinic data was analyzed retrospectively from FY21-FY25 to assess the productivity outcomes with the utilization of APPs in the inpatient and outpatient sections of general internal medicine at a comprehensive cancer center. The data showed growth in access, patient volume, and increased productivity with APP-managed consults and follow-ups.

.5 CE for viewing all poster presentations on Saturday

Targeting Pediatric Obesity in Rural Communities:
Implementation of a Weight Management Program

By: Staci Stough, DNP, APRN, FNP-C
This poster describes the implementation of an evidence-based pediatric weight management program in a rural federally qualified health center guided by the 2023 American Academy of Pediatrics Clinical Practice Guidelines. Outcomes included improvements in BMI percentile, nutrition behaviors, and metabolic markers, as well as meaningful integration of behavioral health services. Findings highlight the feasibility of delivering comprehensive, family-centered obesity care in underserved rural settings, offering a replicable model for nurse practitioners.

Building Resilience in the Face of Incivility

By: Michelle Hext, DNP, APRN, CPNP-PC, FNP-C, ENP-C, PMHNP-BC
This presentation provides education and recommendations to eliminate incivility using skills based on emotional intelligence and cognitive rehearsal training, active listening, and psychological negotiation in everyday interactions in every workplace, school, or anywhere incivility is encountered professionally or personally. An explanation of how Incivility in healthcare negatively affects healthcare professionals and patient outcomes will also be discussed.

You See My Scrubs, Not My Scars: Who Heals the Healers?

By: Tammy Isaac, DMin, MDiv, CAGCS, BCCC, BCC
You See My Scrubs, Not My Scars: Who Heals the Healers? explores the cumulative grief, moral distress, and emotional fatigue that advanced practice registered nurses carry in high-intensity clinical environments. This session reframes burnout through a grief-informed lens and offers practical, evidence-based strategies to strengthen emotional sustainability, peer support, and professional longevity. Participants will leave with language and tools to recognize and address the hidden weight beneath the scrubs.

Virtual Escape Rooms: Evidence-Based Enhancement
of Clinical Documentation Competency in Family Nurse
Practitioner Students

By: Kristin Corkins, MS, APRN, FNP-BC, EdD Candidate, Education Leadership & Organization (ELO)
Virtual escape rooms are not just a game; they can positively impact how Family Nurse Practitioner students plan and document treatment. In this presentation, attendees are invited to investigate a theory-based virtual escape room integrated in an online FNP course, examine critical outcome data, and take away practical ideas for adapting this scalable methodology in their own teaching or precepting.

Managing Common Dental and Oral Complaints

By: Bligha Noor, DNP, APRN, FNP-C, AGACNP-BC, CNE
This presentation will provide an overview of dental and oral complaints commonly seen in clinical practice. Basic anatomy, assessment, and management of dental, oral, and lingual conditions will be reviewed. Key presenting features of dental emergencies will also be discussed.

Assessing Barriers to CGM Utilization in Latinos with Insulin-
Dependent Diabetes

By: Cecilia Acosta, APRN, FNP candidate, BC-ADM Candidate Tracey Smith DNP, APRN, FNP-BC
The systematic review of the literature aims at assessing barriers to continuous glucose monitor use and access in the Latino population. This project aims to promote health equity, changes in prescribing behaviors, and policy reforms necessary in healthcare for underserved and underrepresented populations affected by diabetes.

Fracture Risk Assessment Tool (FRAX®) Protocol
Implementation in an Adult Orthopedics Clinic

By: Abigail Roszak, APRN, DNP, MPH, FNP-C
Osteoporosis is a disease that is highly underdiagnosed and undertreated, even in the setting of fragility fractures. A protocol was developed and implemented to include the Fracture Risk Assessment Tool (FRAX®), a widely validated tool, in an adult orthopedics clinic’s routine screening and evaluation.

Our Journey to Accredited Specialty Fellowships for Advanced
Practice Providers

By: Brenda Olmos, PhD, APRN, FNP-C and Anna Dick, DNP, APRN, CPNP-PC, PMHS
Dr. Brenda Olmos is the Administrator of Education and Development for Advanced Practice Providers at Baylor Scott & White Health and the current accreditation program director of the BSWH APP Fellowship program. Her clinical experience is principally focused on primary care/family medicine and she is the current President of the Austin Advanced Practice Nurses. She also enjoys teaching the next generation in RN and FNP programs.

EXPERIENCE CONFERENCE ON-DEMAND

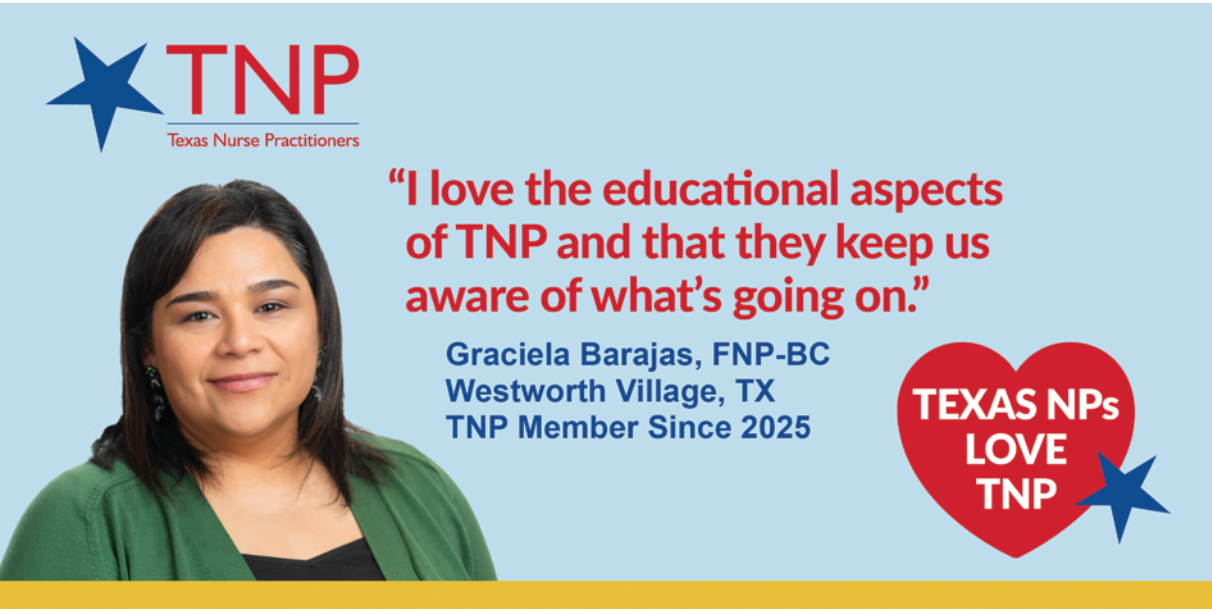
Unable to attend in person? TNP is excited to offer select courses as a part of a pre-recorded, on-demand Annual Conference bundle available October 1, 2026. Register for Thursday – Sunday or Friday – Sunday and receive these programs on demand at no extra expense!

Earn 12 CE hours – combine these courses with in-person programs to meet your Texas-Specific Requirements:

- To obtain all RX hours – add in person: F04, F07, F12 (total of 5.25 RX when combined with on-demand programs below)
- To obtain all Gero hours – add in person: S15 (Total of 2 Gero when combined with on-demand programs below)
- To obtain all E/J hours – add in person: GS03 (total of 1.25 E/J when combined with on-demand programs below)
- To obtain all Opioid hours – visit the [On-Demand CE Center](#)

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

F01: Navigating Pediatric Dyslipidemia: A Case-Based Approach (1 Contact Hour, .5 RX)	S16: -ology or -urgery, Which Neuro is it? (1 Contact Hour, .25 RX)
F02: Palliative Care and Hospice Referral: A Practical Guide for Nurse Practitioners (1 Contact Hour, .5 G, .25 E/J)	S17: Beyond Glycemic Control: Evidence-Based Advanced Diabetes Management and Early Identification of Complications in NP Practice (1 Contact Hour, .5 RX, .5 G)
F08: What Happens When the GLP-1 Medications Are Stopped? (1 Contact Hour, .5 RX)	S18: Coding and Billing Basics for Primary Care and Acute Care Settings (1 Contact Hour, .25 E/J)
F09: Diagnosis and Management of Aortic Disease: When Size Matters (1 Contact Hour, .25 RX)	S19: Recognition and Management of Toxidromes in the Intensive Care Unit (1 Contact Hour, .25 RX, .5 O)
F11: High-Risk Moments: Managing Type 1 Diabetes in the Hospital and Peri-Procedural Setting (1 Contact Hour, .5 RX, .25 G)	S27: Asthma in Motion: Managing from Clinic to Critical Care (1 Contact Hour, .5 RX, .25 G)
S14: Care+ in Action: Building Inclusive Leadership and Health Equity Across Nurse Practitioner Practice Settings (1 Contact Hour, .5 E/J)	S28: Integrating Behavioral Health and Substance Use Disorder Treatment into Primary Care: Advancing Whole-Person Care in Community Health Settings (1 Contact Hour, .25 E/J, .5 O)



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.

Full Conference (Friday - Sunday) + Full Workshops (Thursday):	Early Bird Ends July 31	Regular By Sep 16	Onsite After Sep 16
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
Non-member	\$ 840.00	\$ 890.00	\$ 990.00

Full Conference (Friday - Sunday)	Early Bird Ends July 31	Regular By Sep 16	Onsite After Sep 16
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 By Sep 16	Onsite After Sep 16
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 By Sep 16	Onsite After Sep 16
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 By Sep 16	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

If a retired legacy member wishes to receive the retired rate, please contact Jill Price at jill@texasnp.org

Ticketed Items



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

Professional Photo - Ivy Room

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 25, 12:00 pm – 3:00 pm

Saturday, September 26, 1:30 pm – 5:00 pm

TNP Member Appreciation Guest Ticket

TNP's Member Appreciation event is Friday, September 25, 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 - Floral B

Come join the Texas Nurse Practitioners Political Action Committee for breakfast on Saturday, September 26, 2026 from 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 26, 6:00 pm

Join fellow NPs on Saturday, September 26, 2026, at 6:00 pm. Meet in the hotel lobby and 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 keepsake 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 available 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 will be available at the hotel. Breakfast concessions will not be included with 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 the 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 Wednesday, September 16.

Continuing Education
TNP's 2026 Annual Conference and Pre-Conference:

Attendees can earn 21.5 Contact Hours (including up to 5.75 E/J, 5 RX, 2.75 G, and 1 O). Completion of the course evaluation is required for CE.

Statement:

Texas Nurse Practitioners is approved as a provider of nursing continuing professional development by the Louisiana State Nurses Association - Approver, 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 2026 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

- Jackie Broadway-Duren
 - Eli Lilly Pharmaceutical (Consultant/Advisory Board)
 - AbbVie Pharmaceutical (Ad Board)
- Mili Vakharia
 - Dexcom - Continuous glucose monitoring company, - consulting fee.
- James Hill
 - Honorarium will be provided by the Texas Beef Council. Presenter has received research support and honorarium from the National Cattlemen's Beef Association. No other relationship with ineligible companies.

- Shelagh Larson
 - Nexplanon trainer for Organon
 - Speaker for Bayer: Lynkhuet non-hormonal vasomotor drug. These will have no impact on this presentation. No data from these relationships will be included in this talk.
- Margaret Bobonich
 - Organon, Regeneron Sanofi- no relevant COI
- P. Barton Duell
 - PeerView Institute (PVI) is an independent, accredited CME provider. Our programs are supported by unrestricted educational grants from commercial entities; however, we strictly adhere to ACCME Standards for Integrity and Independence in Accredited Continuing Education. Commercial supporters have no influence over content development or faculty selection, and all education is developed to be fair, balanced, and evidence-based. All faculty are vetted, and full disclosures are collected and resolved in accordance with ACCME requirements.
- Kimberly Giberga
 - Speaker's bureau for AbbVie Pharmaceuticals
 - Speaker's Bureau for Alfasigma USA, Advisory Board for Alfasigma USA

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 contact TNP at 512-291-6224.

Cancellation Notice

Requests for a refund due to conference cancellation must be emailed to bella@texasnp.org by September 3, 2026. Eligible refunds will be processed, minus a \$25 processing fee.