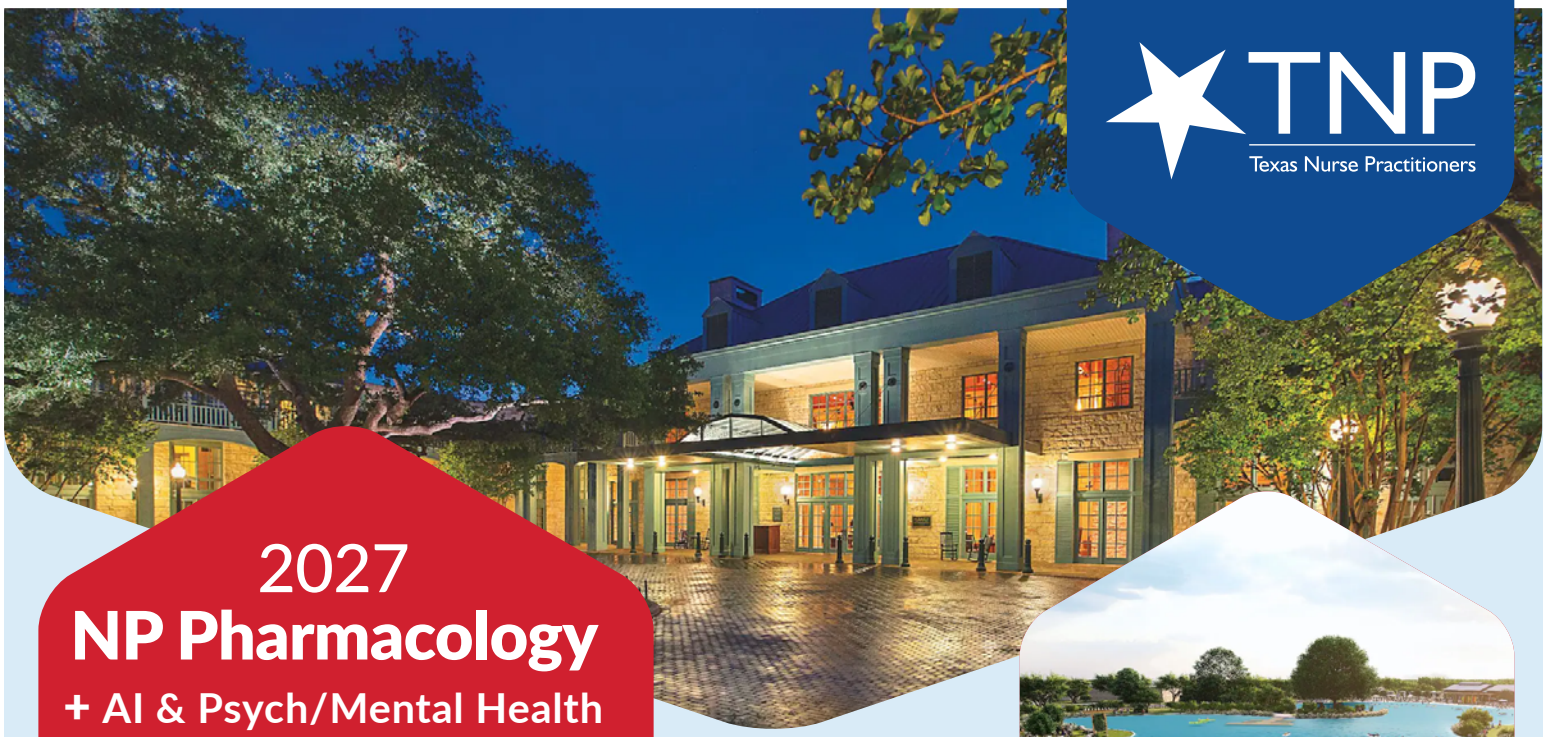
TNP
Texas Nurse Practitioners



2027 NP Pharmacology

+ AI & Psych/Mental Health Pre-Conferences

April 22-24, 2027

Hyatt Regency Hill Country Resort
San Antonio









Earn your Texas-Required CE hours here!

- Pharmacology
- Geriatrics
- Ethics

Program At A Glance

Please note that the agenda and presenters are subject to change.
AI Sessions will be held in Independence 5 & 6, and Psych/Mental Health Sessions will be held in Independence 7 & 8. Those who register for Thursday have the flexibility to choose which breakouts they attend and are not tied to a specific track.

Thursday | April 22 – AI & Psych/Mental Health Pre-Conference

11:00 am – 5:00 pm	**Onsite Registration / Badge Pickup**	*Independence Foyer*
11:45 am	**Lunch Product Theater**
1:00 – 2:00 pm	**Smart Tools, Smarter Practitioners: Building AI Literacy with Confidence** by Aurbrey Eikenhorst, DNP, FNP-C	*Independence 5-6*
1:00 – 2:00 pm	**The Art of Psychiatric Diagnosis** by Tega Meir, MSN, APRN, PMHNP- BC *Independence 7-8*
2:00 - 2:15 pm	**Break**
2:15 – 3:15 pm	**Beyond Survival: Turning Workforce Strain into Strength Through Digital Innovation** by Barbara Chapman, DNP, MBA, APRN, FNP-C, NHDP, PMHNP-BC	*Independence 5-6*
2:15 – 3:15 pm	**The NP Advantage: What AI Can't Replicate in Depression Treatment** by Justin Cullers, MSN, APRN, PMHNP-BC C	*Independence 7-8*
3:15 – 3:30 pm	**Break**
3:30 – 4:30 pm	**AI in NP Practice: Navigating Texas AI Requirements and Safe Clinical Application** by Janice M. Arceneaux, DNP, APRN, FNP-C, PMHNP-BC, CMSRN, Deborah Hodge, MS, APRN, FNP-C, Kim Posey, PhD, DNP, APRN, AGPCNP-BC, GS-C, FAANP	*Independence 5-6*
3:30 – 4:30 pm	**10 Things You Should Know About Prescribing for PTSD** by Margit Gerardi, PhD, APRN, WHNP, PMHNP-BC	*Independence 7-8*
5:00 pm	**Check-In / Registration Closes**

Friday | April 23 – Pharmacology Conference

7:00 am	**Onsite Registration / Badge Pickup & Coffee**	*Independence Foyer*
7:45 – 8:45 am	**Breakfast Product Theater**
8:30 – 8:45 am	**Welcome Address**	*Independence 5-8*
9:00 – 10:15 am	**What Grew? Now What? — Culture Interpretation for Nurse Practitioners** by June Belt, APRN, ACNP-BC
10:15 – 10:45 am	**Break/Exhibit Hall Opens/Silent Auction/Coffee Break**	*Independence 1-4*
10:45 am – 12:15 pm	**Zebra Cases Presentation** by coming soon
12:30 – 1:30 pm	**Lunch Concession/Exhibit Hall/Silent Auction**	*Independence Foyer* **Lunch Product Theater**	*Independence 5-8*
1:45 – 3:15 pm	**Beyond the Tremor: Optimizing Pharmacologic Management and Emerging Therapies in Parkinson's Disease** by Dr. Joanne "Jody" Minnick, DNP, APRN, ACNP-BC, FNP-BC

Program At A Glance (Continued)

All sessions are in Independence 5-8 unless otherwise noted.

Friday | April 23 – Pharmacology Conference (continued)

3:15 – 3:45 pm	**Break** — Exhibit Hall Closes at 3:15, Reopens at 7:30 am Saturday *Independence* 1-4
3:45 – 5:00 pm	**Vaccination and Immunization: Evidence-based care for the NP** by Rachel Reitan, DNP, FNP-C, MSNeD, CWS
5:00 pm	**Onsite Registration / Badge Pickup Closes**
5:30 pm	**TNP Foundation's Walk and Wine Down** ($75 ticket, includes beverage, exclusive t-shirt, supports TNPF) *Meet at Charlie's Long Bar*

Saturday | April 24 – Pharmacology Conference

7:00 am	**Registration/Coffee Service Opens** | *Independence Foyer*
7:45 – 8:45 am	**Breakfast Concessions / Breakfast Product Theater** | *Independence 5-8*
7:30 – 9:00 am	**Exhibit Hall & Silent Auction Opens** | *Independence Foyer*
9:00 – 10:15 am	**Type 2 Diabetes Management - Rethinking Sulfonylurea Overuse and Beta Cell Exhaustion** by Tanya Schlemmer, DNP, MHA, MSN-Ed, APRN, AGACNP-BC, FNP-C, CCRN-CMC, RN-BC
10:15 – 10:45 am	**Break/Coffee Break/Exhibit Hall** | *Independence 1-4*
10:45 am	**Silent Auction Closes**
10:45 am – 12:15 pm	**Deprescribing in Primary Care: NP and PharmD Strategies for Implementation and Emerging Reimbursement Opportunities** by Kate Taylor, DNP, FNP-C, CPPS, FNAP, and Jacob Rogers, Pharm.D., BCACP, CDCES | *Independence 1-4*
12:30 – 1:30 pm	**Lunch Concessions / Lunch Product Theater** | *Independence 5-8*
1:30 pm	**Exhibit Hall Closes**
1:45 – 3:15 pm	**When Antidepressants Aren't Enough: Modern Approaches to Treatment-Resistant Depression** by Kim Giberga, MSN, APRN, FNP-C, PMHNP
3:15 – 3:30 pm	**Break**
3:30 – 4:45 pm	**Beyond Cholesterol: New Frontiers in Lipid Management** by Mahesh Pillai, DNP

Enjoy Your Stay

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You'll discover a charming mix of authentic Texas hospitality, perfectly blended with all the fun activities of a magnificent Texas Hill Country resort.

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Book your room today.

Click here to make your hotel reservation or contact the Hyatt directly by calling (210) 647-1234. Please be sure to tell them you're with Texas Nurse Practitioners.

The negotiated room rate is $249 for single/double, plus a waived daily resort fee (usually $35.) Based on availability through March 31, 2027.

Valet Overnight — $45.00
Self-Parking Overnight — $25.00
Day Valet (8 hours or less) — $25.00
Self-Parking Per Day — Complimentary



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

1:00 - 2:00 pm | Smart Tools, Smarter Practitioners: Building AI Literacy with Confidence (1 Contact Hour, .5 Ethics)

Nurse Practitioners are challenged to keep up with the evolution of Artificial Intelligence (AI) in all arenas. As AI evolves and becomes increasingly integrated into everyday life, NPs must be knowledgeable about AI tools and aware of practical strategies for AI use and its ethical implications to avoid common pitfalls and maximize the potential benefits of AI implementation. This presentation aims to equip the busy Nurse Practitioner with information to build personal AI competency, thereby building confidence to incorporate AI tools in clinical practice, scholarship, and academic practice. Numerous AI tools available to the NP will be discussed, including their applications, pitfalls, costs, and practical implementation tips. Also discussed will be the use and implementation of AI scribes in clinical practice as well as the ethical implications of AI use across the continuum of NP practice.

Speaker: Dr. Aurbrey Eikenhorst, DNP, APRN, FNP-C, ACHPN, CWCN-AP
Dr. Aurbrey Eikenhorst is a nurse leader with over 18 years of experience across diverse settings. Dr. Eikenhorst currently serves as Assistant Clinical Faculty 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. Eikenhorst also enjoys writing and serving as a Peer Reviewer for the Journal for Nurse Practitioners.

1:00 - 2:00 pm | The Art of Psychiatric Diagnosis (1 Contact Hour)

Psychiatric diagnosis is one of the most consequential decisions clinicians make, yet it remains one of the most complex. Unlike many areas of medicine, psychiatry often relies on clinical observation, patient narratives, and longitudinal assessment rather than definitive biomarkers. This session explores the intersection of science and clinical judgment in the diagnostic process, highlighting the challenges of overlapping symptom presentations, comorbid psychiatric and medical conditions, and systemic pressures that can influence diagnostic decisions. Participants will learn practical, evidence-informed strategies to improve diagnostic accuracy, including building therapeutic rapport, leveraging collateral information, recognizing illness trajectories, and using provisional diagnoses appropriately. Through the discussion of commonly confused disorders, including bipolar disorder, agitated depression, borderline personality disorder, schizophrenia, and schizoaffective disorder, attendees will gain practical tools to refine differential diagnoses, reduce misdiagnosis, and deliver more precise, patient-centered psychiatric care.

Speaker: Tega Meir, MSN, APRN, PMHNP- BC
Oghenetega "Tega" Meir is a Board-Certified Psychiatric Mental Health Nurse Practitioner, founder of Racham Psychiatric Services LLC, and practicing clinician at C Trilogy Outreach in Longview, Texas. She brings extensive experience in both inpatient and outpatient psychiatry, providing compassionate, evidence-based, and result-oriented care to adults across Texas. Tega's integrative approach blends conventional psychiatric treatment with a holistic philosophy that honors mind, body, and spirit. Passionate about destigmatizing mental illness, she is committed to empowering individuals to achieve lasting mental wellness through education, advocacy, empathy, and clinical excellence.

2:15 – 3:15 pm | Beyond Survival: Turning Workforce Strain into Strength Through Digital Innovation (1 Contact Hour, .5 Ethics)

This presentation will examine the development and implementation of a comprehensive, technology-enabled suite designed to strengthen mental health and resilience among nurses. The platform integrates digital solutions, including self-scheduling tools and structured face-to-face peer-to-peer interactions, to proactively address mental health needs. It will also explore participants' perceptions of a groundbreaking 12-week initiative that fosters emotional well-being, reduces burnout, and supports ongoing professional development.

Speaker: Barbara Chapman, DNP, MBA, APRN, FNP-C, NHDP, PMHNP-BC
Barbara Chapman serves as an Assistant Clinical Professor and Lead Faculty for the Family Nurse Practitioner and Psychiatric Mental Health Nurse Practitioner programs at The University of Texas at Tyler. She co-directs the University of Texas at Tyler Free Mental Healthcare Outreach Line, offering consultations statewide. With over 35 years in nursing, Chapman has dedicated much of her career to serving uninsured and medically underserved populations, including work with the Community Health Care Clinic in McKinney and "The INTUNE Mobile Unit."

2:15 – 3:15 pm | The NP Advantage: What AI Can't Replicate in Depression Treatment (1 Contact Hour, 1 RX, .5 Ethics)

This program explores the unique role of nurse practitioners in treating major depressive disorder (MDD). While artificial intelligence excels at pattern recognition amid 105 DSM-5 symptom combinations and over 40 FDA-approved antidepressants, it cannot replicate the human connection that APRNs provide. The session emphasizes developing relational skills, conducting in-depth psychiatric assessment, performing differential diagnosis, and using interview techniques that build trust beyond standardized tools. Participants will learn how to match specific antidepressants to clinical presentations using case examples, while addressing suicide risk, safety planning, psychotherapy integration, and scope-of-practice distinctions among psychiatric and non-psychiatric APRNs—leaving with a practical framework for individualized patient care.

Speaker: Justin Cullers, APRN, MSN, PMHNP-BC
Justin is a Psychiatric Mental Health Nurse Practitioner (PMHNP) who specializes in individualized psychotherapy combined with medication management. He currently serves as a TNP Board Member at Large and as a member of the TNP Policy Council. His focus has been on educating and organizing TNP members to advocate for pro-APRN legislation.



3:30 – 4:30 pm | AI in NP Practice: Navigating Texas AI Requirements and Safe Clinical Application (1 Contact Hour, .5 Ethics)

Description

Speakers: Janice M. Arceneaux, DNP, APRN, FNP-C, PMHNP-BC, CMSRN, Deborah Ann Hodge, MS, APRN, FNP-C, Kim Posey, PhD, DNP, APRN, AGPCNP-BC, GS-C, FAANP

Janice M. Arceneaux, is a dual-specialty board-certified Family and Psychiatric-Mental Health Nurse Practitioner with more than three decades of clinical, executive, military, public health, and academic leadership experience. She serves as a Lead Public Health Consultant and national Medicaid subject matter expert with the Centers for Medicare & Medicaid Services. Dr. Arceneaux is an active Texas Nurse Practitioners Legislative Ambassador, Policy Committee member, and Artificial Intelligence Workgroup co-presenter. Her work focuses on responsible artificial intelligence integration, clinical decision support, healthcare policy, patient safety, and workforce readiness. She is committed to empowering nurse practitioners to use emerging technologies ethically, effectively, and confidently.

Deborah Ann Hodge, is an Advanced Practice Provider (APP) Professional Development Leader at Houston Methodist, where she supports system-wide initiatives in APP education, onboarding, and professional development. With more than 50 years of experience in critical care, emergency medicine, cardiovascular nursing, primary care, and advanced practice leadership, she is dedicated to developing advanced practice providers, advancing innovation in healthcare, and promoting excellence in patient care. A retired Colonel in the United States Air Force Reserve, Deborah brings a lifelong commitment to leadership, service, and mentorship to the advancement of advanced practice.

3:30 – 4:30 pm | 10 Things You Should Know About Prescribing for PTSD (1 Contact Hour, .5 RX, .5 Ethics)

Provides a practical, evidence-based review of pharmacologic management for posttraumatic stress disorder (PTSD) for Nurse Practitioners caring for adults and children in primary care and behavioral health settings. Participants will examine current guideline recommendations, first-line medications, symptom-targeted prescribing, and strategies to reduce inappropriate polypharmacy. The presentation also addresses common prescribing pitalls, management of sleep disturbances and nightmares, treatment of comorbid conditions, and the appropriate role of medications alongside trauma-focused psychotherapy. Emerging therapies—including ketamine, esketamine, MDMA-assisted therapy, psilocybin, stellate ganglion block, and cannabinoids—will be reviewed with an emphasis on current evidence, regulatory status, and practical patient counseling. Through clinical pearls and case-based discussions, attendees will gain actionable strategies to improve prescribing decisions, optimize patient outcomes, and provide safe, evidence-based care for individuals living with PTSD.

Speaker: Dr. Margit B. Gerardi, PhD, PMHNP-BC, WHNP-BC

Dr. Margit B. Gerardi is a board-certified Psychiatric-Mental Health Nurse Practitioner and Women's Health Nurse Practitioner with more than 30 years of clinical, academic, and leadership experience. Her work has focused on advancing evidence-based psychiatric care, graduate nursing education, and postgraduate PMHNP residency training within the U.S. Department of Veterans Affairs. She has developed curricula emphasizing psychopharmacology, neuroscience, trauma-informed care, measurement-based care, quality improvement, and inter-professional practice. Dr. Gerardi has contributed to peer-reviewed scholarship and quality improvement initiatives while mentoring advanced practice clinicians and promoting the translation of current evidence into psychiatric nursing practice and Veteran-centered healthcare.

8:45 – 9:00 am | Welcome Address

TNP President

9:00 – 10:15 am | What Grew? Now What? — Culture Interpretation for Nurse Practitioners (1.25 Contact Hours, 1 RX, .5 Gero)

This adult-focused session will help nurse practitioners interpret culture and susceptibility results using a practical clinical framework. Participants will learn to distinguish infection from colonization and contamination, recognize unexpected pathogens for the specimen source, select source-appropriate antimicrobial therapy, and determine treatment duration. Case-based outpatient and inpatient scenarios will emphasize antimicrobial stewardship and the principle that "susceptible" does not always mean "suitable."

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 emergency room and infectious diseases. She personally knows how devastating a BNE complaint can be. June wants to share her experience of how to manage during and after the disciplinary process.

10:45 am – 12:15 pm | Zebras running through the Emergency Department (1.5 Contact Hours, 1 RX)

This session explores atypical and uncommon patient presentations through engaging emergency department case studies that challenge traditional textbook expectations. Using evidence-based practice, pharmacology, and interactive audience participation, participants will examine unusual presentations of conditions such as metastatic cancer, myocardial infarction, intracranial masses, infections, and pediatric pneumonia. This presentation aims to enhance clinical reasoning, expand diagnostic awareness, promote safe and effective treatment strategies, and improve patient outcomes when caring for patients who do not present as expected.

Speaker: Mahesh Pillai, DNP, FNP-C,
Mahesh Pillai, DNP, FNP-C, is a Doctor of Nursing Practice and Board-Certified Family Nurse Practitioner specializing in gerontology, with over a decade of experience in chronic disease management, preventive care, health promotion, and improving the quality of life for older adults through evidence-based, compassionate care. He is actively involved in nursing leadership and professional development and has served as both President and Vice President of the Indian American Nurses Association of North Texas (IANANT), advocating for mentorship, professional growth, and community engagement. His commitment to advancing geriatric care through clinical excellence, collaboration, innovation, and advocacy has established him as a dedicated leader in the nursing profession.

1:45 – 3:15 pm | Beyond the Tremor: Optimizing Pharmacologic Management and Emerging Therapies in Parkinson's Disease (1.5 Contact Hours, 1 RX, .5 Ethics, .5 Gero)

Parkinson's disease (PD) is a progressive neurodegenerative disorder with complex motor and nonmotor symptoms requiring lifelong pharmacologic management, creating challenges for nurse practitioners in therapy selection, adverse-effect management, polypharmacy, and emerging treatments—especially in older adults with multimorbidity, cognitive impairment, falls, and medication interactions. This presentation reviews evidence-based therapies, including levodopa formulations, dopamine agonists, MAO-B and COMT inhibitors, adenosine receptor antagonists, and options for motor fluctuations and dyskinesias, plus emerging continuous delivery systems, infusions, subcutaneous formulations, and investigational disease-modifying treatments. Through case-based examples, participants will explore medication selection, deprescribing, adverse-effect monitoring, and individualized planning to improve outcomes and safety for patients with PD.

Speaker: Dr. Joanne "Jody" Minnick
Dr. Joanne "Jody" Minnick, DNP, APRN, ACNP-BC, FNP-BC, is an Assistant Clinical Professor and DNP Coordinator at the Betty Irene Moore School of Nursing, University of California, Davis. Her scholarly academic platform focuses on advancing Doctor of Nursing Practice (DNP) education, AI and healthcare, hospice/palliative care, and dementia care through evidence-based curriculum innovation, faculty development, and practice scholarship. She mentors doctoral students in translating evidence into clinical practice and disseminating scholarly work. Dr. Minnick presents nationally and internationally on DNP education, end-of-life communication, AI, dementia, and innovative approaches that prepare advanced practice nurses to deliver compassionate, person-centered care.

3:45 – 5:00 pm | Vaccination and Immunization: Evidence-based care for the NP (1.25 Contact Hours, .5 RX, .5 Ethics, .5 Gero)

A comprehensive review of the history, immunologic principles, and evidence-based clinical application of vaccines to support safe and effective immunization practice across the lifespan, including review of key historical milestones in vaccine development, from early variolation to contemporary platforms such as recombinant, mRNA, and viral-vectored vaccines. Participants will explore the underlying science of vaccine induced immunity, including innate and adaptive immune activation, immunologic memory, adjuvant function, and the impact of vaccine delivery routes on immune responses. The activity also emphasizes evidence based practice, including current CDC/ACIP immunization guidelines, vaccine safety surveillance, management of adverse reactions, and communication strategies to address vaccine hesitancy in diverse patient populations. By integrating scientific knowledge with clinical guidance, this CE activity aims to enhance FNP competence, confidence, and clinical decision-making in delivering patient-centered immunization care.

Speaker: Rachel Reitan, DNP, FNP-C, MSNeD, CWS
Rachel Reitan has worked as an Infectious Disease NP for over 10 years in both the inpatient and outpatient settings. She finished her FNP from Midwestern State University in 2015 and her DNP from UT Arlington in 2019, focusing on the role of systemic antimicrobials in treating chronic wounds. She also holds a Master's degree in Infectious Diseases from Drexel University School of Medicine. Dr. Reitan chairs the Infection Control and Antimicrobial Stewardship Committees at United Regional Hospital in Wichita Falls in addition to direct patient care.

9:00 – 10:15 am | Type 2 Diabetes Management – Rethinking Sulfonylurea Overuse and Beta Cell Exhaustion (1.25 Contact Hours, 1 RX)

This presentation is designed for healthcare providers and draws on the latest ADA 2025 Standards of Care, recent research from JAMA Network Open, and landmark studies on beta cell apoptosis. By the end of this talk, you should have a clear understanding of why sulfonylureas should never be initiated when A1c is at 9% or higher, and what evidence-based alternatives to reach for instead.

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

Dr. Schlemmer is a Clinical Associate Professor of Graduate Nursing at the University of Texas at Tyler. She is dually certified as an Adult-Gerontologic Acute Care Nurse Practitioner and Family Nurse Practitioner. She is also nationally certified in the areas of Adult Critical Care Nursing with Cardiac Medicine subspecialty and Home Health Nursing certifications. Sr. Schlemmer has more than 20 years of teaching and NP clinical experience in various areas and works as a volunteer in a Community Clinic. She has published works on various topics and serves as a volunteer educator for the Alzheimer's Association in the North Dallas area, is a member and volunteer for Sigma Theta Tau nursing honor society and Texas Nurse Practitioner's organizations and a volunteer item writer reviewer for the American Nurses Credentialing Center for the Adult-Gerontology Acute Care Nurse Practitioner certification exam.

10:45 am – 12:15 pm | Deprescribing in Primary Care: NP and PharmD Strategies for Implementation and Emerging Reimbursement Opportunities (1.5 Contact Hours, 1 RX, .5 Gero)

Polypharmacy is a major contributor to adverse drug events, falls, cognitive impairment, and hospitalizations, particularly among older adults with multiple chronic conditions. This session provides a practical, evidence-based approach to medication deprescribing that clinicians can immediately apply in primary care. Participants will learn how to identify inappropriate medications, recognize prescribing cascades, and engage patients in shared decision-making to safely reduce medication burden. Through real-world cases, attendees will explore deprescribing frameworks, implementation strategies, and documentation practices that support sustainable clinical workflows. The session will also highlight lessons learned from a collaborative Nurse Practitioner–Clinical Pharmacist deprescribing model and review current reimbursement opportunities for deprescribing services. Participants will leave with practical tools to improve medication safety and enhance patient-centered care.

Speakers: Kate Taylor, DNP, FNP-C, CPPS, FNAP and Jacob Rogers, Pharm.D., BCACP, CDCES

Dr. Kate Taylor is the Associate Dean of Clinical Affairs and an Associate Professor at the UNT Health College of Nursing. She is a board-certified Family Nurse Practitioner with nearly 30 years of nursing experience, including geriatric primary care in office-based and home-based settings. In her academic leadership role, Dr. Taylor oversees clinical partnerships and faculty practice while advancing clinical education. She is a Certified Professional in Patient Safety CPPS and serves on the Steering Committee for the AACN Practice Leadership Network, is an active member of the National Academies of Practice, serves on the Texas Nurse Practitioners Board of Directors, and is a member of the Board of Directors for Dementia Friendly Fort Worth.

Dr. Jacob Rogers is the Director of Ambulatory Pharmacy Services for the UNT Health Clinical Practice Group. He also practices as an ambulatory care clinical pharmacist at the UNT Health Center for Older Adults and serves as an Assistant Professor of Pharmacotherapy at the UNT Health College of Pharmacy and Health Professions.

1:45 – 3:15 pm | When Antidepressants Aren't Enough: Modern Approaches to Treatment-Resistant Depression (1.5 Contact Hours, .5 RX)

This program reviews evidence-based approaches to identifying and treating treatment-resistant depression. It focuses on systematic reassessment, augmentation strategies, and escalation to advanced interventions.

Speaker: Kim 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 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.

3:30 – 4:45 pm | Beyond Cholesterol: New Frontiers in Lipid Management (1.25 Contact Hours, 1 RX, .5 Gero)

This presentation reviews lipid metabolism—including synthesis, transport, and utilization of key lipids—and its critical link to atherosclerotic cardiovascular disease risk assessment and prevention. It examines the mechanisms, efficacy, safety, and outcomes of current and emerging lipid-lowering therapies such as statins, PCSK9 inhibitors, and others, guided by major trials and recommendations for high-risk patients. Special emphasis is placed on the nurse's role in patient education, adherence, monitoring, and shared decision-making to optimize therapy and improve cardiovascular outcomes.

Speaker: Mahesh Pillai, DNP, MSN, APRN, AGNP-BC
Mahesh Pillai is a Doctor of Nursing Practice and Board-Certified Family Nurse Practitioner specializing in gerontology. With over a decade of clinical experience, Mahesh Pillai is dedicated to improving the health and quality of life for older adults through evidence-based practice, patient education, and compassionate care. He has a strong background in chronic disease management, preventive care, and health promotion tailored to the aging population.



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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.

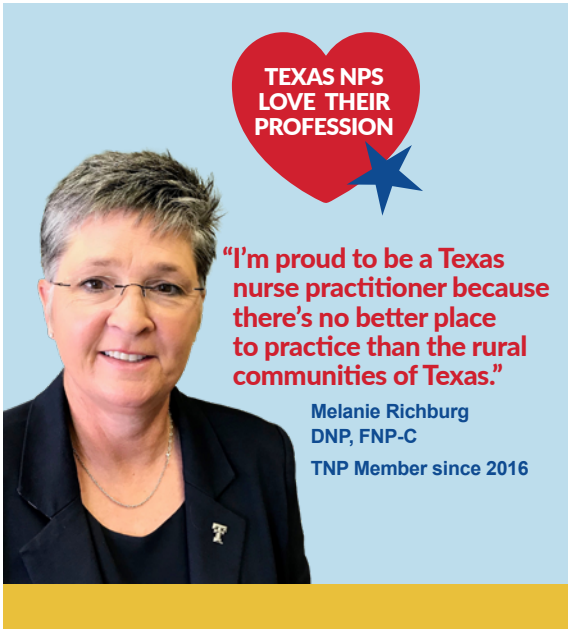
**Register by January 31 for a $50 early bird discount .*

Register by April 15, 2027

	Members	Non-Members
Thursday AI & Psych/Mental Health Pre-Conference	$140	$240
Thursday, Friday & Saturday*	$505	$705
Thursday & Friday	$325	$425
Friday & Saturday*	$365	$565
Friday Only	$185	$285
Saturday Only	$185	$285

Register on or after April 16, 2027:

	Members	Non-Members
Thursday AI & Psych/Mental Health Pre-Conference	$190	$290
Thursday, Friday & Saturday	$555	$755
Thursday & Friday	$375	$475
Friday & Saturday	$415	$615
Friday Only	$235	$335
Saturday Only	$235	$335



Enhance Your Conference Experience

Help TNP Foundation Give Back to Texas NPs

TNP Foundation Silent Auction | April 23-24

Donate a Basket or Item! Click here for more details. Click here to tell us about your donation in advance so we can prepare.
Questions? Contact connie@texasnp.org.

TNP Foundation's Walk and Wine Down | Friday, April 23, 5:30 pm
Sponsor TNPF's Walk and Wine Down T-Shirt

Sponsor the Walk t-shirts and have your company logo or name printed on the back in recognition. Click here to submit your sponsorship.
Questions? Contact connie@texasnp.org.

Purchase Your Ticket to Walk and Wine Down for the Texas Nurse Practitioner Foundation

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

Conference Information

Continuing Education:
NP Pharmacology Conference + AI & Psych/Mental Health Pre-Conference:

Learners will be awarded 15 Contact Hours to include 3.5 Ethics Hours, 8.5 RX Hours, 2.5 Gero Hours.

Statement:
Texas Nurse Practitioners is approved as a provider of nursing continuing professional development by Louisiana State Nurses Association - Approver, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. If you are required to use an activity number or provider number on certificates, please use LSNA Provider N003232

CE Certificate:
Upon completion of the TNP Annual Conference and Workshops, you will receive an email from Bella Stewart, TNP Education Manager, with detailed instructions for accessing and completing your Continuing Education (CE) Certificate. If you do not receive the email within 24 hours of the conference conclusion or have any questions, contact Bella Stewart at bella@texasnp.org.

NSO 10% Risk Management Discount

TNP Primary NSO offers TNP's 2027 NP Pharmacology Conference + AI & Psych/Mental Health 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

No disclosures exist.

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.

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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

Conference cancellation requests must be emailed by April 1, 2027, for a refund, minus a $25 processing fee. Requests should be sent to Bella Stewart at bella@texasnp.org.

No cancellations will be accepted after April 1, 2027. Cancellation refunds will be issued within 4-6 weeks after the conference.