



ANNUAL CONFERENCE 2026

Moody Gardens | Galveston
September 24-27, 2026



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)

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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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

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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

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.

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.

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)

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.

Wear your
TOP NP shirt
for a Group Photo
in the General
Session Room
after the Awards
Ceremony

Silent Auction
closes at 10:30 am

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 their 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 emerita 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.

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.

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.

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

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 IAAN, 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, APRN, 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.



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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, 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

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 Callicot, 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, CNEcl, 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)

F02: Palliative Care and Hospice Referral: A Practical Guide for Nurse Practitioners
(1 Contact Hour, .5 G, .25 E/J)

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

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

F11: High-Risk Moments: Managing Type 1 Diabetes in the Hospital and Peri-Procedural Setting
(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)

S16: -ology or -urgery, Which Neuro is it?
(1 Contact Hour, .25 RX)

S17: Beyond Glycemic Control: Evidence-Based Advanced Diabetes Management and Early Identification of Complications in NP Practice (1 Contact Hour, .5 RX, .5 G)

S18: Coding and Billing Basics for Primary Care and Acute Care Settings (1 Contact Hour, .25 E/J)

S19: Recognition and Management of Toxicodromes in the Intensive Care Unit (1 Contact Hour, .25 RX, .5 O)

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

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)



“I love the educational aspects of TNP and that they keep us aware of what’s going on.”

Graciela Barajas, FNP-BC
Westworth Village, TX
TNP Member Since 2025



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
 1. Eli Lilly Pharmaceutical (Consultant/Advisory Board)
 2. 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.