

# MONTHLY NEWSLETTER



## PRESIDENTS MESSAGE

Welcome to the first issue of The VANP Newsletter! As your new president, I'm excited to grow this group beyond community work by deepening our connections, learning from each other, and building each other up. This newsletter will be our platform to share ideas, grow professionally, and celebrate each other.

 Rose Goehring, VANP President

### Next Agenda Items:

TNP Affiliation  
Bylaws Revision

### UPCOMING EVENTS

**Sept 11 VANP Meeting  
(6:00 PM) @ Pumphouse  
\*BRING WHITE COAT\***

**Oct 11 CMC 5K  
(7:30AM) @ 214 N.  
Main Street**

**Oct Trunk or Treats  
(6:00PM) @ TBA**

**Nov 13 VANP Social  
(6:00 PM) @ TBA**

### LEGISLATIVE UPDATE

**HB 1942 on eliminating in-network insurance requirements for delegating physicians passed the House overwhelmingly and fell short of a Senate vote in the final weeks of session.**

**SB 268 to protect NPs against the regulatory overreach of the Texas Medical Board (TMB) passed the legislature, but was vetoed by Governor Abbott due to his desire for further amendments**

## NP ROUNDTABLE

### **Roundtable Topic: Managing Polypharmacy in Older Adults**

Polypharmacy remains a daily challenge in primary care, especially among older adults with multiple chronic conditions. NPs are uniquely positioned to identify potentially inappropriate medications, simplify regimens, and support adherence. How can we incorporate structured deprescribing protocols or better utilize tools like the Beers Criteria in our practice? Let's discuss strategies that improve patient safety while still respecting patient preferences.

Want to contribute? Submit your response by Sept 20th!



# CLINICAL CORNER

## THE "TEACH-BACK" METHOD FOR SAFER CARE

Using the Teach-Back Method can reduce medication errors and improve outcomes, especially in patients with low health literacy. After teaching, ask, "Can you tell me in your own words how you'll take this medication?" to confirm understanding. This builds trust, encourages questions, and avoids sounding judgmental. Bonus: document "teach-back used" in your note for quality and legal support.

 Rose Goehring, FNP-C



## NP SPOTLIGHT

The VA is one of the largest integrated healthcare systems in the U.S., serving over 9 million veterans across nearly 1,300 facilities. We deliver care through telehealth, phone, and in-person visits, always prioritizing compassion and access. Our "First 92" initiative guides staff to (1) face the veteran, (2) ask how we can help, (3) focus fully on the veteran—not the computer, and (4) listen without interruption. We're proud to support the most diverse generation of veterans, addressing both medical and mental health needs. It's a meaningful and rewarding place to work.

 Theresa Ybarra, APRN, FNPc, PMHNP-BC

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### [WANT TO CONTRIBUTE?](#)

HAVE A CLINICAL PEARL, EVENT,  
OR SPOTLIGHT TO SHARE?

[EMAIL US](#)



[VictoriaAreaNursePractitioners.com](http://VictoriaAreaNursePractitioners.com)



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# STUDENT CORNER

## FACING THE FEAR: SUPPORTING DNP STUDENTS THROUGH THE UNKNOWN

Many DNP students begin their journey with a mix of excitement and anxiety, especially around the uncertainty of the DNP project. Despite being experienced clinicians, they often feel unprepared for the academic demands, project design, and systems-level thinking required (Beeber et al., 2019). Common barriers like lack of mentorship, unclear guidelines, and time constraints can amplify that fear and impact student success (Melnyk et al., 2018). Faculty and institutions can help by providing clear expectations, structured support, and a safe space to ask questions. With the right guidance, DNP students can transform fear into confidence and their projects into meaningful change (Zaccagnini & Pechacek, 2021).

○ Rose Goehring, MSN, APRN, FNP-C

### SCHOLARSHIP INFO

**Fall 2025 deadline:  
September 30, 2025**

**Spring 2026 deadline:  
January 31, 2026**

**Info available on FB &  
VANP Website**



## STUDENT SPOTLIGHT

Hello! My name is Courtney Salazar, and I am a Family Nurse Practitioner student at UTHealth Houston Cizik School of Nursing. I am on course to graduate in May 2026. I have always lived in Victoria and live here with my husband and 9- and 6-year-old sons. In 2009, I completed the ADN program at Victoria College and Citizens Medical Center has been my home since then. I started working on the Ortho/MedSurg, floor where I worked with some amazing nurses who guided me and taught me so much! They were hard to leave, but in 2014, I moved to the ER and have worked there since. The ER environment is unique in that you are working alongside the Providers and is very much a team. Working with my team has shaped me into the nurse I am today as I have learned not just skills for nursing, but about teamwork under pressure, critical thinking, adaptability, communication skills, and resilience. In 2023, I decided it was time to make a change and enrolled in the University of Texas Arlington to complete my Bachelor of Science in Nursing. I started the Master's program in the Fall of 2024 and can't wait to be done! I had my first semester of clinical this summer where I worked with Angie Bludau for my OB/GYN experience. I was so nervous about starting clinical, and her kindness and experience put me completely at ease! I loved my time with her. My family practice experience started with Kerri Pillar and Beverly Stephens-Martin and has given me some "Aha!" moments as I prepare to transition from my role as nurse to Nurse Practitioner. I am extremely grateful to all the practitioners I have worked with for sharing their time, knowledge, and experience with me. ○ Courtney Salazar

#### References:

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 Melnyk, B. M., Gallagher-Ford, L., Thomas, B. K., & Troseth, M. (2018). Improving healthcare outcomes worldwide through evidence-based practice. *American Journal of Nursing, 118*(3), 6-7. <https://doi.org/10.1097/01.NAJ.0000530944.50488.5a>  
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 Zaccagnini, M. E., & Pechacek, J. M. (2021). *The doctor of nursing practice essentials: A new model for advanced practice nursing* (4th ed.). Jones & Bartlett Learning.

