

MONTHLY NEWSLETTER



PRESIDENTS MESSAGE

VANP is proud to initiate an affiliation with Texas Nurse Practitioners (TNP). This partnership brings real value to our members. Through TNP, we can connect with NP leaders across Texas, share ideas, and have a voice in shaping statewide priorities. We will receive regular updates on policy and advocacy, statewide promotion of our events, and opportunities to network at conferences. TNP also will provide tools, resources, and professional support that will make running VANP smoother, so we can focus on what matters most — supporting each other and serving our community. In short — our TNP affiliation will keep VANP connected, informed, and empowered to make a bigger impact for NPs and our patients. ---Rose Goehring, VANP President

UPCOMING EVENTS

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

**Oct 22 Trunk or Treat
(5:00PM) @ Victoria
Community Center**

**Oct 23 Trunk or Treat
(5:30PM) @ Pam**

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

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

89th

LEGISLATIVE UPDATE

**Defensive Wins — TNP
Stopped Bills That Would
Have:**

- **Added new, burdensome delegation requirements**
- **Limited advanced directives to physician-only care**
- **Prohibited doctorally educated NPs from using the title "doctor"**
- **Forced NPs out of the med spa industry**

NP ROUNDTABLE

Roundtable Topic: GLP-1s and Obesity Management in Primary Care

With GLP-1 medications gaining traction for weight management, NPs are at the forefront of balancing demand, cost, and patient expectations. How are we monitoring effectiveness beyond the scale, such as body composition, nutrition, and lifestyle changes? What processes can we implement to track outcomes and ensure long-term adherence? This roundtable will explore practical solutions and pearls from clinical experience.

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



CLINICAL CORNER

THE HEALING POWER OF LAUGHTER

October may be spooky season, but don't underestimate the power of a good laugh. Research shows that laughter lowers stress hormones, boosts the immune system, and even improves circulation—almost like a mini workout for your heart. Whether it's a funny movie, sharing jokes with friends, or giggling with your kids while carving pumpkins, laughter really is the best medicine.- Rose Goehring FNP-C

Reference: Mayo Clinic Staff. (2023). Stress relief from laughter? It's no joke. Mayo Clinic. [Mayo Clinic Link](#)

Supporting
Each
Other.



Empowering
Our
Community.

PROVIDER SPOTLIGHT

James Jarrett, CHS, CNC - Clinical Nutritionist



Meet James Jarrett, a dedicated Clinical Nutritionist serving the Victoria area at Red River Family Clinic. As a Certified Nutrition Specialist and Clinical Health Specialist, James brings a patient-centered, evidence-based approach to managing complex chronic conditions through nutrition and lifestyle.

James specializes in supporting patients with:

- Type 2 Diabetes & Insulin Resistance
- Cardiometabolic Syndrome & Obesity
- Kidney Disease
- Fatty Liver Disease & Hyperlipidemia
- PCOS, IBS, and other hormone and digestive disorders

He collaborates closely with nurse practitioners and physicians to develop customized, sustainable nutrition plans that fit each patient's clinical profile, cultural preferences, and lifestyle challenges. Whether it's meal planning, therapeutic diets, or nutrition education, James is passionate about empowering patients to take control of their health through food.

- Accepting new referrals
- Secure messaging available through Red River Family Clinic
- (361) 355-8202

Let's connect and collaborate to provide whole-person care!

BioDezyne Center of Victoria A Clinical Nutrition & Wellness Practice
James Jarrett, CHS, CNC, CLE, Board Certified / Fellow

**HAVE A CLINICAL PEARL, EVENT, OR SPOTLIGHT
TO SHARE? EMAIL US**



VictoriaAreaNursePractitioners.com



VANPcrossroads@gmail.com



LEGISLATIVE CORNER

HISTORIC PROGRESS

The 89th Legislative Session marked historic momentum for full practice authority (FPA) in Texas. For the first time in two decades, House and Senate leadership, along with Lt. Governor Dan Patrick, engaged directly with Texas Nurse Practitioners (TNP) to explore a path forward. Although organized medicine blocked compromise and FPA did not pass, the bill's visibility at the highest levels of Texas politics was unprecedented. Several priority bills advanced, including HB 1942 (eliminating in-network insurance requirements for delegating physicians) and SB 268 (limiting Texas Medical Board overreach), though both ultimately stalled. Importantly, funding for nursing education programs—including faculty loan repayment and mental health loan repayment—was preserved, a win for addressing workforce shortages.



“Eliminating scope of practice (SOP) restrictions and the delegation burden on APRNs will result in significant savings and provide immediate solutions to some of Texas’ most pressing health care shortage issues, especially in our rural and underserved communities and health care deserts.”
TNPf 2023, p. 6

DEFENDING OUR PRACTICE

TNP also stood strong against aggressive opposition. Proposed legislation that would have added new delegation burdens, restricted NP titles, limited NP roles in advanced directives, and forced NPs out of med spa practice was successfully defeated. Beyond the Capitol, grassroots advocacy grew stronger, with over 10,000 member contacts to lawmakers and new initiatives like regional Capitol Days and First Wednesday Legislative Days. While setbacks occurred, this session demonstrated TNP’s resilience and influence in protecting and advancing NP practice. Looking ahead, TNP will continue building on these gains to push Texas closer to full practice authority in future sessions.

References:

Texas Nurse Practitioners. (2025). 89th legislative session recap. Texas Nurse Practitioners. [TNP Recap Link](#)
Texas Nurse Practitioners Foundation. (2023). Financial & public health benefits for Texas of full practice authority for APRNs: Final report. TNPf. [TNP Full Practice Authority](#).

