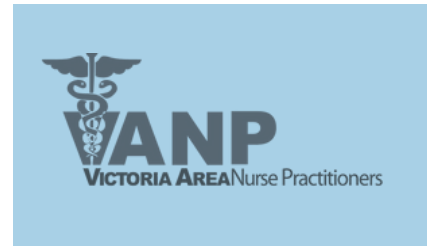


MONTHLY NEWSLETTER



PRESIDENTS MESSAGE

Happy New Year, VANP Members!

As we step into 2026, I want to take a moment to reflect on how far we've come and the exciting road ahead. Last year was a season of growth and connection for our nurse practitioner community. From engaging roundtables to powerful legislative updates, you've each contributed to strengthening our collective voice and advancing our profession here in the Crossroads region.

This year, our focus is on empowerment, education, and collaboration. We'll continue to build partnerships with Texas Nurse Practitioners (TNP), host meaningful professional development events, and spotlight the incredible work of our members who are leading change in practice, education, and advocacy.

I encourage you to stay involved—attend meetings, share ideas, and invite a colleague to join our group. Together, we can continue to elevate the role of nurse practitioners and expand access to quality healthcare across our communities.

Wishing you all a year filled with purpose, growth, and success. Thank you for all you do for your patients, your peers, and our profession.

UPCOMING EVENTS

**Jan 8th VANP Meeting
(6:00PM) @ TBA**

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

Gala Meeting - TBA

NP ROUNDTABLE

January is Cervical Health Awareness Month, a reminder of the importance of routine Pap smears, HPV vaccination, and early detection. Our roundtable will focus on current screening guidelines, managing abnormal results, and promoting preventive care across all age groups.



CLINICAL CORNER

CERVICAL HEALTH AWARENESS MONTH

January is Cervical Health Awareness Month, making it an ideal time to revisit evidence-based cervical cancer screening and HPV prevention. Current guidelines recommend Pap testing every 3 years for ages 21–29, while patients 30–65 may choose high-risk HPV testing alone every 5 years (preferred), co-testing every 5 years, or Pap testing alone every 3 years. Screening can be discontinued after age 65 if prior results are adequate and there is no history of CIN2+ in the past 25 years. HPV vaccination remains central to prevention, with routine vaccination through age 26 and shared decision-making up to age 45. For abnormal results, the ASCCP risk-based management tool helps guide follow-up using immediate and 5-year CIN3+ risk. Focusing on consistent screening, timely follow-up, and vaccination can significantly reduce cervical cancer risk and improve patient outcomes.

Rose Goehring, MSN, APRN, FNP-C

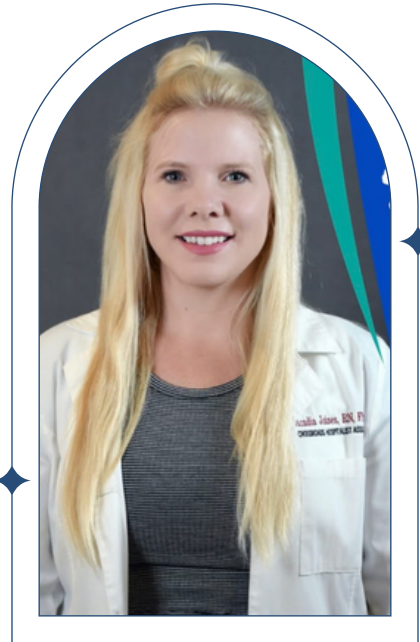


LEGISLATIVE UPDATE

HB 3794 **SB 3055** **HB 1756** Bills to watch this session include HB 3794, SB 3055, and HB 1756, each addressing meaningful steps toward expanding APRN practice in Texas. These proposals highlight issues such as increasing NP autonomy, refining prescriptive authority requirements, and improving access to care across underserved areas. The HEAL Texans Act (SB 3055) is especially noteworthy for its focus on easing supervisory restrictions and supporting a more flexible practice environment. Click the links for updates as these bills move through the legislative process.



PROVIDER CORNER



★ Provider Spotlight: Acadia Joines, APRN, FNP-C, AGACNP-BC

👋 Meet Acadia Joines, Family and Adult Gerontology Acute Care Nurse practitioner.

Acadia grew up and graduated from high school in Victoria before attending college at Texas A&M - Corpus Christi, where she earned her bachelor's in nursing in 2010. She then went on to earn her Family Nurse Practitioner Master of Science degree from Texas A&M University - Corpus Christi in 2016 and a post-master's certification as an Adult Gerontology Acute Care Nurse Practitioner from University of Texas at Arlington in 2023.

Acadia has worked as a hospitalist in healthcare settings around the Victoria community, including with PAM Health for the past nine years. At PAM Health, she gained experience and training treating patients with complex wounds, which led to her transition to working in our outpatient wound care clinic at PAM Health Specialty Hospital of Victoria North. Acadia has also trained in hyperbaric medicine.

Proud of her deep roots in the Victoria community and committed to her professional development, Acadia is active in the local nurse practitioner group and just finished a two-year term as the organization's president. Outside of work, she stays busy with her husband, four children, and their busy schedules. Between band, baseball, and gymnastics practices with her kids (among other activities!), Acadia still finds time for her own hobby: running! She enjoys participating in the local running chapter. She loves raising a family in the area where she grew up and getting to serve her wonderful community as a healthcare provider.

❤️👉 Acadia, we are so lucky to have you as part of our PAMily!

