NOV 2026 ISSUE 13

MONTHLY NEWSLETTER

VANP
VICTORIA AREA Nurse Practitioners

PRESIDENTS MESSAGE

Dear VANP Members,

As we enter November and approach the Thanksgiving season, I find myself reflecting on the many reasons we have to be grateful, both personally and professionally. As nurse practitioners, we have the privilege of making a meaningful difference in the lives of our patients, families, and communities every day. While our profession comes with its share of challenges, it also provides countless opportunities to advocate, educate, lead, and serve.

This season is also an opportunity to recognize the dedication and resilience of our fellow nurse practitioners. Whether you are working in primary care, specialty practice, acute care, education, or leadership, your contributions matter. The demands of healthcare continue to evolve, and our ability to adapt while maintaining compassionate, evidence-based care is a testament to the strength of our profession.

November also brings National Nurse Practitioner Week, November 8–14, 2026, a time to celebrate the impact nurse practitioners have on healthcare across the nation. I encourage each of you to take pride in the work you do and to recognize the accomplishments of your colleagues. Our profession has made tremendous strides, and continued advocacy, mentorship, and professional engagement will help shape its future.

As your VANP President, I am especially thankful for the opportunity to serve alongside such a dedicated group of professionals. Your membership, participation, and willingness to support one another are what make our organization meaningful. I encourage you to remain engaged, share your ideas, and continue building connections within our local NP community.

As we prepare to close out another year, I hope you find time to reflect on your accomplishments, celebrate your successes, and enjoy meaningful moments with those who matter most.

Wishing you and your families a wonderful Thanksgiving season!

Rose Goehring, MSN, APRN, FNP-C

COMMUNITY CORNER

PAD SPECIALISTS

A MESSAGE FROM PAD SPECIALISTS

Dear Colleagues,

PAD Specialists – Victoria is a dedicated PAD revascularization procedural facility and office-based lab. We are sharing this issue to help local providers and patients recognize **Peripheral Arterial Disease (PAD)** earlier — and to make referral simple. PAD is the abnormal narrowing or blockage of the arteries in the leg, ankle, and feet. Risk factors include age over 50, diabetes, smoking, hypertension, coronary artery disease, stroke, and kidney disease. Left untreated, PAD can lead to invasive open surgical bypass or amputation.

PAD is commonly dismissed as aging or arthritis. A visual check of the legs and feet, plus a question about walking pain or unexplained wounds, is often enough to know when a 7-point evaluation — including duplex arterial ultrasound — is the next right step. PAD is all we do, day in and day out.

RISK FACTORS FOR PAD

- **Diabetes** — high blood sugar damages vessel walls.
- **Smoking** — the strongest modifiable risk factor.
- **Age 50+** — risk rises steadily after midlife.
- **Hypertension** — sustained high pressure injures arteries.
- **Coronary artery disease or stroke** — the same atherosclerosis in another territory.
- **Kidney disease** — chronic kidney disease is tightly linked to PAD.
- **History of chest pain** — may signal systemic arterial disease.

SIGNS AND SYMPTOMS

Ask every at-risk patient to remove socks and shoes and pull up pant legs. Look and listen for:

- **Leg pain with walking (claudication)** — aching, cramping, or fatigue in the calves, thighs, or buttocks that eases with rest.
- **Pain at rest** — especially in the feet or toes at night; patients may dangle the leg off the bed for relief.
- **Wounds or ulcers** on the toes, heels, or ankles without another obvious cause.
- **Skin and pulse changes** — cool or shiny skin, hair loss, color change, weak or absent pedal pulses.
- **Tissue loss or gangrene** — a limb-threat emergency. Refer immediately.

Disease progresses from early to moderate to advanced. Earlier referral preserves options — and limbs.

WHY CHOOSE PAD SPECIALISTS

1. **FAST SCHEDULING, FAST REPORTS**
   We will see patients within days, not weeks like others. We send out reports within 48 hours of the patient visit.
2. **WE SPECIALIZE IN PAD**
   PAD is all we do, day in and day out — below-the-knee and below-the-ankle / pedal loop revascularization. Others are generalists; we are specialists.
3. **LOWER COST**
   With us, patient co-pays are usually less than $50. With others, they are often hundreds or even thousands of dollars.
4. **TRANSPORTATION**
   If a patient does not have reliable transportation to make it to his or her appointment, in some cases we can provide this.
5. **SEE US FOR YOUR EVALUATION**
   The first visit with us is for an evaluation only. If it is determined that the patient has Peripheral Arterial Disease and requires treatment, he or she is welcome to schedule that with us.

HOW TO IDENTIFY AND REFER

1. Screen risk factors.
2. Socks and shoes off. Inspect legs and feet.
3. Ask about walking pain, rest pain, or wounds without another obvious cause.
4. If yes — refer. Do not wait for advanced tissue loss.
5. We complete a **7-point evaluation including duplex arterial ultrasound.**



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Upcoming events

Nov 12th VANP Social (6:00PM) @ Birdies Bay

Scholarship Spring 2027 deadline: 1/31/2027

LEGISLATIVE CORNER

TNP'S CAPITOL DAY

Announcing TNP's 2027 CAPITOL DAY — Friday, February 19, 2027!

Registration is open for TNP's 2027 Capitol Day! This is one of our most exciting and pivotal Capitol Days yet!

Register here for TNP's 2027 Capitol Day! Contact bella@texasnp.org for registration questions.

Legislative Spotlight: Preparing for the 2027 Texas Legislative Session

The 90th Texas Legislative Session begins January 12, 2027, with bill prefiling opening November 9, 2026. One of the most important issues for Texas nurse practitioners remains Full Practice Authority (FPA). Despite significant legislative progress in 2025, Texas NPs continue to practice under physician delegation requirements. As we approach the new session, advocacy efforts will remain focused on removing unnecessary practice barriers and improving healthcare access, particularly in rural and underserved communities.

Your voice matters! Stay informed, connect with your legislators, and consider participating in TNP's Capitol Day on February 19, 2027. Together, we can continue advocating for the future of nurse practitioner practice in Texas.

Opportunities

Seeking someone to take over the newsletter for the next 12 months. Email us if interested.