



Independent Practice and Business Owners Committee Report August 2025 (year to date summary)

Since February 2025, the Independent Practice & Business Owners Committee has cultivated an engaged and collaborative community through our twice-monthly Thriving Together: Oregon NP Business Owners' Lunch Break meetings. These virtual gatherings provided a vital space for Oregon's independent nurse practitioners—both seasoned professionals and students—to connect, share experiences, and receive support in launching and sustaining their practices.

Meeting Cadence & Format

From February through June, we met twice per month and will resume with a monthly cadence beginning September 2025 (every second Thursday at noon). Meetings were intentionally structured to allow for organic dialogue, real-time problem-solving, peer mentoring, and resource sharing.

Key Themes & Accomplishments

- Sustainable Revenue Models & Business Infrastructure

Members shared approaches to fee-for-service, membership, and insurance-based models, including firsthand insight into billing, credentialing, and overhead costs. We discussed strategies to mitigate financial volatility and navigate reimbursement systems more effectively.

- Marketing & Client Attraction

We discussed niche marketing, referral pathways, website and profile optimization (e.g., Psychology Today), and how to align branding with one's ideal

client avatar. Several members shared real-time pivots in marketing strategy and payer mix.

- Burnout Prevention & Boundaries

A recurring and deeply personal topic, burnout was addressed through conversations about scheduling, boundaries, practice structure, and creating values-aligned caseloads. Many participants shared their efforts to reclaim autonomy and joy in their work.

- Clinical & Ethical Practice Management

We supported each other in navigating high-acuity care, defining patient fit, managing discharges, and planning for emergencies and crises. Resources were shared for scripting, safety net referrals, and reducing liability.

- Platform Building & Community Infrastructure

In response to interest in ongoing collaboration, we launched a Google Suite system for document sharing, resource categorization, and continuity. This platform is being curated with foundational templates, practice startup checklists, and peer-contributed tools.

- Student Inclusion & Mentorship

Nurse practitioner students joined us regularly, enriching the dialogue with their curiosity and insight. We discussed clinical placements, career navigation, and supported their transition into business ownership through mentorship and exposure to real-world practice models.

- Innovative Practice Models & Public Health Impact

We spotlighted members piloting care models in transitional housing, telehealth, and community psychiatry. Discussions included operational sustainability, AI integration, and maximizing reimbursement while maintaining person-centered care.

Looking Ahead

As we resume in September, we will:

- Continue monthly lunch meetings (2nd Thursdays at noon)
- Expand our shared resource hub on Google Suite
- Facilitate deeper discussion on marketing and business development
- Invite more student participation and mentorship opportunities
- Explore collaborative advocacy for business education in NP programs

Our committee is growing into a vibrant peer-support network that helps transform entrepreneurial isolation into professional empowerment. I'm honored to facilitate this work and invite any NPO member—owner, aspirant, or student—to join us as we co-create the future of independent practice in Oregon.

As we look to the future of nurse-led care in Oregon, I remain committed to building practice models rooted in sustainability, sovereignty, and collective wellbeing. Alongside my work with NPO, I lead a trauma-informed, biology-backed clinic supporting women navigating burnout, fatigue, and the disconnect between “normal labs” and not feeling well. If you or someone you serve might benefit from our resources or approach, you're welcome to explore the offerings at Phoenix Rising: Burnout + NeuroMetabolic Repair Clinic (<https://dani-dupuis.mykajabi.com/burnoutclinic>).

In community,

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