Nurse Practitioner Tashiba Williams of Ada Family Health Clinic Recently Featured on Close Up Radio



MISSOURI CITY, TX, UNITED STATES, October 1, 2026 /EINPresswire.com/ -- A policy report released this year by the Milbank Memorial Fund and The Physicians Foundation found that patients with a consistent primary care provider had nearly 54% lower total health care costs than patients without consistent care. These lower costs are directly tied to chronic disease, along with lower odds of hospitalization and emergency room visits. Tashiba Williams, DNP, founder of Ada Family Clinic in Houston, does not need a report to understand the cost savings. She built her practice on the idea two decades before researchers put a number on it.

Williams named the clinic Ada Family Health after her grandmother, who raised her with a third grade education and, as Tashiba puts it, “no formal medical training but an inexhaustible instinct for helping people.” When her grandmother developed dementia, Tashiba spent months shuttling her to appointments and grew frustrated with what she calls the corporate approach to medicine (a model built around volume rather than the person sitting in the exam room). After her grandmother passed, Tashiba decided that once she became a nurse practitioner, she would build something different. Today, Ada Family Health Clinic does not run patients through fixed time slots. Instead, Williams spends as much time with each patient as the patient requires, and she’s finding that quality care naturally produces the patient volume a practice needs to stay open.

Williams became a mother at 17, and she credits that responsibility with sharpening her focus rather than derailing her plans. She graduated third in her high school class and earned a full scholarship to college. She went on to become a registered nurse and, later, a nurse practitioner.

Her daughter, Erica, is now a nurse herself and starts a bachelor's program this fall with plans to follow her mother into advanced practice.

Years later, Williams left Chicago and moved to Texas alone with her two children, without family nearby and without ever having visited the state. She worked overnight hospital shifts, getting her kids ready for school before her shift and again after it ended, running on little sleep for years while she built a career and, eventually, a practice of her own.

Mobile Wound Care Unit

Ada Family Health Clinic's mobile wound care program traces back to a single patient, a diabetic man with a foot ulcer who needed treatment three times a week. The problem was that he had an unreliable car and little gas money. He was also the only income earner in his household. Rather than let his wound go untreated, Williams began driving to him herself. Left unaddressed, she explains, a diabetic wound can progress to amputation in a matter of weeks. Caught early, most wounds do not require amputation. She says the label that often applied to patients in his position, "non-compliant," misses what is actually happening: cost and distance keep people from clinics far more often than a lack of willingness to get better.

The program now brings wound care directly to patients wherever they live, whether that is a private home or a residential care setting, throughout the Houston area. Williams has since partnered with a nurse practitioner in Louisiana and travels there herself when a case calls for it, extending the same model of care across state lines.

Wellness Wednesdays

Williams also runs a free weekly community education series called Wellness Wednesdays, where she teaches attendees how to check their own blood pressure and recognize warning signs of high or low blood sugar. Sessions also cover topics such as self-breast exams and how to begin eating more healthy. She started the series after years of watching patients land in the emergency room for conditions a primary care visit could have caught.

Her advice rarely involves telling someone to give something up outright. "I would rather help a patient cut a soda in half or swap white bread for wheat," she explains, "as small changes are

much easier to sustain." Wellness Wednesdays also gives Williams a chance to ask a question she says most providers skip: how is your mental health? She has witnessed over and over how a single conversation about grief or stress uncovers the real source of a patient's high blood pressure or chest pain. She treats mental and physical health as inseparable parts of the same case.

Twenty-five years into nursing, Williams says the lesson that took her the longest to learn is not clinical. "A patient who feels rushed or unheard simply stops coming back," she asserts, "no matter how sound the medical advice or services are." Ada Family Clinic was built to make sure that never happens on her watch.

About Ada Family Health Clinic

Ada Family Health Clinic is a Houston based practice offering compassionate primary care and advanced wound care, founded by nurse practitioner Tashiba Williams, DNP. The clinic is named after her grandmother, who instilled a deep sense of caring for others in her. The clinic serves patients throughout Texas and Louisiana, combining holistic, patient centered primary care with a mobile wound care program that reaches patients in homes and residential care settings. Ada Family Health Clinic also hosts Wellness Wednesdays, a free weekly health education series focused on chronic disease prevention and management.

Close Up Radio recently featured Tashiba Williams, DNP and founder of Ada Family Health Clinic, in an interview with Doug Llewelyn on Tuesday September 29th at 4pm Eastern

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For more information about Tashiba Williams, DNP and founder of Ada Family Health Clinic, please visit https://adacoremedicalservices.com/

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