



Gay Johnson, CEO



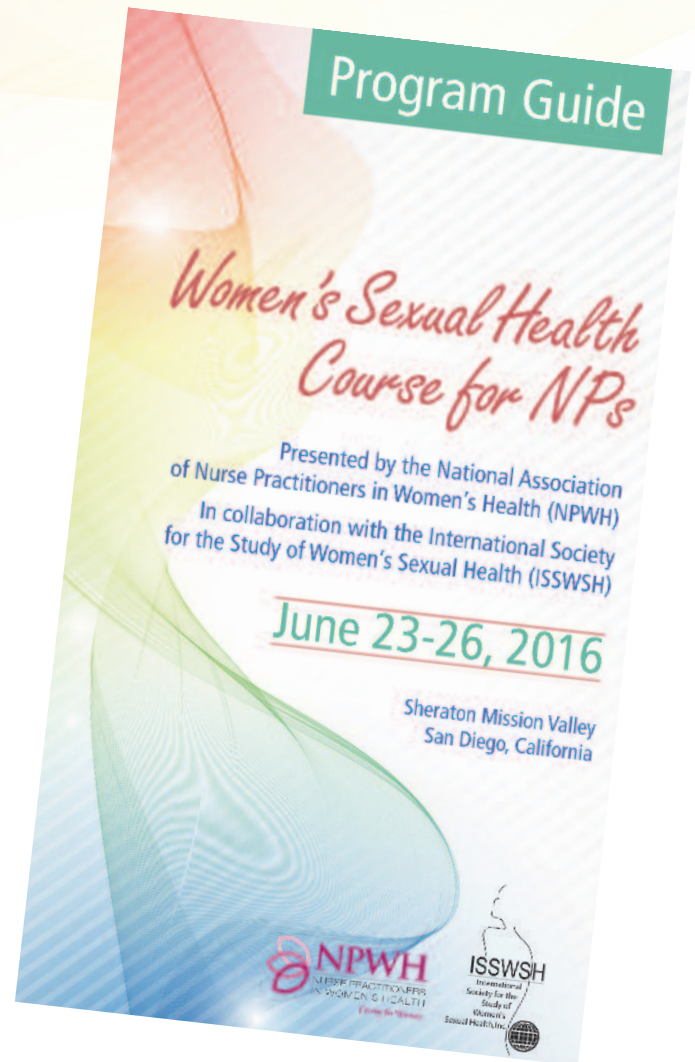
Jacki Witt, Chair

Message from the CEO

February may have been the shortest month of the year, but all of us at NPWH made the most of it by preparing for a busy and productive year. We welcome a new board chair, Jacki Witt, who is from Kansas City, Missouri, and three new board members: Diana Drake, from Minneapolis, Minnesota; Shelagh Larson, from Fort Worth, Texas; and Jordan Vaughan, from Nashville, Tennessee. We are also pleased to announce that Beth Kelsey, Editor-in-Chief of this journal, has added a new role: NPWH Publication Coordinator. Congratulations to all!

In January, we launched "Women's Health Wisdom," NPWH's own blog! The purpose of the blog is to share thoughts, updates, and new information and opportunities related to women's health policy, primary care, sexual health, pregnancy, pre-conception, postpartum concerns, heart health, mental health, overactive bladder, and many other topics. You can access the new blog by clicking [here](#)^A or by logging on to the [NPWH website](#)^B.

In April, we are offering a new regional CE course, Managing Women's Health Issues Across a Lifespan. This live, interactive, 1-day meeting will be held at the Sheraton Pasadena Hotel in Pasadena, California. The course will include topics such as LARC, endometriosis, obesity, and genitourinary syndrome of menopause. You can register for this course [here](#)^C. See the back cover of this issue for much more information. And we proudly present the third annual Women's Sexual Health Course for NPs on June 23-26, 2016, at the Sheraton Mission Valley San Diego Hotel



in San Diego, California. New to the sexual health course this year will be a post-conference session for hands-on vulvoscopy training. The program guide for the Women's Sexual Health Course for NPs appears on pages 8-12 in the journal; registration is available at [npwh.org](#)^B.

Make the most of this exciting year of 2016 by joining NPWH! You won't want to miss out on all the exciting activities we have planned. And you will want to take advantage of the membership discounts and value-added features that we provide throughout the year.

– Gay Johnson
Chief Executive Officer, NPWH

Message from the Chair



It is such a great honor to serve as the new Chair of the Board of Directors (BOD) of the National Association of Nurse Practitioners in Women's Health (NPWH). Along with our outstanding staff and dedicated board members, our organization represents a network of professionals working together to improve the lives of women and the advanced practice nurses who care for them. This is our mission and, ultimately, it's what makes this such a great organization in which to participate.

The sign of any stable and successful organization is continued growth and improvement, and NPWH is no exception. Each year has brought record attendance at our *Premier Women's Healthcare Conference* and our *Women's Sexual Health Course for NPs*, as well as growth in our membership numbers.

I offer a hearty welcome to all of our new NPWH members, and I celebrate the veteran members who support our organization by paying annual dues, and, more important, by being involved. Our organization could not be sustained without the hard work of the BOD and the Standing Committees, which keep us informed, connected, and educated. NPWH continues to innovate, evaluate, and enhance itself, making it one of the most successful, stable, and influential APRN organizations in the country. I urge you to become engaged by attending one of our annual educational events and/or volunteering in some capacity. For more information about how you can become more involved, please contact one or more of these committee chairs:

- Mary Rubin, Education
mmrubin3@comcast.net
- Theresa Everest, Policy
theresa_everest@msn.com
- Lorraine Byrnes, Research
lsander@hunter.cuny.edu
- Michelle Schramm, Membership
mschramm@princeton.edu

Please try to attend at least one of our events this year. I guarantee that you will not be disappointed! All you need to do is show up; we'll take care of the rest. The 19th Annual NPWH *Premier Women's Healthcare Conference* will be held in New Orleans, Louisiana, from September 28, 2016, to October 1, 2016. Also, the 3rd Annual *Women's Sexual Health Course for NPs* will be held on June 23-26, 2016, in San Diego, California. Check our [website^B](#) for updates about these conferences, as well as other informational and educational activities and resources that are available.

My hopes for NPWH in 2016 are that we continue to achieve success and recognition through all of our constituencies and that we continue to serve the needs of our members, including our students and new graduates as we help prepare them to be 21st-century APRNs. I look forward to working with you over the next 2 years as Chair of the BOD. If you have questions, ideas, or concerns, please contact me at jackiwitt@gmail.com.

– Jacki Witt, JD, MSN, WHNP-BC, FAANP
Chair, NPWH Board of Directors

Web resource

- npwh.org/pages/blog
- npwh.org
- regonline.com/womens_health

NPWH and ISSWSH welcome you to the third annual Women's Sexual Health Course for NPs. We know that many of you see patients with female sexual dysfunction (FSD) and that once you have completed this course, you will be more confident in your ability to evaluate, diagnose, and manage FSD.

Educational Objectives

At the conclusion of the meeting, attendees should be able to:

- Interpret the current state-of-the-art knowledge in epidemiology, physiology, and pathophysiology of female sexual function and dysfunction
- Assess female sexual dysfunction using history and physical, psychometrically validated inventories, blood tests, neurological, and blood flow testing
- Apply medical, surgical, behavioral, and psychosocial treatments available for a woman with sexual dysfunction presenting in a community setting
- Distinguish when to treat a woman with sexual dysfunction in the office and when to refer

Needs Statement

Female sexual problems are common, but are under recognized and under treated—even though state-of-the-art diagnostic and management strategies are available. The purpose of this CE program is to provide nurse practitioners with up-to-date evidence and expert consensus on female sexual medicine, evaluation, and therapeutic strategies. We will address the necessary knowledge, required skills, and professionalism attributes required for excellence in the current practice of sexual medicine.

Registration Information

This course is limited to 250 attendees. The course is designed for practicing NPs; students are not eligible to attend. (Fees include all sessions, except the Vulvoscopy Workshop. The Vulvoscopy Workshop is a post-conference session for an additional fee.)

Course Registration Fees

\$435 for Active NPWH or ISSWSH Member

\$475 for Non-Members

\$530 for Non-Members with 1 Year NPWH Membership

\$585 for Non-Members with 1 Year ISSWSH Membership

\$680 for Non-Members with 1 Year NPWH and ISSWSH

Membership

\$295 for Vulvoscopy Workshop (space is limited)

Method of Payment for Registration Fee

Payment can be made by U.S. check, money order (payable to NPWH), or credit card—MasterCard, VISA, Discover, or American Express only. A \$25 fee is charged for any returned check or declined credit card.

Refunds

A \$50 processing fee will be charged for cancellations received in writing by Tuesday, May 31, 2016. After May 31, 2016, only 50% of the fee will be refunded, and “no-shows” will not receive a refund.

Accommodations

Sheraton Mission Valley San Diego Hotel, 1433 Camino Del Rio South, San Diego, CA, 92108; Phone: (619) 260-0111

Your discounted conference room rate is \$129 (plus applicable state and local sales tax). The deadline to receive discounted room rate is Wednesday, June 1, 2016.

Call (619) 260-0111 to arrange your hotel reservations and mention NPWH Nurse Practitioners in Women's Health for the special group rate.

You can also book online at <http://bit.ly/WSH2016>

Complimentary parking will be available for all those attending the course during the day, with validation from the Front Desk. For attendees that require overnight parking, the fee will be \$10 per day.

Early Departure Fee: An early departure fee of \$50 will apply if an attendee checks out prior to the confirmed checkout date.

Airport and Ground Transportation Information

San Diego International Airport (SAN)

Travel Distance: Approximately 8 miles

Super Shuttle Fee: Approximately \$12

Contact: Visit <http://www.supershuttle.com/> or Call (800) BLUE VAN (258-3826) to make a reservation, reservation is required

Taxi Fee: Approximately \$25 USD

Americans with Disabilities Act/ Dietary Restrictions

NPWH fully complies with the legal requirements of the Americans with Disabilities Act and the rules and regulations thereof.

If you have dietary restrictions and plan to attend any of the meal functions, please let us know as soon as possible. NPWH will work with you to make sure your needs are met. If you are in need of any other special accommodations, please contact Carol Wiley at cwiley@npwh.org.

Equal Opportunity

Events and activities approved by NPWH are available without regard to a participant's race, color, sex, national origin, disability or age, as provided by law and in accordance with NPWH's respect for personal dignity.

Credit Information

This program has been approved by the Continuing Education Approval Program of the National Association of Nurse Practitioners in Women's Health for 18 contact hours, which includes 5.58 hours of pharmacology. The Post-Conference Vulvoscopy Workshop has been approved for 8.5 contact hours. In addition to CE contact hours, attendees will receive a Certificate of Completion for the Women's Sexual Health Course. The Certificate will document for patients, employers, and peers the knowledge gained in Women's Sexual Health.

For Questions Regarding Registration

Contact Carol Wiley at NPWH:

202-543-9693, ext.4

Email: cwiley@npwh.org

Website: www.npwh.org

505 C St. NE

Washington, DC 20002

2016 NPWH Women's Sexual Health Course Schedule

Vulvoscopy Workshop

This workshop will give you hands on experience in vulvoscopy, performing Keyes punch biopsies, suturing and anal PAPs. In addition you will learn in detail about management of vulvar dermatologic issues, vaginitis and abnormal PAP smears. Finally, to balance your learning experience, you will be exposed to concepts of how to operationalize sexual dysfunction healthcare in your practice.

Educational Objectives

- Describe the embryology and histology of the vestibule, vulva and vagina
- Apply skills of vulvoscopy as part of a sexual health examination
- Distinguish various dermatologic disorders including lichen sclerosis, lichen planus, and dermatitis and treat them appropriately
- Identify when vaginitis is present and appropriate treatment options
- Summarize the steps to operationalizing sexual dysfunction healthcare

Needs Statement

Completion of a course in women's sexual health provided by NPWH or ISSWSH is a prerequisite for the Vulvoscopy Workshop.

As part of treating women with sexual dysfunction a physical exam including vulvoscopy is recommended. While most of- fices treating women with sexual health issues have a colposcope, few practitioners are trained in its use for vulvoscopy, as this is not included in the standard nurse practitioner curriculum. The purpose of this CE workshop is to provide nurse practitioners with up-to-date knowledge and required skills for diagnosing and treating various sexual health problems.

Thursday, June 23, 2016

Registration opens at 8:00 am

9:30 am – 9:50 am

Welcome/Introduction

Irwin Goldstein, MD, IF, President, ISSWSH & Gay Johnson, CEO, NPWH

9:50 am – 11:35 am

The ABC's of Sexual Health

9:50 am – 10:15 am

Epidemiology / Models / Classification

Rose Hartzell, PhD, EdS, CHES, LMFT

10:15am – 10:50 am

Sexual History / Psychological and Psychosocial History / Questionnaires

Rose Hartzell, PhD, EdS, CHES, LMFT

10:50 am – 11:20 am

Normal Anatomy and Physiology of the Female Reproductive Tract

Susan Kellogg-Spadt, PhD, CRNP, IF, CST

11:20 am – 11:35 am – Q&A

11:35 am – 1:10 pm

Hormones and Health

11:35 am – 12:05 pm

Hormonal Therapy: Estrogens and Progestogens

Irwin Goldstein, MD, IF

12:05 pm - 12:45 pm

Androgen Treatment Guidelines and Safety Concerns

Irwin Goldstein, MD, IF

12:45 pm - 1:10 pm

Contraception and Sexual Function

Catherine Gagnon, CNP

1:10 pm – 2:10 pm Lunch

2:10 pm – 3:45 pm

HSDD/Arousal Disorder/Orgasm Disorder Mini-Course

2:10 pm – 2:25 pm

Prevalence and Causes of HSDD / Arousal /Orgasmic Disorders

Brooke Faught, MSN, WHNP-BC, IF

2:25 pm – 2:45 pm

Physical Exam, QST, Vulvoscopy, Labs

Catherine Gagnon, CNP

2:45 pm – 3:20 pm

Treatment of HSDD and Arousal Disorders

Irwin Goldstein, MD, IF

3:20 pm – 3:30 pm

Treatment of Orgasmic Disorders

Irwin Goldstein, MD, IF

3:30 pm – 3:45 pm – Q&A

3:45 pm – 4:00 pm — Break

4:00 pm – 4:30 pm

"The Big C" Cancer and Hormone Use

Brooke Faught, MSN, WHNP-BC, IF

4:30 pm – 5:00 pm

Cancer Treatment and Sexuality

Sheryl Kingsberg, PhD, IF

5:00 pm – 5:30 pm

HPV, VIN, and Vulvar Disease

Susan Kellogg-Spadt, PhD, CRNP, IF, CST

5:30 pm – 6:15 pm

Diagnosis and Management of Vulvar Dermatoses

Susan Kellogg-Spadt, PhD, CRNP, IF, CST

6:15 pm – 6:30 pm – Q&A

6:30 pm – 7:15 pm

Welcome Reception

Friday, June 24, 2016

7:00 am – 8:00 am

Continental Breakfast

8:00 am – 8:05 am

Announcements

8:05 am – 11:05 am

Sexual Pain Mini Course

8:05 am – 8:35 am

Prevalence and Causes of Dyspareunia
Catherine Gagnon, CNP

8:35 am – 9:05 am

Physical Exam, Vulvoscopy, Labs
Brooke Faught, MSN, WHNP-BC, IF

9:05 am – 9:35 am

Pelvic Floor Management of Dyspareunia
Susan Kellogg-Spadt, PhD, CRNP, IF, CST

9:35 am – 10:05 am

Medical Management of Dyspareunia
Catherine Gagnon, CNP

10:05 am – 10:20 am – Break

10:20 am – 10:35 am

Surgical Management of Dyspareunia
Irwin Goldstein, MD, IF

10:35 am – 10:50 am

Patient Story

10:50 am – 11:05 am – Q&A

11:05 am – 11:35 am

Gynecologic Conditions and Sexual Dysfunction
Brooke Faught, MSN, WHNP-BC, IF

11:35 am – 12:00 pm

Sexual Health in Pregnancy and Post-Partum
Susan Kellogg-Spadt, PhD, CRNP, IF, CST

12:00 pm – 1:00 pm – Lunch

1:00 pm – 1:30 pm

Issues in Sexual Health Specific to LGBT
Susan Kellogg-Spadt, PhD, CRNP, IF, CST

1:30 pm – 2:00 pm

Alternative Sexual Practices
Brooke Faught, MSN, WHNP-BC, IF

2:00 pm – 3:00 pm

Sexual Health Problems in Male Partners
Catherine Gagnon, CNP

3:00 pm – 3:15 pm – Break

3:15 pm – 4:05 pm

Persistent Genital Arousal Disorder (PGAD)

3:15 pm – 3:35 pm

Prevalence and Theoretical Causes of PGAD
Catherine Gagnon, CNP

3:35 pm – 3:45 pm

Patient Story

3:45 pm – 4:05 pm

Medical and Surgical Treatments of PGAD
Irwin Goldstein, MD, IF

4:05 pm – 4:35 pm

Experimental Therapies and Future Research for FSD
Irwin Goldstein, MD, IF

4:35 pm – 5:00 pm

Coding
Brooke Faught, MSN, WHNP-BC, IF

5:00 pm – 6:00 pm

Discussion Panel on Labs and Hormone Treatment with Q&A
Moderator: Irwin Goldstein, MD, IF
Panelists: Brooke Faught, MSN, WHNP-BC, IF; Catherine Gagnon, CNP; Susan Kellogg-Spadt, PhD, CRNP, IF, CST

Saturday, June 25, 2016

7:00 am – 8:30 am – Continental Breakfast

8:30 am – 11:20 am – Breakout Sessions

Participants will have the opportunity to rotate through the topics listed below. Each session will be 30 minutes long.

Station 1: Sexual Enhancers: Moisturizers, Lubricants, and Accessories

Susan Kellogg-Spadt, PhD, CRNP, IF, CST

Station 2: Vulvoscopy

Catherine Gagnon, CNP

Station 3: Clinical Cases (Pain)

Irwin Goldstein, MD, IF

Station 4: Clinical Cases (HSDD)

Brooke Faught, MSN, WHNP-BC, IF

Station 5: Sexual Health Counseling and Communication

Skill Building: Ask-Tell-Ask

Rose Hartzell, PhD, EdS, CHES, LMFT

11:20 am – 11:30 am

Conclusion and Course Wrap-Up

Vulvoscopy Workshop

11:30 am – 12:30 pm – Lunch

12:30 pm – 2:45 pm

Didactic Lectures

12:30 pm – 12:45 pm

Overview

Susan Kellogg-Spadt, PhD, CRNP, IF, CST

12:45 pm – 1:15 pm

Embryology/ History of Vulva and Vagina

Irwin Goldstein, MD, IF

1:15 pm – 1:45 pm

Vulvar Dermatoses and Dermatitis

Brooke Faught, MSN, WHNP-BC, IF

1:45 pm – 2:15 pm

HPV/VIN/VAIN/AIN

Susan Kellogg-Spadt, PhD, CRNP, IF, CST

2:15 pm – 2:45 pm

Vaginitis ID and Management

Catherine Gagnon, CNP

2:45 pm – 3:00 pm – Break

3:00 pm – 4:30 pm

Breakout 1

1. Biopsy

Susan Kellogg-Spadt, PhD, CRNP, IF, CST

2. Sutures

Irwin Goldstein, MD, IF

3a. Vulvoscopy and Keyes Punch

Brooke Faught, MSN, WHNP, IF

3b. Vulvoscopy and Anal Pap

Catherine Gagnon, CNP

4. Operationalizing Sexual Dysfunction Healthcare

Sue Goldstein, BA, CCRC, IF

Susan Rawlins, RN, MS, WHNP-BC

4:30 pm – 6:00 pm

Breakout 2

1. Biopsy

Susan Kellogg-Spadt, PhD, CRNP, IF, CST

2. Sutures

Irwin Goldstein, MD, IF

3a. Vulvoscopy and Keyes Punch

Brooke Faught, MSN, WHNP, IF

3b. Vulvoscopy and Anal Pap

Catherine Gagnon, CNP

4. Operationalizing Sexual Dysfunction Healthcare

Sue Goldstein, BA, CCRC, IF

Susan Rawlins, RN, MS, WHNP-BC

Sunday, June 26, 2016

7:00 am – 8:30 am – Continental Breakfast

8:30 am – 9:30 am

Breakout 3

1. Biopsy

Susan Kellogg-Spadt, PhD, CRNP, IF, CST

2. Sutures

Irwin Goldstein, MD, IF

3a. Vulvoscopy and Keyes Punch

Brooke Faught, MSN, WHNP, IF

3b. Vulvoscopy and Anal Pap

Catherine Gagnon, CNP

4. Operationalizing Sexual Dysfunction Healthcare

Sue Goldstein, BA, CCRC, IF

Susan Rawlins, RN, MS, WHNP-BC

9:30 am – 11:00 am

Breakout 4

1. Biopsy

Susan Kellogg-Spadt, PhD, CRNP, IF, CST

2. Sutures

Irwin Goldstein, MD, IF

3a. Vulvoscopy and Keyes Punch

Brooke Faught, MSN, WHNP, IF

3b. Vulvoscopy and Anal Pap

Catherine Gagnon, CNP

4. Operationalizing Sexual Dysfunction Healthcare

Sue Goldstein, BA, CCRC, IF

Susan Rawlins, RN, MS, WHNP-BC

11:00 am – 11:15 am

Conclusion and Course Wrap-Up

2016 Planning Committee

Brooke Faught, MSN, WHNP-BC, IF

Catherine Gagnon, CNP

Irwin Goldstein, MD, IF

Sue Goldstein, BA, CCRC, IF

Gay Johnson, BA, Chief Executive Officer, NPWH

Susan Kellogg-Spadt, PhD, CRNP, IF, CST

Susan Rawlins, RN, MS, WHNP-BC

Join NPWH

and receive these membership benefits:

- Representation in Washington, DC to voice women's health issues
- Complimentary online and print subscriptions to *Women's Healthcare: A Clinical Journal for NPs*
- Numerous continuing education activities for CE credit
- Regular clinical news and industry updates via our online weekly newsletter
- Access to free, downloadable clinical publications, guidelines, and mobile apps
- Ability to advertise your practice through our NP database
- Discounted fees for all NPWH meetings, conferences, and courses

Visit www.npwh.org to become a member today!

Join ISSWSH

and receive these membership benefits:

- Excellent scientific programs, as well as instructional courses
- Reduced meeting registration fees
- Access to ISSWSHNET – the premier email discussion list for talking about and understanding women's sexual health issues
- Access to the online, members-only section, which includes a searchable directory, archive of your continuing education with ISSWSH, archive of your dues history and access to the ISSWSH bulletin board
- Discounted journal rates to *The Journal of Sexual Medicine* and *Sexual Medicine Reviews*
- Find a Provider – this feature is a public search tool that will allow you to extend your expertise and knowledge of women's sexual health to patients seeking a provider as well as other healthcare providers looking to refer their patients to a specialist

Visit www.isswsh.org to become a member today!

Distinguished 2016 Faculty

Brooke Faught, MSN, WHNP-BC, IF, Clinical Director, Women's Institute for Sexual Health (WISH), Nashville, Tennessee

Catherine Gagnon, CNP, Nurse Practitioner, San Diego Sexual Medicine, San Diego, California

Irwin Goldstein, MD, IF, Director of Sexual Medicine, Alvarado Hospital, Clinical Professor of Surgery, University of California San Diego, Director, San Diego Sexual Medicine, San Diego, California

Sue Goldstein, BA, CCRC, IF, Clinical Research Manager, Sexuality Educator, San Diego Sexual Medicine, San Diego, California

Rose Hartzell, PhD, EdS, CHES, LMFT, Sex Therapist, San Diego Sexual Medicine, San Diego, California

Susan Kellogg-Spadt, PhD, CRNP, IF, CST, Director of Female Sexual Medicine, Academic Urology Professor of Human Sexuality, Widener University, Professor of OBGYN, Drexel University College of Medicine, Philadelphia, Pennsylvania

Susan Rawlins, RN, MS, WHNP-BC, Director of Education, NPWH, Nurse Practitioner, Greater Texoma Health Clinic, Denison, Texas

You can register for the conference by visiting www.npwh.org or by filling out the form below and returning with payment.

Please complete entire application & fax to*: **(202) 543-9858 or**
 Scan and email to*: Cwiley@npwh.org **or**
 Mail to:
NPWH – Women’s Sexual Health Conference
Attn: Carol Wiley
505 C Street, NE, Washington, D.C. 20002
 *Only credit card payments will be accepted for faxed and emailed applications.

Registration Form (Please Print)

Name _____ Credentials _____
 Address _____
 City _____ State _____ Zip _____
 Phone (____) _____ Work (____) _____ Fax (____) _____
 Email _____
 Dietary Restrictions/Food Allergies? _____

NPWH Member? Yes _____ Expiration Date _____ No _____

ISSWSH Member? Yes _____ Expiration Date _____ No _____
 (All membership(s) will be verified.)

Do you work in Primary Care? Yes _____ No _____

Area of NP Preparation _____ Last 4 Digits of SS# _____

Registration Fees: This course is limited to 250 attendees. The course is designed for practicing NPs; students are not eligible to attend. (Fees include all sessions, except the Vulvoscopy Workshop. The Vulvoscopy Workshop is a post-conference session for an additional fee.)

- NPWH or ISSWSH Member Fee \$435
 - Non-Member Fee \$475
 - Non-Member with 1 Year NPWH Membership \$530
 - Non-Member with 1 Year ISSWSH Membership \$585
 - Non-Member with 1 Year NPWH & ISSWSH Membership \$680
 - Vulvoscopy Workshop (space is limited) \$295
- Total Amount Paid \$ _____

Method of Payment

- U.S. Check or Money Order Enclosed (made payable to NPWH)
- VISA MasterCard Discover AMEX

Card Number: _____ Exp. Date _____

Card Holder Name (please print) _____

Card Holder Phone Number: _____

Card Holder Signature _____

Save the Dates for

NPWH 19th Annual Premier Conference
 September 28–October 1, 2016 in New Orleans, Louisiana
ISSWSH Fall Course
 October 9-11, 2016 in Scottsdale, Arizona