



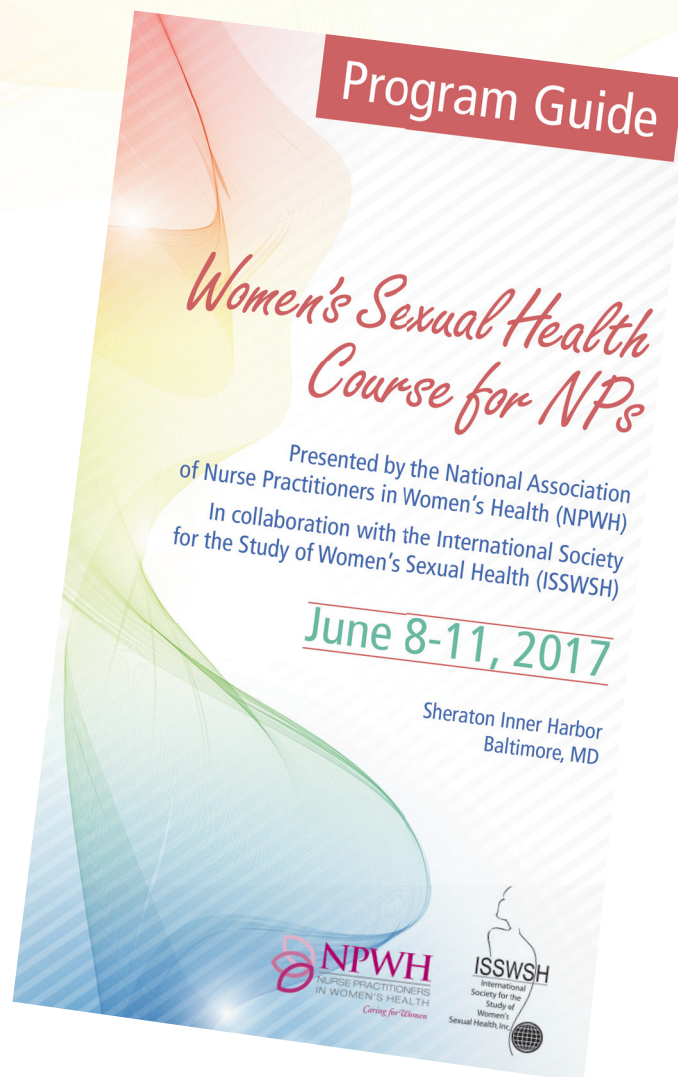
Gay Johnson, CEO

Message from the CEO

*A*s we enter 2017, we are excited about the new opportunities and programs we have planned for the year. For example, with regard to our Well Woman Visit Mobile App, we are working on adding a Menopause section, which we know you will want to download. At the end of 2016, we completed a new edition of the App, which now includes the assessment of Irritable Bowel Syndrome. Remember, the App is free, and a very helpful tool in your practice, so please share it with your colleagues today!

We are in the process of planning four regional, 1-day, complimentary CE meetings that will cover topics such as HPV Immunizations, Contraception, Bacterial Vaginosis, Menopause, and Hereditary Cancer. Last year, we held a regional meeting in Pasadena, California. Instead of providing just didactic lectures and slides, we introduced case studies on the topics and broke into small groups. The attendees loved the format and were happy they participated. Watch for announcements of future meetings and locations.

Another project we are working on for 2017 is our Patient Portal. Over the years, we have provided nurse practitioners with toolkits comprised not only of educational materials for you, but also helpful information for your patients. In addition to the toolkits, we want to provide a place for your patients to access NPWH-vetted materials that are easy to understand, visually engaging, and easy to use, and that serve as an excellent resource for practical information regarding their health. This Patient Portal will give you, the provider, an opportunity to print the materials to give to your patients and/or direct them to our website. At a later date, we will provide this information in Spanish as well.



The year 2017 is the fourth in a row that we will be offering the Women's Sexual Health Course for NPs. This course will enhance your ability to promote women's sexual health and increase your confidence in being able to evaluate, diagnose, and manage female sexual dysfunction. The course will be held on June 8-11, 2017, at the Sheraton Inner Harbor in Baltimore, Maryland. For your convenience, we have included the program guide and registration information in this issue of the journal. Don't miss this opportunity; register today!

– Gay Johnson
Chief Executive Officer, NPWH

NPWH and ISSWSH welcome you to the fourth annual Women's Sexual Health Course for NPs. We believe that sexual health is a basic human right and a vital component of wellness. Unfortunately, many women have concerns about their sexual health and others live with female sexual dysfunction (FSD) and don't know that help is available. As NPs who care for women, you are the best resource to help women achieve and maintain satisfying sexual lives. This course will enhance your ability to promote women's sexual health and increase your confidence 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 tests, 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 underreported and undertreated, 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 incurs an additional fee.)

Course Registration Fees

\$435 for Active NPWH or ISSWSH Member

\$500 for Non-Members

\$550 for Non-Members, plus 1-year NPWH Membership

\$585 for Non-Members, plus 1-year ISSWSH Membership

\$700 for Non-Members, plus 1-year NPWH and ISSWSH Memberships

\$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 Monday, May 15, 2017. After May 15, 2017, only 50% of the fee will be refunded, and "no-shows" will not receive a refund.

Accommodations

Sheraton Inner Harbor Hotel

300 S. Charles Street, Baltimore, MD 21201

Phone: (410) 962-8300

Your discounted conference room rate is \$159 (plus applicable state and local sales tax). The deadline to receive the discounted room rate is Monday, May 8, 2017.

Call (410) 962-8300 to arrange your hotel reservations and mention NPWH Nurse Practitioners in Women's Health for the special group rate. Attendees may also reserve their hotel room online at bit.ly/WSHC2017.

Early Departure Fee: An early departure fee of \$75 will apply if an attendee checks out prior to the confirmed checkout date.

Airport and Ground Transportation Information

Travel distance between Baltimore-Washington International Airport (BWI) and the hotel is approximately 12 miles.

Visit www.bwiairport.com for information on ground transportation, including MARC and Amtrak trains, taxis, and shuttles.

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 19.5 contact hours, which includes 5.25 hours of pharmacology. The Post-Conference Vulvoscopy Workshop has been approved for 7 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 Street, NE

Washington, DC 20002

Vulvoscopy Workshop

This workshop will give you the opportunity to learn clinical skills used in sexual health practice. Using models, you will practice key steps in vulvoscopy, performing biopsies, suturing, and anal Paps. In addition, you will learn in detail about management of vulvar dermatologic issues, vaginitis, and abnormal Pap tests. Finally, to balance your learning experience, you will be exposed to some simple in-office sexual medicine procedures that can be performed under vulvoscopy.

Educational Objectives

At the conclusion of this workshop, attendees should be able to:

- 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 sclerosus, lichen planus, and dermatitis, and treat them appropriately.

- Differentiate among etiologies of vaginitis and select effective treatment options.
- Summarize the steps to performing an in-office vestibular anesthesia test, lysis of clitoral adhesions, and removal of keratin pearls.

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

Needs Statement

As part of treating women with sexual dysfunction, a physical exam including vulvoscopy is recommended. While most offices 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.

2017 NPWH Women's Sexual Health Course Schedule

Thursday, June 8, 2017

Registration opens at 8:00 am

9:30 am – 9:45 am

Welcome/Introduction

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

9:45 am – 11:15 am

The ABC's of Sexual Health

9:45 am – 10:25 am

Epidemiology/Models/Classification

Sheryl Kingsberg, PhD, IF

10:25 am – 11:15 am

Sexual History/Psychological and Psychosocial History/Questionnaires

Sheryl Kingsberg, PhD, IF

11:15 am – 12:50 pm

Hormones and Health

11:15 am – 11:45 pm

Hormonal Therapy: Estrogens and Progestogens

Melissa Dahir, DNP, IF

11:45 am - 12:25 pm

Androgen Treatment Guidelines and Safety Concerns

Irwin Goldstein, MD, IF

12:25 pm – 12:50 pm

Contraception and Sexual Function

Melissa Dahir, DNP, IF

12:50 pm – 1:50 pm Lunch/Exhibits

1:50 pm – 3:45 pm

HSDD/Arousal Disorder/Orgasm Disorder Mini-Course

1:50 pm – 2:05 pm

Prevalence and Causes of HSDD/Arousal/Orgasmic Disorders

Brooke Faight, MSN, WHNP-BC, IF

2:05 pm – 2:35 pm

Diagnosis and Treatment of HSDD

Melissa Dahir, DNP, IF

2:35 pm – 3:05 pm

Diagnosis and Treatment of Arousal Disorders

Brooke Faight, MSN, WHNP-BC, IF

3:05 pm – 3:35 pm

Diagnosis and Treatment of Orgasmic Disorders

Irwin Goldstein, MD, IF

3:35 pm – 3:45 pm – Q&A

3:45 pm – 4:00 pm Break/Exhibits

4:00 pm – 4:30 pm

"The Big C" Cancer and Hormone Use

Brooke Faight, MSN, WHNP-BC, IF

4:30 pm – 5:00 pm

Cancer Treatment and Sexuality

Brooke Faight, MSN, WHNP-BC, 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/Exhibits

Friday, June 9, 2017

7:00 am – 8:00 am Continental Breakfast/Exhibits

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

Melissa Dahir, DNP, IF

8:35 am – 9:05 am

Physical Exam, Vulvoscopy, Labs

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

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

Melissa Dahir, DNP, IF

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 Postpartum

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

12:00 pm – 1:00 pm Lunch/Exhibits

1:00 pm – 2:00 pm

Persistent Genital Arousal Disorder (PGAD)

1:00 pm – 1:25 pm

Prevalence and Theoretical Causes of PGAD

Irwin Goldstein, MD, IF

1:25 pm – 1:35 pm Patient Story

1:35 pm – 2:00 pm

Medical and Surgical Treatments of PGAD

Irwin Goldstein, MD, IF

2:00 pm – 2:20 pm

Issues in Sexual Health Specific to LGBT

Sheryl Kingsberg, PhD, IF

2:20 pm – 2:50 pm

Alternative Sexual Practices

Brooke Faught, MSN, WHNP-BC, IF

2:50 pm – 3:20 pm

Experimental Therapies and Future Research for

Female Sexual Dysfunction

Irwin Goldstein, MD, IF

3:20 pm – 3:35 pm Break/Exhibits

3:35 pm – 4:35 pm

Sexual Health Problems in Male Partners

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: Sheryl Kingsberg, PhD, IF

Panelists: Melissa Dahir, DNP, IF;

Brooke Faught, MSN, WHNP-BC, IF;

Irwin Goldstein, MD, IF;

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

Saturday, June 10, 2017

7:00 am – 8:00 am Continental Breakfast

8:00 am – 11:25 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: Clinical Cases (HSDD)

Melissa Dahir, DNP, IF

Station 3: Healthy Sexuality in Mid-Life and Beyond

Sheryl Kingsberg, PhD, IF

Station 4: Vulvoscopy

Brooke Faught, MSN, WHNP-BC, IF

Station 5: Clinical Cases (Pain)

Irwin Goldstein, MD, IF

Station 6: Operationalizing FSD Healthcare

Sue Goldstein, BA, CCRC, IF

Susan Rawlins, RN, MS, WHNP-BC

11:25am – 11:35 am Conclusion and Course Wrap-Up

Vulvoscopy Workshop

11:40 am – 1:00 pm Lunch

1:00 pm – 3:15 pm

Didactic Lectures

1:00 pm – 1:15 pm

Overview

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

1:15 pm – 1:45 pm

Embryology/History of Vulva and Vagina

Irwin Goldstein, MD, IF

1:45 pm – 2:15 pm

Vulvar Dermatoses and Dermatitis

Brooke Faught, MSN, WHNP-BC, IF

2:15 pm – 2:45 pm

HPV/VIN/VAIN/AIN

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

2:45 pm – 3:15 pm

Vaginitis Identification and Management

Melissa Dahir, DNP, IF

3:15 pm – 3:30 pm Break

3:30 pm – 4:30 pm

Breakout Session 1

1. **Vulvoscopy and Forceps Biopsy**
Susan Kellogg-Spadt, PhD, CRNP, IF, CST
2. **Sutures and Procedures Under Vulvoscopy**
Irwin Goldstein, MD, IF
3. **Vulvoscopy and Keyes Punch Biopsy**
Brooke Fought, MSN, WHNP, IF
4. **Vulvoscopy and Anal Pap**
Melissa Dahir, DNP, IF

4:45 pm – 5:45 pm

Breakout Session 2

1. **Vulvoscopy and Forceps Biopsy**
Susan Kellogg-Spadt, PhD, CRNP, IF, CST
2. **Sutures and Procedures Under Vulvoscopy**
Irwin Goldstein, MD, IF
3. **Vulvoscopy and Keyes Punch Biopsy**
Brooke Fought, MSN, WHNP, IF
4. **Vulvoscopy and Anal Pap**
Melissa Dahir, DNP, IF

Sunday, June 11, 2017 — Vulvoscopy Workshop *continued*

7:30 am – 8:30 am Continental Breakfast

8:30 am – 9:30 am

Breakout Session 3

1. **Vulvoscopy and Forceps Biopsy**
Susan Kellogg-Spadt, PhD, CRNP, IF, CST
2. **Sutures and Procedures Under Vulvoscopy**
Irwin Goldstein, MD, IF
3. **Vulvoscopy and Keyes Punch Biopsy**
Brooke Fought, MSN, WHNP, IF
4. **Vulvoscopy and Anal Pap**
Melissa Dahir, DNP, IF

9:45 am – 10:45 am

Breakout Session 4

1. **Vulvoscopy and Forceps Biopsy**
Susan Kellogg-Spadt, PhD, CRNP, IF, CST
2. **Sutures and Procedures Under Vulvoscopy**
Irwin Goldstein, MD, IF
3. **Vulvoscopy and Keyes Punch Biopsy**
Brooke Fought, MSN, WHNP, IF
4. **Vulvoscopy and Anal Pap**
Melissa Dahir, DNP, IF

10:45 am – 11:00 am Final Q&A, Conclusion, and Wrap-Up

2017 Planning Committee

Brooke Fought, 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

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and receive these membership benefits:

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- 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

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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 rates for *The Journal of Sexual Medicine* and *Sexual Medicine Reviews*
- Find a Provider – this feature is a public search tool that will allow you to offer your expertise and knowledge of women's sexual health to patients seeking a provider, as well as to other healthcare providers looking to refer their patients to a specialist

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

Distinguished 2017 Faculty

Melissa Dahir, DNP, IF, Director, Pelvic Pain & Sexual Medicine, Omaha OB/GYN, Omaha, Nebraska

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

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

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

Sheryl Kingsberg, PhD, IF, Chief, Division of Behavioral Medicine Department of OB/GYN, University Hospitals Cleveland Medical Center; Professor, Departments of Reproductive Biology and Psychiatry, Case Western Reserve University School of Medicine, Cleveland, Ohio

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 and 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, DC 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 memberships 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 incurs an additional fee.)

- NPWH or ISSWSH Member Fee\$435
- Non-Member Fee.....\$500
- Non-Member Fee, plus 1-year NPWH Membership\$550
- Non-Member Fee, plus 1-year ISSWSH Membership.....\$585
- Non-Member Fee, plus 1-year NPWH & ISSWSH Memberships.....\$700
- 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 _____



20th Annual NPWH Premier Women’s Healthcare Conference

October 11-14, 2017, in Seattle, Washington

ISSWSH Fall Course

November 2-5, 2017, in Scottsdale, Arizona