

# Women's Sexual Health Course for NPs

Presented by the National Association  
of Nurse Practitioners in Women's Health (NPWH)

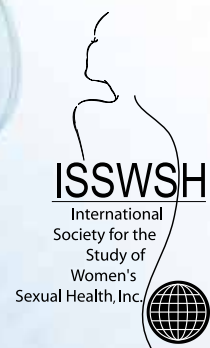
In collaboration with the International Society  
for the Study of Women's Sexual Health (ISSWSH)

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**June 11 – 14, 2020**

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**JW Marriott Orlando Bonnet Creek  
Orlando, Florida**





## Thursday, June 11, 2020

### Registration opens at 8:00 am

**9:30 am – 9:45 am**

Welcome/Introduction

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

**9:45 am – 12:00 pm**

THE ABC'S OF SEXUAL HEALTH

**9:45 am – 10:15 am**

Epidemiology/Models/Classification  
Sheryl Kingsberg, PhD, IF

**10:15 am – 10:45 am**

Sexual History/Psychological and  
Psychosocial History/Questionnaires  
Sheryl Kingsberg, PhD, IF

**10:45 am – 11:00 am**

Ethical Considerations

Susan Rawlins, MS, APRN, WHNP-BC

**11:00 am – 11:25 am**

Anatomy and Physiology of the Genitals  
Rachel Rubin, MD

**11:25 am – 12:00 pm**

Physical Exam and Diagnostic Testing  
Susan Kellogg-Spadt, PhD, CRNP, IF, CST

**12:00 pm – 12:10 pm**

Q&A

**12:10 pm – 1:00 pm**

Lunch

**1:10 pm – 2:45 pm**

HORMONES AND HEALTH

**1:10 pm – 1:30 pm**

Hormone Management: Estrogens and Progestogens  
Rachel Rubin, MD

**1:30 pm – 2:00 pm**

Hormone Management: Androgen Treatment Guidelines and  
Safety Concerns  
Samantha Tojino, FNP-C

**2:00 pm – 2:15 pm**

Hormone Management: Transgender Women  
Irwin Goldstein, MD, IF

**2:15 pm – 2:35 pm**

Hormone Management: Contraception and Sexual Function  
Rachel Rubin, MD

**2:35 pm – 2:45 pm**

Q&A

**2:45 pm – 5:05 pm**

HSDD/AROUSAL DISORDER/ORGASM DISORDER MINI-COURSE

**2:45 pm – 3:15 pm**

Prevalence and Causes of HSDD/Arousal/Orgasmic Disorders  
Samantha Tojino, FNP-C

**3:15 pm – 3:30 pm**

Break

**3:30 pm – 3:55 pm**

Psychotherapy for HSDD/Arousal/Orgasmic Disorders  
Sheryl Kingsberg, PhD, IF

**3:55 pm – 4:30 pm**

Diagnosis and Treatment of HSDD

Brooke Faught, DNP, WHNP-BC, NCMP, IF

**4:30 pm – 5:05 pm**

Diagnosis and Treatment of Arousal and Orgasmic Disorders  
Rachel Rubin, MD

**5:05 pm – 5:15 pm**

Q&A

**5:15 pm – 6:25 pm**

PERSISTENT GENITAL AROUSAL DISORDER (PGAD)

**5:15 pm – 5:40 pm**

Prevalence and Theoretical Causes of PGAD  
Irwin Goldstein, MD, IF

**5:40 pm – 5:50 pm**

Patient Story

**5:50 pm – 6:15 pm**

Management of PGAD  
Irwin Goldstein, MD, IF

**6:15 pm – 6:25 pm**

Q&A

**6:30 pm – 7:15 pm**

Welcome Reception

## Friday, June 12, 2020

**7:00 am – 8:00 am**

Continental Breakfast

**8:00 am – 8:05 am**

Announcements

**8:05 am – 11:25 am**

SEXUAL PAIN MINI-COURSE

**8:05 am – 8:45 am**

Pelvic Floor: Anatomy  
Susan Kellogg-Spadt, PhD, CRNP, IF, CST

**8:45 am – 9:10 am**

Medical Management of Dyspareunia  
Samantha Tojino, FNP-C

**9:10 am – 9:50 am**

Non-Medical Management of Dyspareunia  
Irwin Goldstein, MD, IF

**9:50 am – 10:00 am**

Patient Story

**10:00 am – 10:15 am**

Break

# 2020 NPWH WOMEN'S SEXUAL HEALTH COURSE SCHEDULE

**10:15 am – 10:45 am**

**Vulvar Dermatoses: Diagnosis and Management**  
Susan Kellogg-Spadt, PhD, CRNP, IF, CST

**10:45 am – 11:15 am**

**HPV, VIN, and Vulvar Disease: Diagnosis and Management**  
Susan Kellogg-Spadt, PhD, CRNP, IF, CST

**11:15 am – 11:25 am**

**Q&A**

**11:25 am – 2:15 pm**

**COMORBIDITIES AND SEXUAL HEALTH**

**11:25 am – 11:55 am**

**Gynecologic Conditions and Sexual Dysfunction**  
Brooke Faught, DNP, WHNP-BC, NCMP, IF

**11:55 am – 12:20 pm**

**Chronic Conditions and Sexuality**  
Samantha Tojino, FNP-C

**12:20 pm – 1:10 pm**

**Lunch**

**1:20 pm – 1:50 pm**

**Cancer Treatment and Sexuality**  
Samantha Tojino, FNP-C

**1:50 pm – 2:15 pm**

**Disability and Sexuality: Medical Considerations**  
Brooke Faught, DNP, WHNP-BC, NCMP, IF

**2:15 pm – 3:25 pm**

**OTHER CONSIDERATIONS IN SEXUAL HEALTH**

**2:15 pm – 2:30 pm**

**Pregnancy, Postpartum, and Sexuality**  
Susan Kellogg-Spadt, PhD, CRNP, IF, CST

**2:30 pm – 2:50 pm**

**Issues in Sexual Health Specific to LGBT**  
Sheryl Kingsberg, PhD, IF

**2:50 pm – 3:25 pm**

**Alternative Sexual Practices**  
Brooke Faught, DNP, WHNP-BC, NCMP, IF

**3:25 pm – 3:40 pm**

**Break**

**3:40 pm – 4:20 pm**

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

**4:20 pm – 4:45 pm**

**Coding**

Brooke Faught, DNP, WHNP-BC, NCMP, IF

**4:45 pm – 5:15 pm**

**Sexual Health Problems in Male Partners**  
Rachel Rubin, MD

**5:15 pm – 6:00 pm**

**Q&A**

Moderator: Sheryl Kingsberg, PhD, IF

Panelists: Brooke Faught, DNP, WHNP-BC, NCMP, IF; Irwin Goldstein, MD, IF; Susan Kellogg-Spadt, PhD, CRNP, IF, CST; Rachel Rubin, MD; Samantha Tojino, FNP-C

## Saturday, June 13, 2020

**7:00 am – 8:00 am**

**Continental Breakfast**

**8:00 am – 8:20 am**

**Conclusion, Clinical Pearls, and Course Wrap-Up**

**8:25 am – 11:50 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**

Rachel Rubin, MD

**Station 2: Pelvic Floor**

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

**Station 3: Clinical Cases (Pain)**

Irwin Goldstein, MD, IF

**Station 4: Clinical Cases (HSDD)**

Brooke Faught, DNP, WHNP-BC, NCMP, IF, and Samantha Tojino, FNP-C

**Station 5: A Practitioner's Guide to Mid-Life Sexuality**

Sheryl Kingsberg, PhD, IF

**Station 6: Operationalizing FSD Healthcare**

Sue Goldstein, CCRC, CSE, IF, and Susan Rawlins, MS, APRN, WHNP-BC

### Advanced Vulvoscopy Course

**11:50 am – 12:55 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, DNP, WHNP-BC, NCMP, IF

**2:15 pm – 2:45 pm**

**HPV/VIN/VAIN/AIN: Vulva, Vagina, and Anus**

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

**2:45 pm – 3:15 pm**

**Vaginitis Identification and Management**

Rachel Rubin, MD

**3:15 pm – 3:30 pm**

**Break**

**3:30 pm – 4:15 pm**

**Breakout 1**

**1. Vulvoscopy and Forceps Biopsy**

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

# 2020 NPWH WOMEN'S SEXUAL HEALTH COURSE SCHEDULE

2. Sutures, Procedures under Vulvoscopy, and Menopause Changes Evident under Vulvoscopy  
Irwin Goldstein, MD, IF
3. Vulvoscopy and Keyes Punch Biopsy  
Brooke Faught, DNP, WHNP-BC, NCMP, IF
4. Talking Your Way Through Vulvoscopy and Documentation  
Rachel Rubin, MD

## 4:30 pm – 5:15 pm

### Breakout 2

1. Vulvoscopy and Forceps Biopsy  
Susan Kellogg-Spadt, PhD, CRNP, IF, CST
2. Sutures, Procedures under Vulvoscopy, and Menopause Changes Evident under Vulvoscopy  
Irwin Goldstein, MD, IF
3. Vulvoscopy and Keyes Punch Biopsy  
Brooke Faught, DNP, WHNP-BC, NCMP, IF
4. Talking Your Way Through Vulvoscopy and Documentation  
Rachel Rubin, MD

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## Sunday June 14, 2020

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## 7:30 am – 8:30 am

### Continental Breakfast

## 8:30 am – 9:15 am

### Breakout 3

1. Vulvoscopy and Forceps Biopsy  
Susan Kellogg-Spadt, PhD, CRNP, IF, CST
2. Sutures, Procedures under Vulvoscopy, and Menopause Changes Evident under Vulvoscopy  
Irwin Goldstein, MD, IF
3. Vulvoscopy and Keyes Punch Biopsy  
Brooke Faught, DNP, WHNP-BC, NCMP, IF
4. Talking Your Way Through Vulvoscopy and Documentation  
Rachel Rubin, MD

## 9:15 am – 10:00 am

### Breakout 4

1. Vulvoscopy and Forceps Biopsy  
Susan Kellogg-Spadt, PhD, CRNP, IF, CST
2. Sutures, Procedures under Vulvoscopy, and Menopause Changes Evident under Vulvoscopy  
Irwin Goldstein, MD, IF
3. Vulvoscopy and Keyes Punch Biopsy  
Brooke Faught, DNP, WHNP-BC, NCMP, IF
4. Talking Your Way Through Vulvoscopy and Documentation  
Rachel Rubin, MD



Watch for Registration  
**Opening Soon**  
Look for updates on  
**npwh.org**