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)

June 11 – 14, 2020

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
### 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. Vulvoscropy 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

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

Sunday June 14, 2020

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