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
NPWH and ISSWSH welcome you to the seventh 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 do not know that help is available. As nurse practitioners (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 current state-of-the-art knowledge in epidemiology, physiology, and pathophysiology of female sexual function and dysfunction.
- Assess FSD using history & physical, psychometrically validated inventories, blood tests, neurologic tests, and blood-flow testing.
- Apply pharmacologic, 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 continuing education (CE) program is to provide NPs with up-to-date evidence and expert consensus on female sexual health, evaluation techniques, and therapeutic interventions. We will address the knowledge, skills, and professional attributes required to excel in sexual health practice.

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 performing vulvoscopy, biopsies, suturing, and anal Pap tests. In addition, you will learn in detail about managing vulvar dermatologic problems, vaginitis, and abnormal Pap test findings. Finally, to balance your educational experience, you will learn some simple in-office sexual healthcare procedures that can be performed during 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 among 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 in 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 examination, including vulvoscopy, is recommended. Although most offices where women with sexual health problems are treated have a colposcope, few practitioners are trained in its use for vulvoscopy, which is not included in the standard NP curriculum. The purpose of this CE workshop is to provide NPs with up-to-date knowledge and required skills for performing vulvoscopy in the office.
Thursday, June 11, 2020

Registration opens at 8:30 am
9:30 am – 9:45 am
Welcome/Introduction
Irwin Goldstein, MD, IF, Past President, ISSWSH, & Gay Johnson, CEO, NPWH

9:45 am – 12:10 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, RN, MS, 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/Exhibits
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 – 5:15 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/Exhibits
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
10:15 am – 10:45 am
Vulvar Dermatoses: Diagnosis and Management
Susan Kellogg-Spadt, PhD, CRNP, IF, CST
Schedule and program information is current as of March 18, 2020. Any updates can be found at [www.npwh.org](http://www.npwh.org)
DISTINGUISHED 2020 FACULTY

Brooke Faught, DNP, WHNP-BC, NCMP, IF, Clinical Director, Women’s Institute for Sexual Health, 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, CCRC, CSE, 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, 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 Professional Development, NPWH

Rachel Rubin, MD, Urologist and Sexual Medicine Specialist, Washington, DC

Samantha Tojino, FNP-C, Nurse Practitioner, Georgia Center for Pelvic Health, Augusta, Georgia

2020 PLANNING COMMITTEE

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

Catherine Gagnon, CNP

Irwin Goldstein, MD, IF

Sue Goldstein, CCRC, CSE, IF

Gay Johnson, BA, Chief Executive Officer, NPWH

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

Susan Rawlins, RN, MS, WHNP-BC

Saturday, June 13, 2020 continued

2020 NPWH WOMEN’S SEXUAL HEALTH COURSE SCHEDULE

3:30 pm – 4:15 pm
Breakout 1

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

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

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
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, which incurs an additional fee.

Course Registration Fees
- $460 for active NPWH or ISSWSH members
- $535 for non-members
- $575 for non-members with 1-year NPWH membership
- $610 for non-members with 1-year ISSWSH membership
- $725 for non-members with 1-year NPWH and ISSWSH memberships
- $325 for Vulvoscopy Workshop (space is limited)

Method of Payment for Registration Fee
Payment can be made by U.S. check or 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 $75 processing fee will be charged for cancellations received in writing by Monday, May 8, 2020. After May 8, 2020, only 50% of the fee will be refunded. “No-shows” will not receive a refund.

Accommodations
JW Marriott Orlando Bonnet Creek
14900 Chelonia Pkwy
Lake Buena Vista, FL 32821
Phone: 407-789-0999

Your discounted conference room rate is $179 (plus applicable taxes and fees). The deadline to receive the discounted room rate is May 20, 2020. Call to arrange your hotel reservation and mention “NPWH Nurse Practitioners in Women’s Health” for the special group rate. You can also visit the course page on the NPWH website to book your room.

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 the Orlando International Airport (MCO). JW Marriott Orlando Bonnet Creek is approximately 12 miles. Visit the Orlando Airport website at https://www.orlandoairports.net for transportation options. Taxis, SuperShuttle, and Uber are available.

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 need 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
The Continuing Education Approval Program of the National Association of Nurse Practitioners in Women’s Health has approved this program for 19.6* contact hours, which includes 5 hours of pharmacology. The Post-Conference Vulvoscopy Workshop has been approved for 5.25 contact hours, which includes 0.3 hours of pharmacology. In addition to CE contact hours, attendees will receive a frameable 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. This course has been issued NPWH Activity number 20-03.

Course Schedule
For those not participating in the Vulvoscopy Workshop, the Women’s Sexual Health Course ends on Saturday, June 13, at 11:50 am. The Vulvoscopy Workshop begins Saturday afternoon and ends Sunday, June 14, at 10:00 am. All Vulvoscopy Workshop participants must attend both Saturday and Sunday breakout sessions to receive full credit for the course. Individual rotation schedules will be given on site.

For Questions Regarding Registration
Contact Carol Wiley at NPWH
Phone: 202-543-9693, ext. 4
Email: cwiley@npwh.org
Website: www.npwh.org
505 C Street, NE
Washington, DC 20002

Join NPWH
and receive these membership benefits:
- Representation in Washington, DC, on women’s health issues
- Complimentary online and print subscriptions to Women’s Healthcare: A Clinical Journal for NPs
- Numerous CE 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 and 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 CE 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 enables you to offer your expertise in 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!

NPWomensHealthcare.com
You can register for the conference by visiting www.npwh.org or by filling out the form below and returning it with payment via fax, email, or mail.

2020 NPWH Women’s Sexual Health Course Registration

Please complete the entire application and Fax it to 202-543-9858 (credit card payment only) or Scan and email it to cwiley@npwh.org (credit card payment only) or Mail it with a check (payable to NPWH) or credit card information to:

NPWH – Women’s Sexual Health Conference
Attn: Carol Wiley
505 C Street, NE
Washington, DC 20002

Registration Form (Please Print)

Name _________________________________________________________________ Credentials ____________________________________________________________
Address _________________________________________________________________________________________________________________
City ____________________________________________________________________ State ______________ Zip ______________________________
Phone (______)__________________________   Work (______)__________________________   Fax (______)_______________________
Email ____________________________________________________________________________________________________________

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, which incurs an additional fee.

☐ NPWH or ISSWSH member...............................................................................................................................................$460
☐ Non-member.................................................................................................................................................................$535
☐ Non-member with 1-year NPWH membership ..........................................................$575
☐ Non-member with 1-year ISSWSH membership .......................................................$610
☐ Non-member with 1-year NPWH & ISSWSH memberships .....................................$725
☐ Vulvoscopy Workshop (space is limited) ........................................................................$325

Total Amount Paid $ __________

Method of Payment
☐ U.S. Check or Money Order Enclosed (made payable to NPWH) ☐ VISA ☐ MasterCard ☐ Discover ☐ American Express

Card Number ________________________________________  Exp. Date _______ CVV Code________
Card Holder Name (please print) ____________________________________________________________
Card Holder Phone Number ______________________________________________________________
Card Holder Signature ________________________________________________________________

Billing Information
Address_________________________________________________________________________________
City ______________________________________________ State ______________ Zip ________________

SAVE THE DATES

23rd Annual NPWH Premier Women’s Healthcare Conference
October 15-18, 2020, in Anaheim, California

ISSWSH Fall Course
November 19-21, 2020, in Scottsdale, Arizona