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 8-11, 2017

Sheraton Inner Harbor
Baltimore, MD
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 professional attributes required for excellence in the current practice of sexual medicine.

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

Friday, June 9, 2017 continued

1:00 pm – 2:00 pm
Persistent Genital Arousal Disorder (PGAD)
Susan Kellogg-Spadt, PhD, CRNP, IF, CST
Prevalence and Theoretical Causes of PGAD
Irwin Goldstein, MD, IF
1:00 – 1:30 pm
1:30 pm – 2:00 pm
Patient Story
Medical and Surgical Treatments of PGAD
Irwin Goldstein, MD, IF
2:00 – 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
3:00 pm – 3:30 pm
Break/Exhibits

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

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

Vulvoscopy Workshop

7:30 am – 8:30 am
Continental Breakfast

8:30 am – 9:30 am
Breakout Session 3

9:45 am – 10:45 am
Breakout Session 4

Distinguished 2017 Faculty

Melissa Dahir, DNP, IF
Director, Pelvic Pain & Sexual Medicine
University Hospitals Cleveland Medical Center
Cleveland, Ohio

Sue Goldstein, BA, CCRC, IF
Chief, Division of Behavioral Medicine
University Hospitals Cleveland Medical Center
Cleveland, Ohio

Sheryl Kingsberg, PhD, IF
Chief Executive Officer, NPWH
Doylestown, Pennsylvania

Susan Rawlins, RN, MS, WHNP-BC
Director of Education, NPWH
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 OB/GYN,
Drexel University College of Medicine
Philadelphia, Pennsylvania

Irwin Goldstein, MD, IF
Director of Reproductive Biology and Psychiatry
Case Western Reserve University School of Medicine
Cleveland, Ohio

Catherine Gagnon, CNP
Academic Urology Professor of Human Sexuality
Drexel University College of Medicine
Philadelphia, Pennsylvania

2017 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

2017 NPWH Women’s Sexual Health Course Schedule

Sunday, June 11, 2017 — Vulvoscopy Workshop

7:30 am – 8:30 am
Continental Breakfast

8:30 am – 9:30 am
Breakout Session 3

9:45 am – 10:45 am
Breakout Session 4

Distinguished 2017 Faculty

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

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

Sheryl Kingsberg, PhD, IF
Chief, Division of Behavioral Medicine
Department of OB/GYN
University Hospitals Cleveland Medical Center
Cleveland, Ohio

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Director of Education, NPWH
San Diego, California

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Professor of OB/GYN,
Drexel University College of Medicine
Philadelphia, Pennsylvania

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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

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Susan Rawlins, RN, MS, WHNP-BC
**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

**Registration Form (Please Print)**

Name ___________________________ Credentials ________________

Address _______________________________________________________

City ___________________________ State ______________ Zip ______________

Phone (_____) ______________ Work (_____) ______________ Fax (_____) ______________

Email ____________________________________________________________

Dietary Restrictions/Food Allergies? ______________________________________

**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 ________________________________

**Save the Dates**

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