Syllabus

The Essentials of Female Sexual Health

For WHNPs, NPs, CNMs, FNPs, APRNs, and other healthcare providers focused on women’s health

June 4th, 2021
IF SHE’S PREMENOPAUSAL
AND LIVING WITH HSDD

Give her the power to call the shots

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Obesity has profound sexual and reproductive implications including:

- Low self esteem
- HSDD
- Anxiety and Depression
- Subfecundity and infertility
- Gestational Diabetes
- Preeclampsia
- PCOS
- Increased risk of pregnancy loss and complications
- Increased maternal and infant mortality
- Increased risk of ovarian, breast and endometrial cancer

Give them every chance.

Please visit whnpwellbeing.com.
Dear Colleagues,

Welcome to the Essentials of Female Sexual Health Course! The National Association of Nurse Practitioners in Women’s Health (NPWH) and the International Society for the Study of Women’s Sexual Health (ISSWSH) are thrilled that you are here and that you recognize the importance of women’s sexual health. The knowledge and skills you gain during this course will prepare you to initiate sensitive discussions with your patients about female sexual dysfunction (FSD) and to increase your confidence in your ability to evaluate, diagnose, and manage FSD.

The faculty for this course is one of the most distinguished and sought-after in the field of sexual medicine, and we are delighted to have them share their knowledge and experience with the participants of this course.

We thank you for your patience as we determined the best way to offer this course in a virtual setting. We are committed to continuing to provide practical, up-to-date, evidenced-based, high-quality CE opportunities to ultimately improve the health care of women. We hope you will also consider attending ISSWSH’s fall meeting (Oct. 7-10) or NPWH’s 24th Annual Premier Women’s Healthcare Virtual Conference (Oct. 13-16).

Thank you for joining us, and enjoy the course!

Sincerely,

Heather L. Maurer, CAE, MA CEO, NPWH

Tessa Benitez Executive Director, ISSWSH
Vaginal Care & Comfort for Every Life Stage

IsoFresh
Eliminate Vaginal Odors and Replenish Healthy Bacteria
Many women say that vaginal odor negatively impacts their quality of life, and are looking for solutions to feel more fresh. Sometimes the answer is to restore balance to the vaginal ecosystem. IsoFresh Gel is a bioadhesive gel that stops unwanted odors and supports healthy vaginal pH. Add in IsoFresh Probiotic to replenish healthy bacteria.

BabyDance
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Babylt
Perineal Massage and Postpartum Comfort
Perineal massage should be on every pregnancy to-do list to help prepare sensitive tissues for labor and delivery. Babylt soothing gel helps make perineal massage more comfortable and provides soothing relief postpartum.

Sage
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Vaginal dryness is a common source of every day discomfort and irritation, making intimacy painful. Sage Personal Moisturizer and Lubricant tackles both of these concerns, supplementing the body’s natural lubricating fluids — use daily for moisturization and lubrication during intercourse.

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www.fairhavenhealth.com | info@fairhavenhealth.com | 800.367.2837
Faculty:

Brooke Faught, DNP, WHNP-BC, NCMP, FAANP, IF
*Director of the Women’s Institute for Sexual Health (WISH)*
Nashville, TN

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, CA

Susan Kellogg-Spadt, PhD, CRNP, IF, CSC
*Director of Female Sexual Medicine, Center for Pelvic Medicine*
Philadelphia, PA

Heather Quaile, DNP, WHNP-BC, SANE
*CEO/Founder/Clinical Director*
Marietta, Georgia

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

Tara Sullivan, PT, DPT, PRPC, WCS, IF
*Doctor*
Scottsdale, AZ

Sandi Tenfelde, PhD, APRN, WHNP-BC
*Associate Professor and Director of the Women’s Health Nurse Practitioner Program*
Chicago, Illinois

Planning Committee:

Brooke Faught, DNP, WHNP-BC, NCMP, FAANP, IF
Susan Kellogg-Spadt, PhD, CRNP, IF, CST

Faculty Disclosures:

Brooke Faught, DNP, WHNP-BC, NCMP, FAANP, IF
Consulting fees: *Trophikos, Mayne Pharma, AMAG*
Fees for Non-CME Services: *Sprout Pharmaceuticals, Therapeutics MD, Bonafide, Agile Therapeutics, AMAG, Lupin*
Grant/Contracted Research: *IPSEN Innovations*

Irwin Goldstein, MD, IF
Consulting fees: *Cynosure, Sprout Pharmaceuticals, SST*
Fees for Non-CME Services: *AMAG*
Grant/Contracted Research: *BTL, IPSEN Innovations*

Susan Kellogg-Spadt, PhD, CRNP, IF, CST
Fees for Non-CME Services: *Bonafide, Synexins, Lupin, Materna*

Heather Quaile, DNP, WHNP-BC, SANE
Fees for Non-CME Services: *Sprout Pharmaceuticals*

Rachel Rubin, MD
Fees for Non-CME Services: *Sprout Pharmaceuticals*
Contracted research: *IPSEN Innovations*

Tara Sullivan, PT, DPT, PRPC, WCS, IF
*None Stated*

Sandi Tenfelde, PhD, APRN, WHNP-BC
*None Stated*

Staff

NPWH

Heather Maurer, *Chief Executive Officer*
Carol Wiley, *Director of Membership*
Donna Ruth, *Director of Education*
Susan Kendig, *Director of Policy*
Beth Kelsey, *Director of Publications*
Julia Knox, *Communications and Program Manager*
Brianna Mancillas, *Office Administrator*

ISSWSH

Tessa Benitez, *Executive Director*
Melanie Jones, *Coordinator*
Haley Dauffenbach, *Coordinator*
Thierry Boutard, *IT Coordinator*
Vaginal Microbiome:
Protections and Infections

0.5 AMA PRA Category 1 Credits

Presented by Keith Aqua, MD
Co-Founder, Institute for Women’s Health and Body
Co-Founder, Visions Clinical Research
Wellington, Florida

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Vaginal Infections:
New Clinical Directions

0.5 AMA PRA Category 1 Credits

Presented by Christina Muzny, MD, MSPH
Division of Infectious Diseases
University of Alabama at Birmingham
Birmingham, Alabama

Accreditation Statement

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education through the joint providership of CME Outfitters, LLC, and Jespersen & Associates, LLC. CME Outfitters, LLC is accredited by the ACCME to provide continuing medical education for physicians.

CME Outfitters, LLC designates this enduring activity for a maximum of 0.5 AMA PRA Category 1 Credits. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Financial Support

This program is supported by an unrestricted educational grant from Lupin Pharmaceuticals.
To Obtain CE Certificate

In order to obtain your CE Certificate, you must complete online evaluations via the Survey Monkey link that will be provided at the end of the course. After you have completed your evaluation, you will be able to print your CE certificate, which will include the number of contact hours for the course. NPWH is providing CE credits for attending this course. If you have questions relating to your CE certificate please email info@npwh.org.

Learning Outcome

At the conclusion of the course, attendees will report increased confidence in their ability to evaluate, diagnose and manage the following: Hypoactive Sexual Desire Disorder, Female Arousal Disorders/Female Orgasmic Disorders and Genito-Pelvic Pain/Penetrative Disorders.

Accreditation Information

NPWH is committed to ensuring that educational sessions are free of commercial bias and product promotion. Any commercial products, goods or services that may be displayed or discussed during this CE activity should not be interpreted to imply endorsement by NPWH.

This activity has been evaluated and approved by the Continuing Education Approval Program of the National Association of Nurse Practitioners in Women's Health for 6.0 contact hours. The program has been issued NPWH Activity number 21-03.

CA CEP Number 13411

Sponsors

Thank you to the following companies for providing support for the 2021 Essentials of Female Sexual Health Course

- Aegle Health Network
- Agile Therapeutics
- Bonafide Health
- FairHaven Health
- FemmePharma Consumer Healthcare
- Lupin
- Palatin
- Rosebud Women
- Uberlube
Fall Course 2021
Scottsdale, AZ - USA
October 7-9, 2021
Vulvoscopy Workshop
October 10
All times in EST

9:00 am - 9:15 am
Welcome NPWH and ISSWSH
Diana Drake, DNP, APRN, WHNP, FAAN, FNAP, Chair, NPWH Board of Directors
Sue W. Goldstein, CCRC, CSE, IF, ISSWSH President Elect
(10 minutes)

9:15 am – 10:35 am
Hypoactive Sexual Desire Disorder (HSDD)
Brooke Faught, DNP, WHNP-BC, NCMP, IF
Introduction (5 minutes)
Didactics (60 minutes)
Q&A (15 minutes)

10:35 am – 10:45 am
Break
(10 minutes)

10:45 am – 12:05 pm
Female Sexual Arousal Disorders/Female Orgasmic Disorders
Rachel Rubin, MD, IF
Introduction (5 minutes)
Didactics (60 minutes)
Q&A (15 minutes)

12:15 pm – 12:15 pm
Break
(10 minutes)

12:15 pm – 1:00 pm
Industry Sponsored Symposium: live-stream and on-demand
A Discussion of Distressing Low Desire: Diagnosing and Treating Hypoactive Sexual Desire Disorder (HSDD) in Premenopausal Women
Brooke Faught, DNP, WHNP-BC, NCMP, FAANP, IF
(45 minutes)

1:00 pm – 1:15 pm
Break
(15 minutes)

1:15 pm – 2:35 pm
Genito-Pelvic Pain/Penetrative Disorders
Susan Kellogg-Spadt, PhD, CRNP, IF
and Tara Sullivan, PT, DPT, PRPC, WCS, IF
Introduction (5 minutes)
Didactics (60 minutes)
Q&A (15 minutes)

2:35 pm – 2:45 pm
Break
(10 minutes)

2:45 pm – 4:45 pm
Case Studies in Female Sexual Health
All previous faculty plus Dr. Irwin Goldstein, MD, IF
Introduction (10 minutes)
Hypoactive Sexual Desire Disorder (30 minutes)
Female Sexual Arousal Disorders/Female Orgasmic Disorder (30 minutes)
Genito-Pelvic Pain/ Penetration Disorder (30 minutes)
Q&A (20 minutes)

4:45 pm
Meeting Concludes
Let's you feel all the things you want to feel.

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Session Objectives

CE 6.0
NCC Code 2

9:15am – 10:35am

Hypoactive Sexual Desire Disorder (HSDD)
Brooke Faught, DNP, WHNP-BC, NCMP, FAANP, IF

Objectives
- Differentiate between the symptom of low libido and the diagnosis of hypoactive sexual desire disorder (HSDD).
- Develop confidence in prescribing flibanserin and bremelanotide to premenopausal women with HSDD.
- Increase awareness of off-label and non-medicinal treatment options for women with HSDD.

Session Description
Distressing low sex drive is the most common sexual complaint among U.S. women. This session will review criteria for diagnosing hypoactive sexual desire disorder (HSDD) and methods for managing women with HSDD across the lifespan. Discussion of HSDD treatment will include FDA-approved medications, as well as off-label and non-medicinal options for women of all ages.

10:45am – 12:05pm

Female Sexual Arousal Disorders/Female Orgasmic Disorders
Rachel Rubin, MD, IF

Objectives
- Will provide updated nomenclature for patients with arousal and orgasm disorders
- Provide step by step guide of how to examine patients with arousal and orgasm complaints
- Will give an overview of possible bio-psycho-social treatment strategies for patients with arousal and orgasm problems.

Session Description
This lecture will discuss the identification, workup and treatment strategies for patients who present with questions about arousal and orgasm.

1:15pm – 2:35pm

Genito-Pelvic Pain/Penetrative Disorders
Susan Kellogg-Spadt, PhD, CRNP, IF
Tara Sullivan, PT, DPT, PRPC, WCS, IF

Objectives
- Identify a framework from which to approach the female patient with vulvar and sexual pain.
- Discuss the use of pelvic floor physical therapy in the treatment of sexual pain.

Session Description
This session will present an overview female vulvar and sexual pain. Different subtypes of pain will be discussed and include different treatment options and approaches. Additionally the role of physical therapy in the treatment of genito-pelvic pain, specifically pelvic floor physical therapy will be explored.
Session Objectives, cont.

CE 6.0  
NCC Code 2  

2:45pm – 4:45pm

Case Studies in Female Sexual Health:  
Hypoactive Sexual Desire Disorder Case  
Persistent Genital Arousal Disorder / Genito-Pelvic Dysesthesia Case  
Female Arousal Disorders/Female Orgasmic Disorder Case  
Genito-Pelvic Pain / Penetration Disorder Case

Brooke Faught, DNP, WHNP-BC, NCMP, FAANP, IF  
Irwin Goldstein, MD, IF  
Susan Kellogg-Spadt, PhD, CRNP, IF  
Heather Quaile, DNP, WHNP-BC, SANE  
Rachel Rubin, MD, IF  
Tara Sullivan, PT, DPT, PRPC, WCS, IF  
Sandi Tenfelde, PhD, APRN, WHNP-BC

Objectives

• Apply the information learned in the didactic sessions to clinical situations  
• Discuss different treatment options for each of the topics presented in the cases studies

Session Description:  
This session will include working through case studies with an expert panel. The case studies will focus on clinical situations and will include expert commentary from the panelist along with opportunity for discussion.
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woman

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