NPWH and ISSWSH welcome you to the fifth 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 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 health care 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 7, 2018

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 – 11:05 am
THE ABC’S OF SEXUAL HEALTH

9:45 am – 10:30 am
Epidemiology/Models/Classification
Samantha Tojino, FNP-C

10:30 am – 11:00 am
Sexual History/Psychological and Psychosocial History/Questionnaires
Samantha Tojino, FNP-C

11:00 am – 11:05 am
Q&A

11:05 am – 12:15 pm
HORMONES AND HEALTH

11:05 am – 11:35 pm
Hormonal Therapy: Estrogens and Progestogens
Rachel Rubin, MD

11:35 am – 12:15 pm
Androgen Treatment Guidelines and Safety Concerns
Irwin Goldstein, MD, IF

12:15 pm – 1:15 pm
Lunch

1:15 pm – 1:40 pm
Contraception and Sexual Function
Rachel Rubin, MD

1:40 pm – 2:00 pm
Transgender Management
Irwin Goldstein, MD, IF

2:00 pm – 2:10 pm
Q&A

2:10 pm – 4:00 pm
HSDD/AROUSAL DISORDER/ORGASM DISORDER MINI-COURSE

2:10 pm – 2:40 pm
Prevalence and Causes of HSDD/Arousal/Orgasmic Disorders
Samantha Tojino, FNP-C

2:40 pm – 3:05 pm
Diagnosis and Treatment of HSDD
Brooke Faught, MSN, WHNP-BC, IF

3:05 pm – 3:35 pm
Diagnosis and Treatment of Arousal Disorders
Rachel Rubin, MD

3:35 pm – 4:00 pm
Diagnosis and Treatment of Orgasmic Disorders
Samantha Tojino, FNP-C

4:00 pm – 4:15 pm
Break

4:15 pm – 4:45 pm
“The Big C” Cancer and Hormone Use
Brooke Faught, MSN, WHNP-BC, IF

4:45 pm – 5:15 pm
Cancer Treatment and Sexuality
Brooke Faught, MSN, WHNP-BC, IF

5:15 pm – 5:45 pm
Diagnosis and Management of Vulvar Dermatoses
Susan Kellogg-Spadt, PhD, CRNP, IF, CST

5:45 pm – 6:15 pm
HPV, VIN, and Vulvar Disease
Susan Kellogg-Spadt, PhD, CRNP, IF, CST

6:15 pm – 6:30 pm
Q&A

6:30 pm – 7:15 pm
Welcome Reception

Friday, June 8, 2018

7:00 am – 8:00 am
Continental Breakfast

8:00 am – 8:05 am
Announcements

8:05 am – 11:10 am
SEXUAL PAIN MINI COURSE

8:05 am – 8:30 am
Prevalence and Causes of Dyspareunia
Rachel Rubin, MD

8:30 am – 9:05 am
Physical Exam, Vulvoscopy, Labs
Susan Kellogg-Spadt, PhD, CRNP, IF, CST

9:05 am – 9:25 am
Pelvic Floor Management of Dyspareunia
Susan Kellogg-Spadt, PhD, CRNP, IF, CST

9:25 am – 9:55 am
Medical Management of Dyspareunia
Rachel Rubin, MD

9:55 am – 10:10 am
Break

10:10 am – 10:50 am
Non-Medical Management of Dyspareunia
Irwin Goldstein, MD, IF

10:50 am – 11:00 am
Patient Story (ask patient)

11:00 am – 11:10 am
Q&A
Friday, June 8, 2018 continued

11:10 am – 11:40 am
Gynecologic Conditions and Sexual Dysfunction
Brooke Faught, MSN, WHNP-BC, IF

11:40 am – 12:05 pm
Sexual Health in Pregnancy and Postpartum
Susan Kellogg-Spadt, PhD, CRNP, IF, CST

12:05 pm – 12:25 pm
Issues in Sexual Health Specific to LGBT
Susan Kellogg-Spadt, PhD, CRNP, IF, CST

12:25 pm – 1:25 pm
Lunch

1:25 pm – 2:30 pm
PERSISTENT GENITAL AROUSAL DISORDER (PGAD)

1:25 pm – 1:50 pm
Prevalence and Theoretical Causes of PGAD
Irwin Goldstein, MD, IF

1:50 pm – 2:15 pm
Management of PGAD
Irwin Goldstein, MD, IF

2:15 pm – 2:30 pm
Patient Story (diary entries)

2:30 pm – 3:05 pm
Alternative Sexual Practices
Brooke Faught, MSN, WHNP-BC, IF

3:05 pm – 3:45 pm
Experimental Therapies and Future Research for FSD
Irwin Goldstein, MD, IF

3:45 pm – 4:00 pm
Break

4:00 pm – 4:50 pm
Sexual Health Problems in Male Partners
Rachel Rubin, MD

4:50 pm – 5:15 pm
Coding
Brooke Faught, MSN, WHNP-BC, IF

5:15 pm – 6:00 pm
Q&A
Moderator: Samantha Tojino, FNP-C
Panelists: Brooke Faught, MSN, WHNP-BC, IF; Irwin Goldstein, MD, IF; Susan Kellogg-Spadt, PhD, CRNP, IF, CST; and Rachel Rubin, MD

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

Station 2: Vulvoscopy
Rachel Rubin, MD

Station 3: Clinical Cases (Pain)
Irwin Goldstein, MD, IF

Station 4: Clinical Cases (HSDD)
Brooke Faught, MSN, WHNP-BC, IF

Station 5: Healthy Sexuality in Mid-Life and Beyond
Samantha Tojino, FNP-C

Station 6: Operationalizing FSD Healthcare
Sue W. Goldstein, CCRC, CSE, IF and Susan Rawlins, NP

Vulvoscopy Workshop

11:50 am – 1:00 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, MSN, WHNP-BC, IF

2:15 pm – 2:45 pm
HPV/VIN/VAIN/AIN
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

2. Sutures and Procedures Under Vulvoscopy
Irwin Goldstein, MD, IF

3. Vulvoscopy and Keyes Punch Biopsy
Brooke Faught, MSN, WHNP-BC, IF

4. Vulvoscopy and Anal Pap
Rachel Rubin, MD

Saturday, June 9, 2018

7:00 am – 8:00 am
Continental Breakfast

8:00 am – 8:20 am
Conclusion, Clinical Pearls, and Course Wrap-Up
4:30 pm – 5:15 pm
Breakout 2
1. Vulvoscopy and Forceps Biopsy
   Susan Kellogg-Spadt, PhD, CRNP, IF, CST
2. Sutures and Procedures Under Vulvoscopy
   Irwin Goldstein, MD, IF
3. Vulvoscopy and Keyes Punch Biopsy
   Brooke Faught, MSN, WHNP-IF
4. Vulvoscopy and Anal Pap
   Rachel Rubin, MD

3. Vulvoscopy and Keyes Punch Biopsy
   Brooke Faught, MSN, WHNP-IF
4. Vulvoscopy and Anal Pap
   Rachel Rubin, MD

9:30 am – 10:15 am
Breakout 4
1. Vulvoscopy and Forceps Biopsy
   Susan Kellogg-Spadt, PhD, CRNP, IF, CST
2. Sutures and Procedures Under Vulvoscopy
   Irwin Goldstein, MD, IF
3. Vulvoscopy and Keyes Punch Biopsy
   Brooke Faught, MSN, WHNP-IF
4. Vulvoscopy and Anal Pap
   Rachel Rubin, MD

Sunday, June 10, 2018

Vulvoscopy Workshop

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 and Procedures Under Vulvoscopy
   Irwin Goldstein, MD, IF

9:30 am – 10:15 am
Breakout 4
1. Vulvoscopy and Forceps Biopsy
   Susan Kellogg-Spadt, PhD, CRNP, IF, CST
2. Sutures and Procedures Under Vulvoscopy
   Irwin Goldstein, MD, IF
3. Vulvoscopy and Keyes Punch Biopsy
   Brooke Faught, MSN, WHNP-IF
4. Vulvoscopy and Anal Pap
   Rachel Rubin, MD

2018 PLANNING COMMITTEE
Brooke Faught, MSN, WHNP-BC, 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

DISTINGUISHED 2018 FACULTY
Brooke Faught, MSN, WHNP-BC, IF
Clinical Director, Women’s Institute for Sexual Health (WISH), Nashville, Tennessee

Catherine Gagnon, CNP
Nurse Practitioner, San Diego Sexual Medicine, San Diego, California

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

Susan Rawlins, RN, MS, WHNP-BC
Director of Education, NPWH
Nurse Practitioner, Greater Texoma Health Clinic
Denison, Texas

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

Samantha Tojino, NP, FNP-C
Nurse Practitioner, Georgia Center for Pelvic Health, Augusta, Georgia
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
$435 for active NPWH or ISSWSH members
$500 for non-members
$550 for non-members with 1-year NPWH membership
$585 for non-members with 1-year ISSWSH membership
$700 for non-members with 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 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 $30 processing fee will be charged for cancellations received in writing by Monday, May 14, 2018. After May 14, 2018, only 50% of the registration fee will be refunded. "No-shows" will not receive a refund.

Accommodations
Sheraton Grand Phoenix
340 North 3rd Street
Phoenix, AZ 85004
Phone: (602) 262-2500

Your discounted conference room rate is $169 (plus applicable state and local sales taxes). The deadline to receive the discounted room rate is May 7, 2018. Call (800) 325-3535 to arrange your hotel reservation and mention “NPWH Nurse Practitioners in Women’s Health” for the special group rate.

You can also book your room online at http://bit.ly/2018WSHChotel

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 Phoenix Sky Harbor International Airport (PHX) and Sheraton Grand Phoenix is approximately 5 miles. Visit the Phoenix Airport website at www.skyharbor.com for transportation options. Taxis, SuperShuttle, Uber, and Lightrail 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
This program has been approved by the Continuing Education Approval Program of the National Association of Nurse Practitioners in Women’s Health for 19.25 contact hours, which includes 6.5 hours of pharmacology. The Post-Conference Vulvoscopy Workshop has been approved for 5.25 contact hours, which includes 0.5 hours of pharmacology. 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
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 ISSWSH-NET – 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!
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........................................................................................................ $435
☐ Non-member .......................................................................................................................... $500
☐ Non-member with 1-year NPWH membership ................................................................. $550
☐ Non-member with 1-year ISSWSH membership ......................................................... $585
☐ Non-member with 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 _________________________________________________________________

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.

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

Save the Dates

21st Annual NPWH Premier Clinical Conference
October 10-13, 2018, in San Antonio, Texas

ISSWSH Fall Course
November 15-17, 2018, in Scottsdale, Arizona
Women’s Sexual Health Course for NPs
June 7–10, 2018