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)

May 30 – June 2, 2019

Orlando World Center Marriott
Orlando, Florida
NPWH and ISSWSH welcome you to the sixth 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 of FSD, physiology of female sexual function, and pathophysiology of FSD.
- 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.

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**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, May 30, 2019

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 – 12:10 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
Sue Goldstein, CCRC, CSE, IF

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 – 2:20 pm
Hormone Management: Contraception and Sexual Function
Rachel Rubin, MD

2:20 pm – 2:35 pm
Hormone Management: Transgender Women
Irwin Goldstein, MD, IF

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 – 4:20 pm
Diagnosis and Treatment of HSDD
Brooke Faught, DNP, WHNP-BC, NCMP, IF

4:20 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 – 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, May 31, 2019

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 and Management of Dyspareunia
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
2019 NPWH WOMEN’S SEXUAL HEALTH COURSE SCHEDULE

Friday, May 31, 2019 continued

10:45 am – 11:15 am
HPV, VIN, and Vulvar Disease: Diagnosis and Management
Susan Kellogg-Spadt, PhD, CRNP, IF, CST
11:15 am – 11:25 am
Q&A

11:25 am – 2:15 pm
CO-MORBIDITIES AND SEXUAL HEALTH
11:25 am – 11:55 am
Gynecologic Conditions and Sexual Dysfunction
Brooke Faught, DNP, WHNP-BC, NCMP, IF
11:55 am – 12:20 pm
Chronic Conditions and Sexuality
Samantha Tojino, FNP-C
12:20 pm – 1:10 pm
Lunch
1:20 pm – 1:50 pm
Cancer Treatment and Sexuality
Samantha Tojino, FNP-C
1:50 pm – 2:15 pm
Disability and Sexuality: Medical Considerations
Brooke Faught, DNP, WHNP-BC, NCMP, IF
2:15 pm – 3:25 pm
OTHER CONSIDERATIONS IN SEXUAL HEALTH
2:15 pm – 2:30 pm
Pregnancy, Postpartum, and Sexuality
Susan Kellogg-Spadt, PhD, CRNP, IF, CST
2:30 pm – 2:50 pm
Issues in Sexual Health Specific to LGBT
Sheryl Kingsberg, PhD, IF
2:50 pm – 3:25 pm
Alternative Sexual Practices
Brooke Faught, DNP, WHNP-BC, NCMP, IF

3:25 pm – 3:40 pm
Break

3:40 pm – 4:20 pm
Experimental Therapies and Future Research for FSD
Irwin Goldstein, MD, IF
4:20 pm – 4:45 pm
Coding
Brooke Faught, DNP, WHNP-BC, NCMP, IF
4:45 pm – 5:15 pm
Sexual Health Problems in Male Partners
Rachel Rubin, MD
5:15 pm – 6:00 pm
Q&A
Moderator: Sheryl Kingsberg, PhD, IF
Panelists: Brooke Faught, DNP, WHNP-BC, NCMP, IF; Irwin Goldstein, MD, IF; Susan Kellogg-Spadt, PhD, CRNP, IF, CST; Rachel Rubin, MD; and Samantha Tojino, FNP-C

Saturday, June 1, 2019

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: Healthy Sexuality in Mid-Life and Beyond
Sheryl Kingsberg, PhD, IF
Station 6: Operationalizing FSD Healthcare
Sue Goldstein, CCRC, CSE, IF and Susan Rawlins, RN, MS, WHNP-BC

Vulvoscopy Workshop

11:50 am – 12:55 pm
Lunch

1:00 pm – 3:15 pm
DIDACTIC LECTURES

1:00 pm – 1:35 pm
Overview and Step-by-Step Vulvoscopy
Rachel Rubin, MD
1:35 pm – 2:05 pm
Embryology/History of Vulva and Vagina
Irwin Goldstein, MD, IF
2:05 pm – 2:35 pm
Vulvar Dermatoses and Dermatitis
Brooke Faught, DNP, WHNP-BC, NCMP, IF
2:35 pm – 2:55 pm
HPV/VIN/VAIN/AIN
Susan Kellogg-Spadt, PhD, CRNP, IF, CST
2:55 pm – 3:15 pm
Vaginitis Identification and Management
Susan Kellogg-Spadt, PhD, CRNP, IF, CST

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
2019 NPWH WOMEN'S SEXUAL HEALTH COURSE SCHEDULE

DISTINGUISHED 2019 FACULTY

Brooke Faught, DNP, WHNP-BC, NCMP, IF
Clinical Director, Women's Institute for Sexual Health (WISH), 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 OB/GYN, 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 Education, NPWH; Nurse Practitioner, Greater Texoma Health Clinic, Denison, Texas

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

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

Saturday, June 1, 2019 continued

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 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, 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 Anal Pap
Rachel Rubin, MD

Sunday June 2, 2019

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, 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 Anal Pap
Rachel Rubin, MD

2019 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
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
$510 for non-members
$560 for non-members with 1-year NPWH membership
$585 for non-members with 1-year ISSWSH membership
$710 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 $50 processing fee will be charged for cancellations received in writing by Monday, May 6, 2019. After May 6, 2019, only 50% of the fee will be refunded. “No-shows” will not receive a refund.

Accommodations
Orlando World Center Marriott
8701 World Center Drive
Orlando, FL 32821
Phone: 407-239-4200
Your discounted conference room rate is $160 (plus applicable taxes and fees). The deadline to receive the discounted room rate is May 1, 2019. Call 800-228-9290 to arrange your hotel reservation and mention “NPWH Nurse Practitioners in Women’s Health” for the special group rate. You can also book online at bit.ly/2019WSHCHotel or visit the NPWH website for more information.

Early Departure Fee: An early departure fee of $75 will apply if an attendee checks out prior to the confirmed checkout date.

Airports and Transportation Information
Travel distance between the Orlando International Airport (MCO) and the Orlando World Center Marriott is approximately 20 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.

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 19.1 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 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.isswswh.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 ................................................................................................. $510

☐ Non-member with 1-year NPWH membership ............................................ $560

☐ Non-member with 1-year ISSWSH membership ........................................... $585

☐ Non-member with 1-year NPWH & ISSWSH memberships ........................... $710

☐ 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 ☐ American Express

Card Number ___________________________________________________ Exp. Date ______________

Card Holder Name (please print) __________________________________________ CVV Code:

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

22nd Annual NPWH Premier Women’s Healthcare Conference October 16-19, 2019, in Savannah, Georgia

ISSWSH Fall Course November 14-16, 2019, in Scottsdale, Arizona