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 23-26, 2016

Sheraton Mission Valley
San Diego, California
NPWH and ISSWSH welcome you to the third annual Women’s Sexual Health Course for NPs. We know that many of you see patients with female sexual dysfunction (FSD) and that once you have completed this course, you will be more confident 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, 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 under recognized and under treated - 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 professionalism attributes required for excellence in the current practice of sexual medicine.

Vulvoscopy Workshop
This workshop will give you hands on experience in vulvoscopy, performing Keyes punch biopsies, suturing and anal PAPs. In addition you will learn in detail about management of vulvar dermatologic issues, vaginitis and abnormal PAP smears. Finally, to balance your learning experience, you will be exposed to concepts of how to operationalize sexual dysfunction healthcare in your practice.

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 sclerosis, lichen planus, and dermatitis and treat them appropriately
- Identify when vaginitis is present and appropriate treatment options
- Summarize the steps to operationalizing sexual dysfunction healthcare

Needs Statement
Completion of a course in women’s sexual health provided by NPWH or ISSWSH is a prerequisite for the Vulvoscopy Workshop.

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.
Thursday, June 23, 2016

Registration opens at 8:00 am

9:30 am – 9:50 am
Welcome/Introduction
Irwin Goldstein, MD, IF, President, ISSWSH & Gay Johnson, CEO, NPWH

9:50 am – 11:35 am
The ABC’s of Sexual Health
9:50 am – 10:15 am
Epidemiology / Models / Classification
Rose Hartzell, PhD, EdS, CHES, LMFT
10:15 am – 10:50 am
Sexual History / Psychological and Psychosocial History / Questionnaires
Rose Hartzell, PhD, EdS, CHES, LMFT
10:50 am – 11:20 am
Normal Anatomy and Physiology of the Female Reproductive Tract
Susan Kellogg-Spadt, PhD, CRNP, IF, CST
11:20 am – 11:35 am – Q&A

11:35 am – 1:10 pm
Hormones and Health
11:35 am – 12:05 pm
Hormonal Therapy: Estrogens and Progestogens
Irwin Goldstein, MD, IF
12:05 pm – 12:45 pm
Androgen Treatment Guidelines and Safety Concerns
Irwin Goldstein, MD, IF
12:45 pm – 1:10 pm
Contraception and Sexual Function
Catherine Gagnon, CNP
1:10 pm – 2:10 pm
Lunch

2:10 pm – 3:45 pm
HSDD/Arousal Disorder/Orgasm Disorder Mini-Course
2:10 pm – 2:25 pm
Prevalence and Causes of HSDD / Arousal / Orgasmic Disorders
Brooke Faught, MSN, WHNP-BC, IF
2:25 pm – 2:45 pm
Physical Exam, QST, Vulvoscopy, Labs
Catherine Gagnon, CNP
2:45 pm – 3:20 pm
Treatment of HSDD and Arousal Disorders
Irwin Goldstein, MD, IF
3:20 pm – 3:30 pm
Treatment of Orgasmic Disorders
Irwin Goldstein, MD, IF
3:30 pm – 3:45 pm – Q&A
3:45 pm – 4:00 pm
Break

4:00 pm – 4:30 pm
"The Big C" Cancer and Hormone Use
Brooke Faught, MSN, WHNP-BC, IF

4:30 pm – 5:00 pm
Cancer Treatment and Sexuality
Brooke Faught, MSN, WHNP-BC, IF

5:00 pm – 5:30 pm
HPV, VIN, and Vulvar Disease
Susan Kellogg-Spadt, PhD, CRNP, IF, CST

5:30 pm – 6:15 pm
Diagnosis and Management of Vulvar Dermatoses
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 24, 2016

7:00 am – 8:00 am
Continental Breakfast

8:00 am – 8:05 am
Announcements

8:05 am – 11:05 am
Sexual Pain Mini Course
8:05 am – 8:35 am
Prevalence and Causes of Dyspareunia
Catherine Gagnon, CNP
8:35 am – 9:05 am
Physical Exam, Vulvoscopy, Labs
Brooke Faught, MSN, WHNP-BC, IF
9:05 am – 9:35 am
Pelvic Floor Management of Dyspareunia
Susan Kellogg-Spadt, PhD, CRNP, IF, CST
9:35 am – 10:05 am
Medical Management of Dyspareunia
Catherine Gagnon, CNP

10:05 am – 10:20 am
Break

10:20 am – 10:35 am
Surgical Management of Dyspareunia
Irwin Goldstein, MD, IF
10:35 am – 10:50 am
Patient Story
10:50 am – 11:05 am – Q&A

11:05 am – 11:35 am
Gynecologic Conditions and Sexual Dysfunction
Brooke Faught, MSN, WHNP-BC, IF

11:35 am – 12:00 pm
Sexual Health in Pregnancy and Post-Partum
Susan Kellogg-Spadt, PhD, CRNP, IF, CST

12:00 pm – 1:00 pm
Lunch
Friday, June 24, 2016 continued

1:00 pm – 1:30 pm
Issues in Sexual Health Specific to LGBT
Susan Kellogg-Spadt, PhD, CRNP, IF, CST

1:30 pm – 2:00 pm
Alternative Sexual Practices
Brooke Faught, MSN, WHNP-BC, IF

2:00 pm – 3:00 pm
Sexual Health Problems in Male Partners
Catherine Gagnon, CNP

3:00 pm – 3:15 pm
Break

3:15 pm – 4:05 pm
Persistent Genital Arousal Disorder (PGAD)
3:15 pm – 3:35 pm
Prevalence and Theoretical Causes of PGAD
Catherine Gagnon, CNP

3:35 pm – 3:45 pm
Patient Story

3:45 pm – 4:05 pm
Medical and Surgical Treatments of PGAD
Irwin Goldstein, MD, IF

4:05 pm – 4:35 pm
Experimental Therapies and Future Research for FSD
Irwin Goldstein, MD, IF

4:35 pm – 5:00 pm
Coding
Brooke Faught, MSN, WHNP-BC, IF

5:00 pm – 6:00 pm
Discussion Panel on Labs and Hormone Treatment with Q & A
Moderator: Irwin Goldstein, MD, IF
Panelists: Brooke Faught, MSN, WHNP-BC, IF; Catherine Gagnon, CNP; Susan Kellogg-Spadt, PhD, CRNP, IF, CST

Saturday, June 25, 2016

7:30 am – 8:30 am
Continental Breakfast

8:30 am – 11:20 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
Catherine Gagnon, CNP

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

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

Station 5: Sexual Health Counseling and Communication Skill Building: Ask-Tell-Ask
Rose Hartzell, PhD, EdS, CHES, LMFT

11:20 am – 11:30 am
Conclusion and Course Wrap-Up
Vulvoscopy Workshop continued
Sunday, June 26, 2016

7:30 am – 8:30 am
Continental Breakfast

8:00 am – 9:30 am
Breakout 3
1. Biopsy
   Susan Kellogg-Spadt, PhD, CRNP, IF, CST
2. Sutures
   Irwin Goldstein, MD, IF
3a. Vulvoscopy and Keyes Punch
    Brooke Faught, MSN, WHNP, IF
3b. Vulvoscopy and Anal Pap
    Catherine Gagnon, CNP
4. Operationalizing Sexual Dysfunction Healthcare
   Sue Goldstein, BA, CCRC, IF
   Susan Rawlins, RN, MS, WHNP-BC

9:30 am – 11:00 am
Breakout 4
1. Biopsy
   Susan Kellogg-Spadt, PhD, CRNP, IF, CST
2. Sutures
   Irwin Goldstein, MD, IF
3a. Vulvoscopy and Keyes Punch
    Brooke Faught, MSN, WHNP, IF
3b. Vulvoscopy and Anal Pap
    Catherine Gagnon, CNP
4. Operationalizing Sexual Dysfunction Healthcare
   Sue Goldstein, BA, CCRC, IF
   Susan Rawlins, RN, MS, WHNP-BC

11:00 am – 11:15 am
Conclusion and Wrap Up

Distinguished 2016 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, BA, CCRC, IF
Clinical Research Manager, Sexuality Educator,
San Diego Sexual Medicine
San Diego, California

Rose Hartzell, PhD, EdS, CHES, LMFT
Sex Therapist, 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

2016 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
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 is an additional fee.)

Course Registration Fees
$435 for Active NPWH or ISSWSH Member
$475 for Non-Members
$530 for Non-Members with 1 Year NPWH Membership
$585 for Non-Members with 1 Year ISSWSH Membership
$680 for Non-Members with 1 Year NPWH and ISSWSH Membership
$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 Tuesday, May 31, 2016. After May 31, 2016, only 50% of the fee will be refunded, and “no-shows” will not receive a refund.

Accommodations
Sheraton Mission Valley San Diego Hotel
1433 Camino Del Rio South, San Diego, CA, 92108
Phone: (619) 260-0111

Your discounted conference room rate is $129 (plus applicable state and local sales tax). The deadline to receive discounted room rate is Wednesday, June 1, 2016. Call (619) 260-0111 to arrange your hotel reservations and mention NPWH Nurse Practitioners in Women’s Health for the special group rate.


Complimentary parking will be available for all those attending the course during the day, with validation from the Front Desk. For attendees that require overnight parking, the fee will be $10 per day.

Early Departure Fee: An early departure fee of $50 will apply if an attendee checks out prior to the confirmed checkout date.

Airport and Ground Transportation Information
San Diego International Airport (SAN) Travel Distance: Approximately 8 miles
Super Shuttle Fee: Approximately $12
Contact: Visit http://www.supershuttle.com/ or Call (800) BLUE VAN (258-3826) to make a reservation, reservation is required
Taxi Fee: Approximately $25 USD

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.

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 18 contact hours, which includes 5.58 hours of pharmacology. The Post-Conference Vulvoscopy Workshop has been approved for 8.5 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 St. NE
Washington, DC 20002

Join NPWH and receive these membership benefits:
- Representation in Washington, DC to voice women’s health issues
- Complimentary online and print subscriptions to Women’s Healthcare: A Clinical Journal for NPs
- Numerous continuing education 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, as well as 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 continuing education with ISSWSH, archive of your dues history and access to the ISSWSH bulletin board
- Discounted journal rates to The Journal of Sexual Medicine and Sexual Medicine Reviews
- Find a Provider – this feature is a public search tool that will allow you to extend your expertise 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 ________________________________________________________________________________________

Dietary Restrictions/Food Allergies?___________________________________________________________________

NPWH Member?  Yes _______    Expiration Date _____________________    No _______

ISSWSH Member?  Yes _______    Expiration Date _____________________    No _______

(All membership(s) will be verified.)

Do you work in Primary Care?  Yes _______ No _______

Area of NP Preparation ________________________________   Last 4 Digits of SS# ____________

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☐ NPWH or ISSWSH Member Fee .................................................................$435
☐ Non-Member Fee ...............................................................................$475
☐ Non-Member with 1 Year NPWH Membership......................................$530
☐ Non-Member with 1 Year ISSWSH Membership.................................$585
☐ Non-Member with 1 Year NPWH & ISSWSH Membership...............$680
☐ 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 ______________________________________________________________________

Please complete entire application and Fax to*: (202) 543-9858 or Scan and email to*: Cwiley@npwh.org or Mail to:
NPWH – Women’s Sexual Health Conference Attn: Carol Wiley 505 C Street, NE, Washington, D.C. 20002
*Only credit card payments will be accepted for faxed and emailed applications.

You can register for the conference by visiting www.npwh.org or by filling out the form below and returning with payment.
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