2020 Year in Review
National Association of Nurse Practitioners in Women’s Health
A Message from our Board Chair and CEO

To our community,

We are pleased to present to you our 2020 Year in Review.

This year was historic. The COVID-19 global pandemic has challenged nearly all ways in which we move through the world. From our clinicians to educators to those in research and policy, thank you for working every day with courage and a deep commitment to women’s health. Your dedication, creativity, and flexibility are critical in helping our country get through these challenging times.

Our organization exists to serve women’s health nurse practitioners and advanced practice nurses specializing in women’s healthcare. Our collective vision, leadership, and willingness to act —especially in the most difficult times — impacts our future as a profession. As your professional organization, it became clear at the beginning of the year that we had to take prompt action to find new and innovative ways to support you when you needed it most.

We are proud of how NPWH has risen to this challenge:

- **Offering High-Quality Evidence Based Continuing Education and Resources**
  - We successfully transitioned our annual meeting to a virtual format and had our highest turnout ever with over 900 registrations.
  - We offered [free webinars](#) related to policy changes and practicing during COVID-19.
  - We engaged students in WHNP programs and other specialties with a series of student chapter meetings and professional development events, including workshops on GYN Office Procedures and Writing for Publication.

- **Shaping the Landscape for Practitioners and Advocating for Patients**
  - We published a new white paper, “The Essential Role of Women’s Health Nurse Practitioners” to clarify the unique aspects of WHNP education, competencies, and certification and the essential role of WHNPs as members of the women’s healthcare team.
  - We released [new and reaffirmed position statements](#) on some of the most timely issues facing our field, including “Structural Racism and Implicit Bias in Women’s Healthcare,” “The Doctor of Nursing Practice for Women’s Health Nurse Practitioners” and “Prepregnancy Genetic Carrier Screening,” among others.
  - We worked together with our partner organizations on advocacy efforts including the [Black Maternal Health Momnibus Act](#) and other efforts to support maternal health.
  - We signed on to numerous Amicus briefs and letters to support the profession and protect women’s rights and access to healthcare.

- **Strengthening Your Membership Organization**
  - We grew our membership by almost 17% with clinicians in all stages of their careers.
We expanded our corporate partnerships to help underwrite our operations and enable more education opportunities.

We began a new strategic planning process at the end of 2020, incorporating feedback from our members and stakeholders, which will define our goals and guide our course for the next three years.

If this is what we can accomplish in the toughest of circumstances, we are hopeful and excited for what we can do together in the coming years.

We are most grateful to our Board and to all the volunteers who partner with our professional staff to continue the important work of NPWH as we seek to lead the profession by promoting the highest standards of care, education, and professional excellence for the ultimate benefit of women in our society.

With all good wishes and good health,

Diana Drake, DNP, APRN, WHNP, FAAN
Board Chair

Heather L. Maurer, MA
Chief Executive Officer

NPWH was founded in 1980. NPWH’s mission is to ensure the provision of quality primary and specialty healthcare to women of all ages by women’s health and women’s health-focused nurse practitioners. Our mission includes protecting and promoting a woman’s right to make her own choices regarding her health within the context of her personal, religious, cultural, and family beliefs.

NPWH strives to continuously improve access to and quality of healthcare for women. We accomplish this goal through excellence and innovation in continuing education and professional development; leadership in policy, practice, and research; and support and services for our members.
Offering High-Quality Continuing Education and Resources

NPWH harnessed the virtual option in the COVID era to expand our educational and networking options. The positive response in attendance and the high ratings in post-event surveys lead us to offering you more virtual events and programs in 2021 and beyond.

We also played a key role in developing curriculum and digital resources to share information that can help clinicians serve their patients and organizations serve their members.

The 23rd Annual Premier Virtual Conference

We successfully transferred our entire annual conference to a virtual platform so that participants could have the same opportunities to continue their education, improve their practice, and connect to our community.

I really liked having a virtual conference. It was so convenient and cost effective.

This was an excellent program, I found out I don’t know as much as I thought I did but the presentations were tremendous. The web sites and the apps for downloads will be extremely helpful. We have to be advocates for women receiving health care in our own clinics.

NPWH had the best clinically relevant conference. It is always so packed with great information. I did not want to miss one minute of the conference!!

Survey Feedback

100% of respondents agreed that the content they learned at this conference will impact their practice.

98% would recommend this conference to others.
8th Edition of the WHNP Guidelines for Practice and Education

It is essential that all WHNPs understand the scope of practice, competencies and role of the WHNP specialty. This document defines the role of the WHNP, identifies entry-level practice competencies, and guides educators in the development of WHNP educational programs. *Women’s Health Nurse Practitioner: Guidelines for Practice and Education* is an informative document for current, evidence-based guidance regarding the WHNP role and competencies for a variety of stakeholders in women’s health, including:

- Directors/coordinators and faculty of WHNP educational programs
- Educational program accrediting bodies
- State advanced practice registered nurse (APRN) regulating bodies
- The WHNP certification body
- WHNP program students and graduates
- Other healthcare provider (HCP) colleagues, employers, payers, and credentialing organizations.

Resources for Practitioners & Practices

We are creating resources to educate the public on what a WHNP is, how they are trained, and what they can do. This year, we updated our “What is a WHNP?” Fact Sheet and made it available to members and other stakeholders.

We also released a new white paper: *The Essential Role of the WHNP*. This resource explains the unique aspects of the WHNP education, competencies, certification, roles on the healthcare team, and specialized areas of practice for which WHNPs are distinctly prepared.

COVID-19 Resources & Webinars

In response to the global pandemic, NPWH surveyed members to understand experiences and needs. Over 400 respondents shared their stories and helped NPWH identify the most needed resources and programing to support clinicians in this difficult time.

- Over 20% report disruptions in service or realigning assignments to fill gaps caused by COVID-19
- Over Half report having seen a patient who tested positive or was suspected of having COVID-19 in the last two weeks
- 1/4 of respondents have experienced some change in their employment status due to the COVID-19 pandemic
We then hosted a free Webinar Series featuring relevant topics to help providers best serve their patients during this unprecedented time.

NPWH Board Member Shawana Moore, DNP, MSN, CRNP, WHNP-BC and Director of Policy Susan Kendig, JD, WHNP-BC, FAANP offered insights on practice and policy changes.

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NPWH holds regional meetings around the country to bring educational opportunities to members. This year, we were able to hold meetings in Seattle and Houston before having to cancel in-person programming due to the pandemic. We offered our first-ever online regional meeting and had outstanding turnout and excellent feedback.

Regional Meetings: Managing Women’s Health Issues Across a Lifespan

NPWH holds regional meetings around the country to bring educational opportunities to members. This year, we were able to hold meetings in Seattle and Houston before having to cancel in-person programming due to the pandemic. We offered our first-ever online regional meeting and had outstanding turnout and excellent feedback.

Top Provider Concerns

<table>
<thead>
<tr>
<th>Concern</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Keeping Up With Guidelines</td>
<td>150</td>
</tr>
<tr>
<td>Lack of PPE</td>
<td>125</td>
</tr>
<tr>
<td>Lack of Testing / Results Delays</td>
<td>100</td>
</tr>
<tr>
<td>Job Security / Stability</td>
<td>75</td>
</tr>
<tr>
<td>Challenges Seeing Patients</td>
<td>50</td>
</tr>
<tr>
<td>CE / Licensing</td>
<td>25</td>
</tr>
<tr>
<td>Inadequate Staff / Burnout</td>
<td>25</td>
</tr>
</tbody>
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Appointment Decreases

<table>
<thead>
<tr>
<th>Specialty</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Planning</td>
<td>35</td>
</tr>
<tr>
<td>GYN</td>
<td>35</td>
</tr>
<tr>
<td>Chronic Disease</td>
<td>30</td>
</tr>
<tr>
<td>Prenatal Care</td>
<td>25</td>
</tr>
<tr>
<td>Fertility Care</td>
<td>20</td>
</tr>
<tr>
<td>High Risk OB</td>
<td>20</td>
</tr>
<tr>
<td>Substance Use Disorder</td>
<td>15</td>
</tr>
<tr>
<td>Chemotherapy</td>
<td>10</td>
</tr>
</tbody>
</table>

Webinar Topics

- Preventive Services
- Telehealth
- Social Determinants and Disparities

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573 participants in total

346 participants across 39 states

514 participants in total
Student Programming

NPWH is dedicated to increasing the pipeline of women’s health providers and supporting students through the early years of their careers and beyond.

We hosted our annual student-centered GYN Office Procedures Workshop and a Student Professional Development Series.

NPWH works closely with academic programs to ensure the rising generation of women’s healthcare providers are supported with up-to-date clinical guidance and relevant curricula.

This year, the Academic Program Leaders Committee worked to address issues including the impact of COVID on clinical placement and student progression and structural racism in higher education.

GYN Office Procedures Topics:
- Endometrial biopsy
- Vulvar biopsy
- Endocervical polypectomy
- Incision and drainage of a Bartholin gland abscess with wound packing and Word catheter placement
- Pessary fitting
- Speculum examination

Student Professional Development Series:
- NPWH & Student Involvement
- Mentoring & Networking
- Career Mapping
- Leadership in the WHNP Field

75 students per session, on average

Women’s Healthcare Journal

NPWH’s clinical journal offers support for practitioners at all levels. This year, the journal laid the groundwork to encourage more DNP project spotlights and restructure the Editorial Advisory Board.

NPWH also provided continuing education to support members in their professional writing. Our “All the Write Stuff” interactive webinar helped participants build writing and editing skills.

2020 Editorial Advisory Board

- Helen A. Carcio, MS, MEd, ANP-BC
- Kim Choma, DNP, WHNP-BC
- Melanie Deal, MSN, WHNP-BC, FNP-BC
- Barb Dehn, RN, MS, NP, FAANP, NCMP
- Brooke Faught, DNP, WHNP-BC, NCMP, IF, FAANP
- Caroline M. Hewitt, DNS, RN, WHNP-BC, ANP-BC
- Aimee Holland, DNP, WHNP-BC, FNP-BC, FAANP
- Susan Kendig, JD, MSN, WHNP-BC, FAANP
- Amy Levi, CNM, WHNP-BC, PhD, FACNM, FAAN
- Randee Mascoliola, DNP, ARP-CNP, WHNP-BC
- Shawana Moore, DNP, MSN, CRNP, WHNP-BC
- Susan Rawlins, RN, MS, WHNP-BC
- Suzanne Reiter, MM, MSN, WHNP-BC, FAANP
- Mary M. Rubin, RNC, PhD, CRNP, FAANP
- Kathryn Trotter, DNP, CNM, FNP, FAANP, FAAN

www.npwh.org
Nurses and Midwives: Partnering to Prevent FASDs

NPWH is an organizing partner of the Women’s Health Nurses and Midwives Collaboration for Alcohol-Free Pregnancy, a multi-year effort to provide nurses, women’s health nurse practitioners, and midwives with the tools and resources to counsel clients about their options for reducing or eliminating alcohol use and promoting a safer and healthier pregnancy. Partners in this effort include the University of Alaska, the American College of Nurse-Midwives, and the Association of Women’s Health, Obstetric and Neonatal Nurses.

The partnership launched the Nurses and Midwives: Partnering to Prevent FASDs website that includes:

- Tools for clinicians and their practice
- Professional development opportunities
- Patient education resources
- Curriculum for nursing programs
Shaping the Landscape for Practitioners and Advocating for Patients

NPWH is committed to advocating for women and the providers who care for them. This year, when supporting our providers was more important than ever before, we helped move the needle on issues that impact women. Our policy work spans issues of maternal health, access to care, patient safety, and so much more.

BOlder Women’s Health Coalition

NPWH and our partners launched the BOlder Women’s Health Coalition and Call to Action and website and Call to Action, in order to coordinate advocacy and policy efforts, share resources and support research so we can better serve aging women and the clinicians and advocates who care for them. This rising generation of older women will redefine what it means to live a fulfilling and healthy life after 50.

The number of American women age 65 and older tripled between 2005 and 2015 and will double again by 2030 (US Census Bureau).

Women make 90% of household healthcare decisions and account for 93% of over-the-counter pharmaceutical purchases (American Academy of Family Physicians, “Marketing to Women,” Marti Barletta).

Women earn less than men throughout their lives, but outlive them, resulting in enormous retirement income gaps. Low-income women, women of color, LGBTQ individuals, and women with disabilities face distinctive quality-of-life challenges as they get older (Kaiser Family Foundation, U.S. Department of Housing and Urban Development, Feeding America, Housing Perspectives, Next Avenue).

Reducing Maternal Mortality

NPWH provided support and expertise to members of Congress who sponsored the Black Maternal Health Momnibus, a package of nine bills that address different facets of Black maternal health from investment in technology to resources for mental health to insurance payment models that support women for one full year postpartum.

NPWH’s Director of Policy was an invited participant in the Rural Obstetric Readiness workgroup, a CMS sponsored effort that convened an interdisciplinary panel of experts to provide input into recommendations to improve access to maternal services in rural areas.

NPWH also provided information about WHNP practice and care before, during and between pregnancy to inform the Surgeon General’s Call to Action on Maternal Mortality.
Letters of Support and Amicus Briefs

NPWH signed on to over 25 letters of support and Amicus briefs on topics ranging from access to family planning services, access to safe and legal abortion, Advanced Practice Nursing regulation and reimbursement, funding for nursing education and research, and COVID-19 support, relief, and research, and other topics affecting women’s health, healthcare for women, and WHNP practice.

Position Statements

We released four new position statements and reaffirmed two position statements in 2020 on some of the most pressing issues in women’s health. These statements reflect the positions of NPWH and our membership and offer recommendations and resources for women’s healthcare providers.

Structural Racism and Implicit Bias in Women’s Healthcare

Black, Hispanic, and American Indian/Native Alaskan people are at least 2 times more likely to not have health insurance compared with non-Hispanic White people.

Despite similar breast cancer screening and incidence rates, Black women are 40% more likely to die from breast cancer compared with White women.

Black women are 3 times more likely and American Indian/Native Alaskan women are 2.5 times more likely to die from pregnancy-related causes, including through the first year postpartum, than non-Hispanic White women.

“We recognize that health inequities and health disparities extend beyond race and ethnicity to all groups of people who experience obstacles to health equity based on characteristics historically linked to discrimination and exclusion (eg, gender identity/gender expression, sexual orientation, national origin, disability status, socioeconomic status).”

The Doctor of Nursing Practice for Women’s Health Nurse Practitioners

Written in 2016, reaffirmed in 2020:
“NPWH affirms that master's and certificate programs have fully prepared WHNPs with the competencies required to provide safe, quality healthcare for women. NPWH also recognizes the growing complexity of healthcare environments and the continuously expanding body of scientific knowledge regarding women’s health and healthcare needs. DNP education provides WHNPs with advanced competencies significant to providing women’s healthcare and enhancing NP practice.”

Prepregnancy Genetic Carrier Screening

Autosomal recessive diseases are genetic disorders that arise when both parents in a couple are carriers of the same recessive trait. When both individuals are carriers, the couple has a 1-in-4 risk of an affected child and a 1-in-2 risk of a child being a carrier with each pregnancy.
Marijuana Use During Pregnancy and Lactation

Between 2002 and 2017, the prevalence of marijuana use increased from 3.4% to 7.0% among pregnant women.

First-trimester marijuana use increased from 5.7% in 2002 to 12.1% in 2017.

“NPWH supports strategies to educate the public about safety concerns and to reduce marijuana use during pregnancy and lactation. Legislation, policies, and clinical processes should ensure that women who use marijuana have access to nonjudgmental, nonpunitive, patient-centered healthcare throughout pregnancy, birth, and postpartum period.”

Prevention and Management of Opioid Misuse and Opioid Use Disorder among Women across the Lifespan

Written in 2016, reaffirmed in 2020:

“NPWH acknowledges that NPs must use evidence-based strategies to reduce harm from the misuse of opioid pain relievers (OPR) and to prevent the development of opioid use disorder (OUD). ...NPWH will provide leadership and collaborate with other organizations and agencies to deliver NP education, develop policies, and conduct and/or support research, all in a concerted effort to increase knowledge and provide resources for NPs to prevent and reduce harm from OPR misuse.”

Cervical Cancer Screening

Written in 2018, reaffirmed in 2020:

“NPWH supports a concerted effort to continue to improve cervical cancer screening (CCS) rates and timely, appropriate follow-up and treatment when screening results are abnormal. The goal is to reduce cervical cancer incidence, morbidity, and mortality. NPWH supports ongoing research to ensure that screening and treatment guidelines are based on the best evidence available.”
Collaborative Policy Efforts

NPWH works in collaboration with our partners in women's health to champion patient safety, health equity, and access to high-quality care.

The Alliance for Innovation on Maternal Health (AIM)

NPWH is a partner and Executive Committee member of the Alliance on Innovation in Maternal Health (AIM), a national data-driven maternal safety and quality improvement initiative based on interdisciplinary consensus-based practices to improve maternal safety and health outcomes. This HRSA funded initiative, led by ACOG, works through state teams to align national, state, and hospital-level efforts to improve maternal health. Annual conference sessions on Cardiovascular disease in pregnancy and Maternal Mortality Review Committees elevated AIM's work among our members. In November 2020, NPWH kicked off our 2020-2021 AIM activities with a maternal mortality webinar on Cardiovascular Disease in pregnancy.

The Women's Preventive Services Initiative (WPSI)

The Women's Preventive Services Initiative (WPSI) is a federally supported collaborative program led by ACOG. WPSI is charged to develop, review, and update recommendations for women's preventive health care services. Upon approval by HRSA, WPSI recommended preventive services are available to most women without cost-sharing. NPWH is the only nursing organization represented on the WPSI Advisory panel, which guides the initiative. NPWH members are also represented on the Multidisciplinary Steering Committee that develops the recommendations, and the Dissemination and Implementation Committee that works on strategies to incorporate WPSI into practice.

The Equitable Maternal Health Coalition

The Equitable Maternal Health Coalition (EMHC) brings together organizations representing patient advocates, maternal care providers, and other experts in an effort to align approaches and harness collective expertise to improve maternal outcomes. NPWH is a founding partner with representation on the steering committee.
**Strengthening our Organization**

Despite the incredible challenges of this year, we have a lot to recognize and celebrate when it comes to the strength of our organization.

### Membership

In 2020, NPWH membership increased by almost 17%. Our membership retention rate was 82%, the highest it has been since 2016.

![Membership Chart]

While 81% of our members are WHNPs, other members also serve women and families and benefit from our strong network, resources, and advocacy efforts.

### Serving Practitioners throughout Their Careers

A third of our members have been with us for 15 years or longer. From practitioners at the beginning of their career to those who have been caring for women for decades, our members benefit from our strong network, our valuable practice resources and our efforts to advocate for providers and their patients.

![Membership Commitment]

### Across the Country and in All Communities

Our 3,000+ members practice in a wide variety of communities, from urban to rural and everything between.

They can be found across all 50 states, addressing the needs of women, their families, and their communities, no matter where they are.

![Community Distribution]
Caring for Women in Diverse Practice Settings
NPWH members provide care for women in a wide variety of practice settings. They can most commonly be found in OB/GYN settings, but some practice in community clinics, internal medicine, and research settings. 25% of our members have hospital admitting privileges.

Shaping Future Clinicians & The Field
Our members are invested in the rising generation of women’s health providers. 39% of NPWH members teach in either full-time or part-time roles. Our members also come from a variety of education backgrounds.
Development & Fundraising

We successfully expanded our base of corporate memberships, bringing in more members and elevating existing members up to the Platinum level of support, which allows us to provide more and more affordable education and development opportunities for our members.

We also created new opportunities for members to learn more about upcoming products and services, like offering Product Theaters outside of our national conference and a new “Fireside Chat” program that will debut in 2021.

New Leadership

NPWH is lucky to have so many passionate and accomplished members and staff. As we look to the future, we are committed to expanding opportunities for members to get involved, take leadership roles, and shape the organization.

This year, we welcomed a new Chair of the Board of Directors and a new Chief Executive Officer.

Diana Drake took the helm as Board Chair this year. She is a Clinical Associate Professor and the Specialty Coordinator of the Women’s Health Nurse Practitioner specialty in the Doctor of Nursing Practice (DNP) program at the University of Minnesota School of Nursing. Dr. Drake also holds faculty appointments at the University of Minnesota Medical School and the Center for Spirituality and Healing. She is a designated Bravewell Scholar awardee Fellow of the University of Arizona Medical School’s Fellowship in Integrative Medicine program (2006-2008).

Dr. Drake’s work represents the intersectionality of women’s health practice, teaching and leadership in policy advocacy with a focus on midlife care and the impact of gender, race and ethnicity on health equity and justice.

Heather L. Maurer became CEO in April 2020. Heather brings a passion for women’s health and over 25 years of senior executive leadership skills needed for NPWH at this important moment for everyone on the front lines in health care. Most recently, Heather led the Accreditation Commission for Midwifery Education as its first executive director.

Her background includes broad experience across the health care, education, and professional services sectors, both in the non-profit and the business world. She currently serves on the advisory board of Nightingale Initiative for Global Health, an organization that informs and empowers nurses and other health care workers. She is also a volunteer board member supporting Mother Health International, a nonprofit organization dedicated to providing relief to pregnant women and children in areas of disaster, war, and extreme poverty.
Incoming Board Members Elected December 2020

Danielle Grimm, MPH, MSN, CNP, WHNP-BC
Wayland, MA
North Atlantic region

Kahlil Demonbreun, DNP, RNC-OB, WHNP-BC, ANP-BC, FAANP, FAAN
Orangeburg, SC
Southeast region

Komkwuan P. Paruchabutr, DNP, FNP-BC, WHNP-BC, CNM
Vienna, VA
Southeast region

Allyssa Harris, RN, PhD, WHNP-BC
Ayer, MA
Southeast region