



Gay Johnson, CEO

## Message from the CEO

In case you haven't noticed, NPWH is striving to provide more and more educational offerings for nurse practitioners. We just completed our complimentary continuing education (CE) 1-day regional course, *Managing Women's Health Issues Across a Lifespan*, in Pasadena, California. I am pleased to report that the attendees found the content very informative and the expert faculty highly inspiring. They felt it was worthwhile to give up a Saturday in order to learn more about long-acting reversible contraceptives, endometriosis, genitourinary syndrome of menopause, and obesity, and to earn free CE credits. We are working toward providing more of these regional courses covering additional hot topics in women's health next year.

Another update: We are building out our Well Woman Visit mobile app to include assessment and treatment options for irritable bowel syndrome. Stay tuned for the announcement indicating that this updated app is available to download. For those of you who haven't already downloaded our mobile app, please visit [npwh.org](http://npwh.org) or go to the Apple Store and download it for free. The app is available for both Apple's iOS and Google's Android operating systems. We have received praise from members of organizations such as the American Association of Nurse Practitioners, who recognize that our WWV app is easy to use, is scientifically sound, and serves as a handy and immediate reference during a patient visit.

And here's more good news: Registration is still open for the Women's Sexual Health Course for NPs, which



will be held on June 23-26, 2016, in San Diego, California. This is the only post-graduation educational offering on women's sexual health for nurse practitioners. You will receive not only CEs but also a Certificate of Completion, which documents that you have gained knowledge in the area of women's sexual health.

And, finally, the 19th Annual NPWH Premier Women's Healthcare Conference, our national clinical conference, is almost here! This year, our conference takes place in the vibrant city of New Orleans on September 28-October 1, 2016. The conference program guide, which appears on pages 23-26 of this issue, reveals the variety of leading-edge topics we are offering this year, along with courses covering essential primary skills to incorporate into your practice. You'll want to register early to take advantage of the discount; the complete program guide, including the registration form, is available at [npwh.org](http://npwh.org). As always, NPWH takes great pride in offering up-to-date women's health content imparted by experts in their fields so that you can gain the knowledge and skills you need to provide high-quality healthcare to women of all ages.

– Gay Johnson  
Chief Executive Officer, NPWH

The complete program guide, including the registration form, is available at [npwh.org](http://npwh.org).

## Pre-Conference — Wednesday, September 28, 2016

**7:15am – 8:00am**  
Registration/Continental Breakfast

**8:00am – 12:00pm**  
**Holistic Approaches & Management Strategies for Pelvic Pain**

3.5 CE 1.5 Rx; NCC Code 2A

Susan Hoffstetter, PhD, WHNP-BC, FAANP  
Keisa M. Lynch, DNP, APRN, FNP  
Megan O'Mahony Normile, MPT

This session will address common etiologies, including endometriosis, interstitial cystitis, pelvic floor dysfunction, and irritable bowel disease; interdisciplinary treatment strategies such as medications, physical therapy, and nutrition, as well as recommendations for referral; and consideration of the psychiatric component of chronic pain.

**12:00pm – 1:00pm**  
Lunch

**1:00pm – 5:00pm**  
**Chronic Diseases in Women: Management Before, During, and Between Pregnancies**

3.5 CE 2.0 Rx; NCC Code 2C

Tonya R. Callender, FNP  
Gilad A. Gross, MD

Amanda McIntyre, MSN, WHNP-BC, C-EFM  
George R. Saade, MD

This session will center on care for women experiencing hypertension, diabetes, or thyroid disorders preconceptionally, throughout the pregnancy, and during the postpartum period. Participants will discuss pathophysiology, risk assessment, and management strategies, with an emphasis on a team approach to care. Transitions and handoffs among maternal fetal medicine and community based provider teams will be discussed.

The Society for Maternal-Fetal Medicine partnered with NPWH in the planning and identification of expert faculty for this preconference.

**6:00pm – 8:00pm**  
**COMPLIMENTARY DINNER SYMPOSIUM**  
**Bone Densitometry: Performance, Interpretation, and Clinical Application**

1.5 CE 0.5 Rx; NCC Code 3

This session will educate providers about bone densitometry and osteoporosis and about applying standards of practice.

## Day 1 — Thursday, September 29, 2016

**7:00am – 8:00am**  
Registration/Continental Breakfast/Exhibits

**8:00am – 8:20am**  
Welcome and Business Meeting

**8:20am – 8:40am**  
**A Conversation with Loretta Ford, EdD, RN, PNP, FAAN, FAANP**

**8:45am – 9:35am**  
**KEYNOTE ADDRESS – Bringing Healthcare To The Mountains Of Appalachia**

0.8 CE; NCC Code 5

Teresa Gardner, DNP, MSN, FNP-BC, FAANP  
Paula Meade, DNP, MSN, FNP-BC, PNP-BC, FAANP

**9:40am – 10:30am**  
**Emerging Infections and Women**

0.8 CE 0.5 Rx; NCC Code 2A

Athena P. Kourtis, MD, PhD, MPH

**9:35am**  
**10:35am – 11:25am**  
**Culinary Medicine and the Future of Food in Healthcare**

0.8 CE; NCC Code 1

Timothy S. Harlan, MD, FACP

**11:30am – 12:30pm**  
**Exhibits/ Posters**

1.0 CE; NCC Code 5

**12:35pm – 2:35pm**  
**COMPLIMENTARY LUNCH SYMPOSIUM**

1.5 CE

**2:40pm – 3:30pm**  
**Contraception: Where are We Now and Where are We Going?**

0.8 CE 0.8 Rx; NCC Code 1

Mitchell D. Creinin, MD

**3:35pm – 4:05pm**  
**Inspiration in Women's Health Awards**

Non CE

**4:10pm – 5:00pm**  
**The Vulvar Whisperer**

0.8 CE 0.5 Rx; NCC Code 2A

Susan Hoffstetter, PhD, WHNP-BC, FAANP

**5:05pm – 5:55pm**  
**Opioid Crisis in Women Across the Lifespan**

0.8 CE 0.8 Rx; NCC Code 4

Jean M. Bennett, RN, BSN, MSN, MSM, PhD

**6:30pm – 8:30pm**  
**COMPLIMENTARY DINNER SYMPOSIUM**

1.5 CE

## Day 2 —

Friday, September 30, 2016

Each breakout session between 8:00am and 2:40pm is worth 1.25CEs, unless otherwise noted. Any pharmacology credits are noted with that particular session. You may choose one session for each time period.

7:00am – 8:00am

## Registration/Continental Breakfast/Exhibits

8:00am – 9:15am

## A. Colposcopy Case Studies: Putting It All Together

NCC Code 3

Mary M. Rubin, RNC, PhD, CRNP, FAANP

This session is an introduction to the need for forensic nursing. It gives participants the opportunity to solve the triage puzzle. Utilizing ASCCP algorithms, participants can decide which triage is appropriate for the abnormal Pap test, describe the key colposcopic findings and where the biopsies should be done, and select which management choices can be considered.

## B. CLINICAL PRESENTATIONS

NCC Code 2B

## Perinatal Care for Women with Disabilities: Bridging the Gaps in Practice

Lorraine Byrnes, PhD, CNM, FNP-BC, PMHNP-BC

Mary T. Hickey, EdD, WHNP-BC

Perinatal outcomes among women with physical disabilities vary depending on the type and severity of their disability, yet studies show that with appropriate care, improvement in outcomes can be achieved. Advanced practice nurses have an opportunity to facilitate positive change in the delivery of healthcare services for women with disabilities, particularly during the perinatal period.

## Counseling the Not So Normal OB Sonogram Results

Patricia A. McGlinchey, MS, RN, WHNP-BC

Obstetrical sonograms today are used to confirm gestational size and dates, along with placental location, adequate growth and normal anatomy. With confirmation there can be findings that require additional counseling with our patients. Counseling OB patients regarding the sonogram results, especially when there is a not so normal finding, takes time and requires accurate information.

## C. Is it Your Mate or Your Medicine: Medicines That Impact Sexuality

1.25 Rx; NCC Code 4

Shelagh Larson, RNC, WHNP-BC, NCMP

Is it your meds or your man? Could your prescription medication be impacting your sexuality? Or is it you? Join us in learning the different phases of sexuality and how medications impact sexuality. You will also learn some better options for those medications.

## D. It's Not Ok to PUQE: Managing Nausea and Vomiting in Pregnancy

1.25 Rx; NCC Code 2B

Stephanie E. Meyers, PhD, MEd, RNC-OB, WHNP-BC

This breakout session will discuss evaluation and management of nausea and vomiting in pregnancy. We will identify methods for evaluating the medical and psy-

chosocial impact and how to manage with pharmacologic and non-pharmacologic therapies.

## E. Care and Management of the Transgender Patient in the Primary Care Setting

1.25 Rx; NCC Code 2C

Dane Menkin, CRNP

This session will cover the basics of managing transgender patients. While many providers want to provide competent care for transgender patients, they lack the language and confidence to do so. We will talk about gender as a construct, how it differs from sexual orientation, and again differs from birth sex. We will cover medical management as well as a general overview of surgical options and outcomes.

9:25am – 10:40am

## F. Understanding the Practice of High Resolution Anoscopy: A Primer for Women's Health Care Providers

NCC Code 3

Naomi Jay, RN, NP, PhD

This session will be divided in three parts: 1) an overview of HRA; 2) what providers need to understand about managing anal HSIL: case studies from referrals; and 3) what all women's health providers can do in the absence of providing HRA towards screening and prevention of anal cancer.

## G. When Breast Cancer Survivors Return to Gynecological Care

NCC Code 2A

Kathryn Trotter, DNP, CNM, FNP-BC, FAANP

Breast cancer survivors can continue to see their gynecological providers for care. This session will focus on their unique needs, breast examination pearls, and surveillance recommendations.

## H. CLINICAL PRESENTATIONS

## Sweat Not: Staying Cool without Hormones

0.6 CE 0.3 Rx; NCC Code 1

Terrie H. Platt, DNP, CRNP, WHNP-BC, NCMP

This presentation will provide a brief review of the historical events which have impacted the treatment of menopause associated symptoms, and review the evidence surrounding the use of non-hormonal options for the treatment of menopause associated vasomotor symptoms.

## What's New in POF? Or is it POI? Ovarian Failure by Any Name

0.6 CE; NCC Code 2A

Patrice C. Malena, MS, FNP-BC

Premature Ovarian Failure, or the newer term Primary Ovarian Insufficiency, can be a devastating diagnosis for young women. Join us as we discuss possible etiologies, current diagnostic criteria, and up-to-date research on treatment options. Bring your complex cases to discuss!

## I. Autoimmune Disorders: The Role of the NP in Management

0.5 Rx; NCC Code 2C

Anne Moore, DNP, WHNP/ANP, FAANP

This session investigates options for identification and management of autoimmune disorders in women with a focus on rheumatoid arthritis (RA), systemic lupus erythematosus (SLE), and multiple sclerosis (MS).

## J. Maternal Mental Health: Risk Assessment and Intervention Before, During, and After Pregnancy

## NCC Code 2B

Susan Kendig, JD, MSN, WHNP-BC, FAANP

This session will provide an in depth review of the Council on Patient Safety in Women's Health's recently released Maternal Mental Health: Depression and Anxiety Patient Safety Bundle. Discussion will include screening and brief intervention techniques to assist women's health providers in incorporating these recommendations into a busy practice setting.

10:45am – 11:55am

Lunch/Exhibits

12:00pm – 1:15pm

### K. A Framework for Evaluating Recurrent Vulvovaginal Complaints

1.25 Rx; NCC Code 2A

Alisa A. Pascale, DNP, MS, RN, WHNP-BC

This session will offer participants a helpful framework for thinking about and evaluating chronic vulvovaginal complaints in an office setting. In the context of thinking systematically about chronic vulvovaginal disorders, a brief overview of the most common conditions including recurrent vaginitis (yeast, bacterial vaginosis, the genitourinary syndrome of menopause, and desquamative inflammatory vaginitis), vulvar skin disorders (such as lichen simplex chronicus, lichen sclerosus, and lichen planus), pelvic floor disorders, and vulvar pain conditions will be presented.

### L. Prescribing in Pregnancy & Lactation: The New FDA System

1.25 Rx; NCC Code 4

Patricia Geraghty, MSN, FNP-BC, WHNP

This presentation introduces the new FDA labeling format for prescribing in pregnancy and discusses how it will be implemented. Because the previous ABCDX format will be phased out gradually, both formats will be reviewed. Specific examples of challenges in evaluating data to determine safety in practice; evidence-based management of specific conditions common to the pregnant or lactating populations and of pregnancy related conditions; and strategy and general guidelines for prescribing in pregnancy and lactation will be covered.

### M. Cardiovascular Health in Women: Does One Size Fit All?

0.5 Rx; NCC Code 2C

Lynne Braun, PhD, CNP, FAHA, FAANP, FNLA, FPCNA, FAAN

This presentation will discuss cardiovascular health in women from a life-course perspective, from youth, through child-bearing years, to older adult women. Topics will include maintaining cardiovascular health, risk factor identification, and management with an emphasis on lipids and hypertension, as well as adherence to treatment regimens.

### N. PODIUM PRESENTATIONS

#### Streamlining Time to Diagnosis and Treatment of Gestational Diabetes

0.4 CE; NCC Code 2B

Catherine Cornish, MS, RN, WHNP-BC

Women's Health Nurse Practitioner

Texas Health Presbyterian Hospital

Dallas, Texas

#### Screening for Intimate Partner and Sexual Violence among College Women: Predictors and Missed Opportunities for Intervention

0.4 CE; NCC Code 1

Heidi Collins Fantasia, PhD, RN, WHNP-BC

Assistant Professor

University of Massachusetts Lowell

Lowell, Massachusetts

Melissa A. Sutherland, PhD, FNP-BC

Associate Professor

Boston College

Chestnut Hill, Massachusetts

### Patient Acceptance of Decreased Cervical Cancer Screening Frequency in an Urban Practice

0.4 CE; NCC Code 5

Meredith Hudes-Lowder, DNP, RN, WHNP-BC

Women's Health Nurse Practitioner

Obstetrics and Gynecology Department

AdvantageCare Physicians

New York City, New York

Elizabeth Cole Collins, PhD, WHNP-BC, IBCLC

Clinical Assistant Professor

Stony Brook University

Stony Brook, New York

### O. What Women's Health Nurse Practitioners Need to Know About FASD

0.5 Rx; NCC Code 2B

Marilyn Pierce-Bulger, MN, FNP-BC, CNM

This presentation will discuss the scope of Fetal Alcohol Spectrum Disorders (FASD) in the US, the teratogenic impact of alcohol on the fetus, and the recommended screening and brief intervention techniques used with reproductive age pregnant and non-pregnant women to prevent alcohol-exposed pregnancies.

1:25pm – 2:40pm

### P. Human Trafficking — An Issue of Health, Rights and Justice: What Can We Do From the Clinical Setting?

NCC Code 5

Kimberly S.G. Chang, MD, MPH

This session will explore what a healthcare professional can do to care for individual patients who have been trafficked, as well as detail efforts and opportunities to shift to a public health framework of care for victims to prevention, early intervention, and long-term care.

### Q. Women's Healthcare after 60

NCC Code 2A

Barbara Dehn, RN, MS, NP, FAANP, NCMF

As baby boomers continue to thrive and live longer, more women are challenged by various genitourinary and other symptoms unique to women's health. This breakout session will review the primary care screening guidelines as well as common issues that arise including breast cancer detection and treatment.

### R. Nutrition in Pregnancy

1.25 Rx; NCC Code 1

Jamille Nagtalon-Ramos, MSN, WHNP-BC, IBCLC

In this session, we will discuss nutrition counseling to promote healthy pregnancies.

### S. Thyroid Disease in Women

0.5 Rx; NCC Code 2C

Christine Kessler, ANP, CNS, BC-ADM, CDTA

After diabetes, thyroid disease is the most common endocrinopathy encountered by NPs in outpatient practice.



Thyroid dysfunction demonstrates a profound female bias and can present clinical conundrums for providers. This session will clarify diagnostic findings in clinical and sub-clinical hyper- and hypothyroidism, explore their impact on reproductive, mental, and CV health, and provide endocrinology tips to effectively treat selected thyroid diseases.

**T. Abnormal Uterine Bleeding: Pearls in Medical Management**

0.75 Rx; NCC Code 2A

Patricia J. Sulak, MD

This presentation will discuss the international classification of AUB based on etiology, evaluation strategies, and methods of management based on etiology.

**2:50pm - 3:40pm**

**Collaboration in Practice: Guiding Principles for an Equitable Approach to Team Based Care**

0.8 CE; NCC Code 5

John C. Jennings, MD

Susan Kendig, JD, MSN, WHNP-BC, FAANP

**3:45pm - 4:35pm**

**BRCA and Beyond: The Contribution of Genetics to Gynecological Cancer**

0.8 CE; NCC Code 3

Kate McReynolds, APRN, MSc, MSN, ANP-BC, AGN-BC

**4:40pm - 5:30pm**

**E-Cigs and Vape Pens and Hookahs, Oh My! Following the Yellow Brick Road of Electronic Nicotine Delivery Systems**

0.8 CE 0.8Rx; NCC Code 1

Carol Ripley-Moffitt, MDiv, CTTS

**Day 3 —  
Saturday, October 1, 2016**

**7:00am - 9:00am**

**Registration**

**7:00am - 8:45am**

**COMPLIMENTARY BREAKFAST — PRODUCT THEATER  
Resistance in VVC**

Non-CE

Join Dr. Mark Martens—a clinician, researcher, educator, and expert on infectious diseases in women—as he addresses the increasing trend of resistance in vulvovaginal candidiasis (VVC). This symposium will discuss the importance of differentiation between recurrent and resistant VVC, as well as associated treatment implications. It will also highlight specific patient cases on the topic.

**9:00am - 12:00pm**

**WORKSHOPS**

**1. Primary Care Skills Workshop**

3.0 CE; NCC Code 3

Anne Moore, DNP, WHNP/ANP, FAANP

Kathryn Trotter, DNP, CNM, FNP-BC, FAANP

This session will update nurse practitioner knowledge and skills for HEENT, neurology, and cardiac assessment. Hands-on skills will be included.

Limited to 30 registered attendees

**2. Office Gynecology Procedures**

3.0 CE 1.5Rx; NCC Code 3

Aimee Chism Holland, DNP, WHNP-BC, FNP-BC, RD

Participants will be educated in this workshop about the safe and accurate steps specific to performing five different office gynecology procedures. Simulated models will be provided for participants to practice each skill. The session includes the following office gynecology procedures: endometrial biopsy, incision and drainage of a Bartholin gland abscess with Word catheter placement, vulvar biopsy, endocervical polypectomy, and treatment of genital warts with trichloroacetic acid. A certificate of completion will be provided to participants.

Limited to 75 registered attendees

**3. Intrauterine Contraception — The Fabulous Four!**

3.0 CE 0.5 Rx; NCC Code 1

Suzanne Reiter, MM, MSN, WHNP-BC, FAANP

Carolyn M. Sutton, MSN, WHNP-BC, FAANP

This hands-on workshop will give participants skill building tools for insertion and removal of the 4 FDA approved IUDs. Efficacy, side effects, and selection criteria will also be covered.

Limited to 50 registered attendees

**4. Perimenopause and Beyond: Individualized Management for Lifelong Wellness**

3.0 CE 1.0 Rx; NCC Code 1

Patricia J. Sulak, MD

This workshop will discuss the signs/symptoms of the perimenopause/menopause along with successful management strategies based on individual characteristics. Case studies will be presented.

**5. Educate the Educators II**

3.0 CE; NCC Code 2A

Co-sponsored by ASCCP

Mary M. Rubin, RNC, PhD, CRNP, FAANP

Nancy R. Berman, MSN, ANP-BC, NCMP, FAANP

Educate the Educators is a series of ASCCP training modules designed to teach clinicians to become local experts on HPV-related cervical cancer. Upon completion of the training, participants will receive the presentations so they can be tailored to specific audiences.

**6. Nexplanon® Training**

Non-CE

During the clinical program for Nexplanon (etonogestrel implant) you will receive hands on training for insertion and removal procedures, as well as learn implant localization techniques. Completion of this course will allow you to order the product from authorized distributors. This session, which is authorized by Merck, is not accredited for continuing education credit. The training is open only to advanced practice clinicians with furnishing numbers of prescribing privileges in their state. It is Merck's policy to verify all clinicians' practice, license, and eligibility information in advance of the training. Merck will contact you directly if there is a problem. Participants are expected to attend the entire training session, which is approximately 3 hours in duration. Certificates of attendance will not be issued for persons who arrive late or leave early.

Limited to 30 registered attendees.

**12:00pm Adjourn**

The complete program guide, including the registration form, is available at [npwh.org](http://npwh.org).