

26TH ANNUAL

NPWH

WOMEN'S HEALTHCARE CONFERENCE
SAN DIEGO, CA

Evolve, Expand, Excel.
Earn up to 25 CE Credits

Program Guide



OCTOBER 29TH - NOVEMBER 1ST, 2023
MANCHESTER GRAND HYATT HOTEL
SAN DIEGO, CALIFORNIA

Dear Conference Attendee:

Greetings and welcome to the preliminary agenda for the **26th NPWH Annual Nurse Practitioners in Women's Healthcare Conference**, which will be held October 29-November 1, 2023, in San Diego, CA.

We are excited to host this annual in-person gathering of women's healthcare professionals from across the country in beautiful San Diego, California, at the Manchester Grand Hyatt San Diego, where 700+ will explore the latest advancements, best practices, and trends in women's healthcare. This year's theme, *Evolve, Expand, Excel*, challenges us to push beyond the boundaries of our current knowledge and skills to broaden perspectives and strive for excellence in all aspects of patient care.

This conference, now held in its 26th year, is NPWH's premier continuing clinical education, networking, and business meeting focusing on women's health across the lifespan. The NPWH Annual Women's Healthcare Conference is an exciting opportunity to expand your knowledge of women's healthcare with the desire for you to excel in your clinical practice. **100% of last years attendees recommend this conference.**

As a WHNP and APRN who provides women's and gender-related healthcare, you play a critical and crucial role in providing trauma-informed, person-centered care to advance health equity, mitigate racism and biases, and give competent care to the people we serve. In addition, our profession focuses on improving healthcare outcomes for women. This conference provides an invaluable opportunity to learn from one another and experts in the field, share best practices, enhance our clinical expertise, network, and make new friends with providers from all over the United States. We hope this conference brings home all you have learned and helps you excel in the care you provide for women and people in your practice or educational setting.

We are excited for a stimulating and productive conference that will inspire you to evolve, expand and excel in women's healthcare dedicated to serving women and the patients we care for.

We look forward to seeing you in person in California!

2023 Conference Program Committee

Lawren Mundy, PhD, WHNP, APRN-BC, Chair of the 2023 Conference Program Committee

Kelley Borella, DNP, APRN, WHNP-BC

Kwuan Paruchabutr, DNP, FNP-BC, WHNP-BC, CNM, FACNM, NPWH President-Elect, BOD Liaison

Ludrena Rodriguez, DNP, WHNP-BC, RNC-OB, C-EFM

Kassandra Petit, MSN, CRNP, WHNP-BC, ACPCNP-BC

Gay Goss, PhD, WHNP, APRN-BC

Donna Ruth, MSN, RN, NPD-BC, NPWH Director of Education

Sue Kendig, JD, MSN, WHNP-BC, FAANP, NPWH Director of Policy

Heather L. Maurer, MA, CAE, NPWH Chief Executive Officer

Conference sessions are subject to change. Please check back at NPWH.org for the latest version.
For full session descriptions, please visit www.npwh.org

2023 Pre-Conference Workshops October 29, 2023

8:00 AM - 12:00 PM

Essentials in Urogynecological Practice with Pelvic Health Considerations: Skills, Procedures, and Management

Lisa Pair, DNP, WHNP-BC, CRNP, FAUNA
Jandra Mueller, DPT, MS

1:00 PM - 5:00 PM

HPV Today: Navigating the Landscape of Prevention and Treatment

Jessica Wells, PhD, WHNP-BC, FAAN
Shawana Moore, DNP, CRNP, WHNP-BC, PNAP
Lillian Kreppel, Executive Director and Co-Founder
HPV Cancers Alliance

5:00 PM - 6:30 PM

Welcome Reception
Exhibit Hall

6:45 PM - 7:45 PM

Dinner Product Theatre: The Significance of Diagnostic Testing in Women's Health: Prevention, Early Detection, and Management
Sponsored by Hologic

Plenary Day October 30, 2023

7:00 AM - 8:00 AM

Breakfast
Exhibit Hall

8:00 AM - 8:30 AM

Welcome and Inspiration Awards

8:30 AM to 9:30 AM

Keynote Address
Skye Perryman, JD, President and CEO of
Democracy Forward

9:30 AM - 10:30 AM

Lady Parts and the Outcomes We Don't Discuss
Nalo Hamilton, PhD, MSN, WHNP-BC, ANP-BC

10:30 AM - 10:45 AM

Break

10:45 AM - 11:45 AM

Sepsis
Tiffany Messerall, DNP, APRN, WHNP-BC,
RNC-OB, EBP-C

11:45 AM - 1:45 PM

Posters/Exhibit Hall

12:00 PM - 1:00 PM

Product Theater Lunch - VEOZAHTM (fezolinetant) for the Treatment of Moderate to Severe Vasomotor Symptoms Due to Menopause
Sponsored by Astellas Pharma Inc.

Plenary Day - October 30, 2023 (cont'd)

2:00 PM - 3:00 PM

Anti-obesity Medications: Inside and Outside the Label
Angela Golden, DNP, FNP-C, FAANP, FOMA

3:00 PM - 3:15 PM

Break

3:15 PM - 4:15 PM

Heart Disease in Women
Karol Watson, MD, PhD, FACC

4:15 PM - 5:15 PM

It's Not Just Your Hormones! Management of Complex Menopause
Genevieve Hofmann, DNP, WHNP-BC

5:30 PM - 6:30 PM

Dinner Product Theater: When Hypothyroid Patients Speak, Are We Listening?
Sponsored by Avion Pharmaceuticals/Acella Pharmaceuticals

Breakout Sessions - October 31, 2023

7:00 AM - 8:00 AM

Breakfast
Exhibit Hall

8:00 AM - 9:00 AM - Breakout 1

A. Evaluation of the Infertile Male
Haley Rapp, DNP, APRN, WHNP-BC

B. Diabetes in Pregnancy
Naslim Sobhani

C. Navigating Contraceptive Hormones
Kelley Borella, DNP, APRN, WHNP-BC
Shareen El-Ibiary, PharmD, BCPS, FCCP

D. Sexual Dysfunction in Patients with Breast or Gynecologic Cancer: What Nurse Practitioners in Gynecologic Settings Need to Know
Christina Wilson, PhD, CRNP, WHNP-BC

E. Motivational Interviewing to Support Preventative Services
Sarah Vaillancourt, MSN, WHNP-BC

9:00 AM - 9:15 AM

Break

9:15 AM - 10:15 AM - Breakout 2

F. Entrepreneur and Business Ownership for the Women's Health Provider
Heather Quaile, DNP, WHNP-BC, CSC, IF, FAANP

G. Lichen Sclerosis: How to Recognize and Treat this Vulvar Dermatologic Condition
Alisha Pascale, DNP, WHNP

H. Care of Pregnant Persons with a History of Bariatric Surgery
Esther R. Ellsworth Bowers, MSN, MS, MEd, APRN, CNM, WHNP-BC
Nakeisha Lindsay, MSN, CNM, WHNP-BC

I. Polycystic Ovary Syndrome: More than a reproductive concern
Dawn Kim Hopkins, PhD, WHNP-BC

J. Complex Colposcopy: Beyond the Basics
Lawren Mundy, PhD, WHNP, APRN-BC

10:15 AM - 10:30 AM

Break

Breakout Sessions - October 31, 2023

10:30 AM - 11:30 AM - Breakout 3

K. Egg Freezing

Brooke Friedman, MD

L. Thyroid Disorders

Kaniksha Desai, MD

M. Gender-Affirming Care: The Role of The APRN

Trisha Sheridan, DNP, RN, WHNP-BC, SANE-A,
SANE-P, FAANP

N. The Fight For Access a Year After Dobbs: A Legal and Policy Overview and Community Call to Action

Skye Perryman, JD, President and CEO of
Democracy Forward

O. Podium Presentations

11:30 AM - 12:30 PM

Exhibit Hall/Posters

11:30 AM - 12:30 PM

Lunch Product Theater: Improving
Patient Care Through Breast Cancer
Risk Assessment and Genetic Testing
Sponsored by Myriad Genetics

12:30 PM - 1:30 PM

Reproductive Rights Listening Session
NPWH Member Listening Session

1:45 PM - 2:45 PM - Breakout 4

P. Demystifying Hyperemesis Gravidarum: What's New? What Works?

Aimee Brecht-Doscher, MD, FACOG

Q. Headaches

Nina Riggins, MD, PhD, FAAN, FAHS, UCSN

R. An Overview of Breast Imaging and Biopsy Scenarios

Kathy Trotter, DNP, CNM, FNP-BC, FAANP, FAAN

1:45 PM - 2:45 PM - Breakout 4

S. Endometriosis: The Importance of Early Recognition

Gay Goss, PhD, APRN-BC, WHNP-BC

T. Clinical Topics

Speaker to be Announced

2:45 PM - 3:00 PM

Break

3:00 PM - 4:00 PM - Breakout 5

U. Abnormal Uterine Bleeding (AUB)

Anita Nelson, MD

V. What's New in Perinatal Mental Health

Chris Raines, MSN, RN, APRN, WHNP,
PMHNP-BC, PMH-C

W. Managing Hypoactive Sexual Desire Disorder

Irwin Goldstein, MD

Sue Goldstein, BA, CSE, CCRC

X. Hypertension: Current Pregnancy and Future Clinical Care

Suzanne Baird, DNP, RN

Y. Clinical Topics

Speaker to be Announced

4:15 PM - 5:15 PM

Discussion and Documentary Film - Below the Belt.

Below the Belt sheds light on healthcare system issues and the misdiagnosis of endometriosis through personal patient stories.

5:30 PM - 6:30 PM

Non-CE Industry Symposium: Mirena (levonorgestrel releasing intrauterine system)

52mg: Review of Contraception & Heavy Menstrual Bleeding Information

Kimberly Looney, MD, FACOG

Supported by Bayer

Workshops Sessions - November 1, 2023

All workshops are included with the main conference fee and worth 3.0 CE unless otherwise noted. Space is limited. You must register for a workshop if you wish to attend.

7:30 AM - 8:30 AM

Breakfast Product Theater: An Evolving Patient Journey: Making an Impact with a Medical Management Option for Treating Uterine Fibroid-associated Heavy Menstrual Bleeding or Endometriosis-related Moderate to Severe Pain

Susan Kellogg Spadt, PhD, CRNP, IF, CSC

Laurie Tompkins, MSN, ARNP-BC, WHNP, NCMP

Sponsored by Myovant Sciences, Inc. and Pfizer, Inc.

8:00 AM - 5:00 PM

Introduction to OB/GYN Ultrasound Hands-On Workshop

(Fee \$600 - 5.0+ CE)

Julie Gaston, BS, RDMS, RVT

9:00 AM - 12:00 PM

Taking Action to Support Reproductive Autonomy Through Use of IUDs

Sarah W. Prager, MD, MAS

9:00 AM - 12:00 PM

Office Gynecology Procedures for Primary Care Providers: Hands-On Training Workshop (Fee \$150)

Kelley Borella, DNP, APRN, WNNP-BC

9:00 AM - 12:00 PM

Getting on the 'Right' Track: Writing for Publication

Beth Kelsey, EdD, APRN, WHNP-BC, FAANP

9:00 AM - 12:00 PM - Non - CE

Nexplanon Insertion Workshop

Supported by Organon.

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For full session descriptions, please visit www.npwh.org**

Conference Details

26th Annual Nurse Practitioners in Women's Healthcare Conference Objectives

- Utilize evidence-based concepts, practice guidelines, and standards to inform clinical practice and meet the complex healthcare needs of women across diverse populations.
- Identify opportunities to elevate diversity, equity, and inclusion practices in women's and gender-related healthcare environments.
- Expand professional skills needed for self-advocacy to advance and understand potential career paths for Women's Health Nurse Practitioners and Advanced Practice Registered Nurses who provide women's and gender-related healthcare.

2023 Conference Outcome Goal

At the end of the conference, 80% of participants will agree that the objectives have been met.

Registration Information/Method of Payment

Registration is online, and payments can be made using Visa, MasterCard, or Discover. Visit www.npwh.org to register. Please email Carol Wiley (cwiley@npwh.org) for the registration form if you require paying via check.

Registration Fees:

Early Bird Registration Prices: Register on or before **August 15, 2023**. Early bird discount is only applicable to the Main Conference. Preconference and some workshops are additional fees.

Early Bird Rate through August 15, 2023, applies to Main Conference Only.

Main conference includes all sessions on Monday, October 30, and Tuesday, October 31, plus the free Workshops on November 1, 2023. In addition, when you register, you must indicate which breakout sessions and workshops you will attend.

NPWH Members Save on Registration Fees

Active membership is required to be eligible for the NPWH Member or Student Member rates. NPWH membership costs \$125 (\$65 for students; \$65 for retired). Join today at www.npwh.org and save on your conference registration. If you are past your membership expiration date, you must renew your membership before registering for the Conference to qualify for the member rate. Adjustments and refunds for registration fees will not be given to individuals who register at the non-member rate and later join NPWH. Non-member registration includes 1-year membership.

Workshop and Breakout Session Registration

Workshops and breakout sessions have limited space and are subject to change or closed due to room capacity. In addition, the Office Gynecology Procedures and Ultrasound workshops incur additional fees. All other workshops are included in the Main Conference fee and are optional.

Refund Policy

Cancellations received in writing by September 15, 2023, will receive a full refund minus a \$75 processing fee. After September 15, 2023, only 50% of the registration fee will be refunded (minus a \$75 processing fee), and "no-shows" will not receive a refund. On-site cancellations of workshops that have a price are non-refundable.

Product Theatre Attendance

If you have signed up for any breakfast, lunch, and dinner product theater but can no longer attend, please modify your registration online or contact info@npwh.org.

Registration Fees

Early Bird Rate Savings through August 15, 2023
 Regular Rate from August 16, 2023-October 28, 2023
 Onsite Rate from October 29, 2023-November 1, 2023

Register for this conference at www.npwh.org

Early Bird +
 NPWH Members
 Save Significantly!



	Pre-Conference	Main Conference + Workshop (Registration for Main Conference includes any free workshops listed in above agenda.)	Office Gynecology Procedures for Primary Care Providers Workshop	Ultrasound Workshop 8 am-5 pm (5.0+ CE)
NPWH Member	\$250 Early Bird/Regular \$300 on site	\$699 Early Bird \$799 Regular \$815 On site	\$150	\$600
Non-Member	\$375 Early Bird/ Regular \$425 onsite	\$895 Early Bird \$945 Regular \$975 On site	\$150	\$750
NPWH Student Member	\$199 Early Bird/ Regular \$225 onsite	\$275 Early Bird \$375 Regular \$400 On site	\$150	Not Available for Students

Student Non-Members - contact info@npwh.org for information on discounted pricing.

Conference Details



How to Get Employer Support

Conference attendees may seek employer support to cover all or part of the conference fees. This event is an ideal opportunity to stay up to date in the field of women's and gender-related healthcare, to gain continuing education credit while doing so, and to network with women's healthcare practitioners from all over the country. The knowledge and skills gained at the conference can be applied to patient care and the organization of the practice or healthcare facility, which benefits the attendee and the employer. If you need a letter from NPWH to support your request, email Heather L. Maurer at hmaurer@npwh.org.

Hotel Information

The conference will be held at the **Manchester Grant Hyatt San Diego**. Explore Southern California's vibrant culture and natural beauty from the waterfront hotel in downtown San Diego. Experience spacious rooms, stunning views, and upscale amenities steps from the city's top attractions. Guests enjoy easy access to San Diego's best beaches, restaurants, shops, entertainment venues, and more.

Hotel Reservations

For your convenience, NPWH has secured a block of rooms at a discounted rate. The rates are as follows:

- Single Occupancy: \$239.00 - Double Occupancy: \$239.00
- Triple Occupancy: \$264.00 - Quadruple Occupancy: \$289.00

Please remember that all applicable taxes and fees will be added to these rates. **This discounted rate is available through October 5, 2023.** To make a reservation, please visit our conference registration page, www.npwh.org. If you have any questions or concerns about your reservation, please contact the hotel directly at (619)-232-1234. Please be advised that the hotel's standard cancellation policy will apply.

Continuing Education Credit Information

Attendees can earn up to 26.00 continuing education contact hours at this four-day conference.

Pre-Conference total CE = 7.0 continuing education contact hours

Plenary Day total CE = 6.0 continuing education contact hours

Breakout Sessions total CE = 5.0 continuing education contact hours

Workshops total CE = 3.0 - 5.0 continuing education contact hours

Review of Posters = 1.0 continuing education contact hours

Accreditation Statement

This activity has been evaluated and approved by the Continuing Education Approval Program of the National Association of Nurse Practitioners in Women's Health. As a result, the program has been issued NPWH Activity number 23-01. As of May 2023, the total number of continuing education contact hours that can be earned while attending the conference is 23. This number includes continuing education contact hours for the attendance at the optional pre- and post-convention workshops for which there is an additional fee.

NPWH is approved by the California Board of Registered Nursing, CEP Number 13411.

NPWH is committed to ensuring that educational sessions are free from commercial bias and product promotion. Therefore, any commercial products, goods, or services displayed or discussed during this CE activity should not imply endorsement by NPWH.

Conference Details



ADA Statement

By the Americans with Disabilities Act (ADA), the National Association of Nurse Practitioners in Women's Health (NPWH) strives to provide reasonable accommodations and services for persons who require special assistance to participate in our events (virtual and in-person). We strive to host inclusive, accessible events that enable all individuals, including individuals with disabilities, to engage fully. Three weeks' advance notice is necessary to arrange accommodations. To request an accommodation or for inquiries about accessibility, please get in touch with Donna Ruth at druth@npwh.org.

Equal Opportunity Statement

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 by NPWH's respect for personal dignity.

NPWH Conference Inclusion Statement

NPWH is committed to providing a safe and welcoming environment for all participants at our Annual Conference. We are committed to the broadest principles of inclusion, diversity, and equity. NPWH affirmed its commitment to these principles by releasing our IDE statement in 2021. We embrace the value of every person regardless of race, sex, sexual orientation, gender identity/expression, religion, age, ethnicity, national origin or ancestry, marital status, socio-economic background, physical appearance, military status, veteran status, or physical ability.

NPWH is committed to cultivating a culture of inclusion and connectedness. Therefore, we expect the environment at the conference to support the participants' professional development. Thank you in advance for your support in this mission.

Exhibitor & Sponsor Information

If you wish to sponsor or exhibit at the 26th NPWH Annual Women's Healthcare Conference, please email Heather L. Maurer, MA, CAE, NPWH CEO, hmaurer@npwh.org. We have many unique opportunities to showcase your product, devices, or services to women's healthcare providers nationwide.

2023 Planning Committee for the 26th NPWH Annual Women's Healthcare Conference

We express our sincere gratitude to the planning committee of the 26th NPWH Annual Women's Healthcare Conference. These dedicated volunteers and staff have devoted their time to this program, balancing their clinical practice, teaching responsibilities, and personal lives to deliver an informative, inspiring, evidence-based clinical education Women's Healthcare program. Please join us in thanking them.

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Land Acknowledgement:

Land acknowledgment: The Kumeyaay Nation has occupied and traversed the southern California and Baja California region from the Pacific Ocean to the desert approximately 75 miles north and 75 miles south of the international border separating the United States and Mexico for thousands of years. Today, the Kumeyaay Nation continues to survive as a recognized sovereign nation within the US and the State of California. The Kumeyaay Nation extends from San Diego and Imperial Counties in California to 60 miles south of the Mexican border. The Kumeyaay are members of the Yuman language branch of the Hokan group. The Kumeyaay people in Baja, California, maintain their villages and govern their community affairs. Included with the Kumeyaay in the Yuman branch are the PaiPai, Kiliwa, Cocopa, Mohave, Maricopa, Quechan, Yavapai, Havasupai, and Hualapai. The Hokan language group is wide-ranging, covering most of the coastal lands of southern California. It includes tribes as far north as the Kurok of Northern California.

To learn more, visit <https://www.kumeyaay.com/>.



Visit San Diego

There are plenty of passions to pursue in San Diego. We invite you to step outside of your comfort zone and explore new activities while you're here. You might just find that discovering a new pursuit is an adventure in itself.

From beaches to nightlife to arts and culture to fabulous shopping and historic parks and gardens, San Diego has something for everyone. Expect the weather to be, on average, 70-75 degrees. Perfect for outdoor exercise and exploring.

To learn more and research the local attractions, visit <https://www.sandiego.org/>



**National Association of Nurse
Practitioners in Women's Health**
3003 Merritt Court
Forestville, MD 20747

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