

2024 YEAR-IN- REVIEW

Leading the Charge:
Shaping the Future of
Women's Health



www.npwh.org

Celebrating Our Progress

As we look back on 2024, we are filled with pride and gratitude for the incredible progress made by NPWH and our dedicated members. This year has been transformative in advancing board-certified Women's Health Nurse Practitioners (WHNP-BCs) and supporting all APRNs committed to providing exceptional women's and gender-diverse healthcare. This Year-in-Review celebrates the collective efforts of our members, partners, and advocates who have driven our mission forward. Together, we have expanded our impact, strengthened partnerships, and elevated the voices of WHNP-BCs and APRNs in women's health nationwide.

Here are some key highlights from 2024:

1. We advanced women's healthcare across the lifespan, including maternal health, reproductive rights, and peri/menopause care, **by engaging with over 28,000 clinicians and providing continuing education on the latest scientific and evidence-based clinical practice findings.**
2. We expanded membership and partnerships by strengthening collaborations with leading organizations, growing NPWH's influence, **raising the profile of WHNP-BCs, and fostering mentorship for the next generation of nurse practitioners.**
3. **We launched the NPWH Menopause Summit and Her Health Matters Podcast!** Our inaugural Virtual Menopause Summit brought together over 700 providers and earned the ASAE Gold Circle Award for innovation and excellence. The Her Health Matters podcast also became a powerful platform for discussions on reproductive health, menopause, mental well-being, and various topics related to our profession.

These achievements reflect **NPWH's ongoing commitment to education, advocacy, and innovation in women's health.** The passion of our members inspires us to reach and surpass these milestones.

Together, we will continue to lead the way in **shaping a future of equitable, inclusive, and evidence-based women's and gender-diverse healthcare.** Thank you for being part of this journey. Here's to even more remarkable achievements in 2025!



**KOMKWUAN
PARUCHABUTR**
DNP, FNP-BC, WHNP-BC,
CNM, FACN

Board President, NPWH



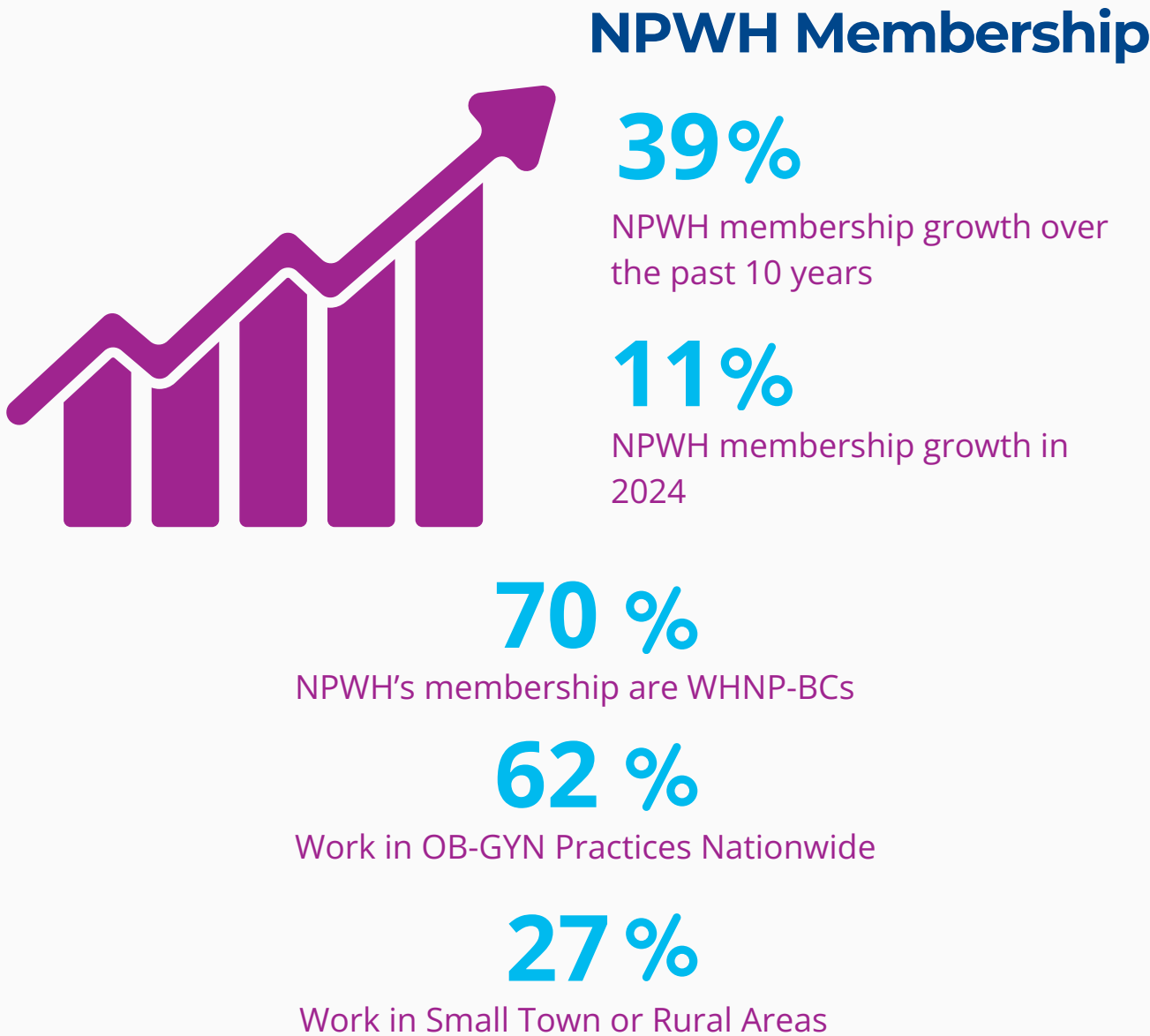
**HEATHER L.
MAURER**

MA, CAE
**Chief Executive Officer
NPWH**



NPWH Community and Member Engagement

We are dedicated to building a vibrant, supportive, and engaged community for certified Women’s Health Nurse Practitioners and other advanced practice nurses who provide women’s and gender-diverse healthcare. Our innovative programs and initiatives foster connection, professional development, and collaboration, which have marked a year of unprecedented growth and engagement.



Every Other Month, A New Member Benefit!

In 2024, NPWH enhanced membership value like never before, introducing exciting new benefits every other month! From career development webinars and virtual coffee hours to exclusive savings and expanded networking opportunities, we kept members engaged, connected, and supported throughout the year.

January

We kicked off the year with **virtual town halls** connecting members with NPWH leadership. WHNP **students gained new support through quarterly newsletters**, while member and student surveys helped shape future initiatives, guiding action by the M&M Manager, NPWH Board Liaisons, and the Membership Committee Chair.

March

Introduced **regional chat rooms** for local connections and meaningful member discussions. Our **virtual charity walk** supported women's health, WHNP research, and student scholarships. To keep members informed, we launched **SMS text membership renewal reminders** for those who opted in. We also established the **NPWH Student Ambassador Alumni Club (SAAC)**, fostering mentorship, professional growth, and leadership, strengthening the WHNP student pipeline.

April

Introduced NPWH [MemberDeals](#), offering **exclusive discounts on entertainment, retail, and travel**.

May

Hosted a **two-part career development webinar series exploring five WHNP subspecialties and job opportunities**, supporting students, recent graduates, and early-career professionals. We also launched **regional virtual coffee hour meetups**, providing a space for networking, professional discussions, and collaboration.

Additional New Member Benefits in 2024



Launched the **Her Health Matters** podcast, delivering expert insights on key women's health topics. We also introduced **monthly virtual coffee hours, hosted by Student Ambassador Alumni, retired members, and regional member volunteers.** These meetups created spaces for students, retirees, and North Atlantic region members to connect, share insights, and engage in meaningful discussions.



Celebrated NPWH's 44th Anniversary with a look back at our milestones, a deep dive into member benefits, and a **fun game of Scattergories, where one lucky winner earned free registration to the 2024 NPWH Women's Healthcare Conference in Chicago!** We also hosted virtual coffee hours for Southeast region members and WHNP students, providing spaces for connection, discussion, and professional growth.



Partnered with [Capital Bank Home Loans](#) to offer **members exclusive mortgage benefits**, including competitive rates, and complimentary NPWH membership. Plus, for every loan closed, Capital Bank donates up to \$1,000 to the NPWH Scholarship Fund, supporting both personal and professional growth. We also hosted virtual coffee hours for the Great Lakes and South Central regions, along with WHNP students, creating valuable spaces for networking, discussions, and shared insights.



The NPWH Student Ambassador Alumni Club (SAAC) **hosted a lively meet and greet for WHNP students** at the NPWH Women's Healthcare Conference in Chicago. Attendees connected with each other during a WHNP student bingo icebreaker, gained insights from student ambassador alumni, and enjoyed an exciting raffle!

Additional New Member Benefits in 2024



Hosted for the 2nd time, **our two-part career development webinar series exploring five WHNP subspecialties and job opportunities**, supporting students, recent graduates, and early-career professionals.



NPWH President Kwuan Paruchabutr, Treasurer Danielle Grimm, and CEO, Heather Maurer **hosted the first virtual Annual Members Business Meeting**, where they highlighted the organization's achievements, shared their vision for the future, and introduced the new Strategic Plan. We also **relaunched our YouTube channel with fresh video content** for women's health NPs and students.



2024 NPWH Student Ambassador Program

The NPWH Student Ambassador Program provides an amazing opportunity for mentorship, professional development, and networking for WHNP students. Through this program, ambassadors fostered meaningful mentor-mentee relationships, exchanging knowledge and experiences that supported both personal and professional growth. This initiative encouraged self-discovery and helped shape the next generation of WHNP leaders.

Each year, 10 outstanding students are selected to serve as ambassadors, receiving exclusive benefits such as free conference registration and extended mentorship. In 2024, our Student Ambassadors were:

- **Kelsi Berczynski** – WHNP & DNP Student, Arizona State University
- **Lauren Collison** – WHNP & DNP Student, University of Minnesota-Minneapolis
- **Olivia Docter** – WHNP & DNP Student, University of Colorado
- **Tammy Dunklebarger** – WHNP & DNP Student, University of Utah
- **Latoya Efeadue** – WHNP Student, Regis College
- **Heidi Grimsby** – WHNP Student, Vanderbilt University
- **Adrianna Jackson** – WHNP Student, University of South Alabama
- **Raya Kaplan** – WHNP Student, Frontier University
- **Loren Rice** – WHNP & DNP Student, Arizona State University
- **Ebony Parker Waugh** – WHNP Student, Drexel University

These ambassadors played a vital role in strengthening the WHNP pipeline, connecting students with experienced practitioners, and contributing to the future of women's health. Their dedication and enthusiasm exemplified the spirit of NPWH, leaving a lasting impact on the profession.

“

“Women deserve quality, safe, and accessible care. I want to ensure that every patient I care for feels seen and heard. As a Black woman, it is important to me to catalyze change in the current state of health care and the disparities that impact minorities. I am extremely grateful for the opportunity to serve as a 2024 NPWH Student Ambassador.” - **Adrianna Jackson**,
2024 NPWH Student Ambassador

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Strengthening the NPWH Community: Introducing The NPWH Student Ambassador Alumni Club

In 2024, NPWH launched the **Student Ambassador Alumni Club (SAAC)** to keep former student ambassadors engaged and active within the organization. SAAC provides a lasting network for past ambassadors, recent WHNP graduates, and students, uniting WHNPs and students nationwide.

This initiative fosters mentorship, professional development, and leadership opportunities, empowering members to advocate for NPWH, support student engagement, and strengthen the WHNP student membership pipeline. Through their participation, SAAC members play a key role in raising awareness and enhancing the future of the profession.

2024 Student Ambassador Alumni Club Members:

- **Lisa Bell**, DNP, WHNP-BC – The University of Utah
- **Sara Boufakhreddine**, RN, WHGRNP – DNP Student, Emory University
- **Angelica Solange Cañizares**, MSN, WHNP Student, Frontier Nursing University
- **Maiki Darnell**, MSN, WHNP-BC, IBCLC – University of Colorado College of Nursing
- **Becky Durling**, MSN, RN, IBCLC – WHNP Student, Frontier Nursing University
- **Illiyah Edwards**, MSN, WHNP-BC, Duke University
- **Anne Frame**, CNM & WHNP Student, Georgetown University
- **Rosalie Hatfield**, MSN, WHNP-BC – DNP Student, Duke University
- **Alexandra Low** – CNM & WHNP Student, Georgetown University
- **Jade A. Potter**, BSN, RN, IBCLC, PMH-C, WHNP-BC
- **Rebecca "Becca" Sacks**, DNP, WHNP-BC – Arizona State University
- **Jessica Spinali**, MSN, MPH – WHNP Student, Regis College
- **Antoinisha Wells** – WHNP Student, Thomas Jefferson University

SAAC is an exciting opportunity to stay connected, support future WHNPs, and contribute to the profession's growth. If you're a former NPWH student ambassador, and interested in joining the alumni club, please contact Chrishelle Haynes at chaynes@npwh.org.



Continuing Education

CE Activities

NPWH's continuing education **(CE) activities are one of the most valued benefits of membership**, offering a comprehensive range of opportunities to enhance the knowledge, skills, and expertise of healthcare professionals dedicated to advancing women's and gender-related healthcare. These programs are **thoughtfully designed to address emerging trends, evidence-based practices, and the unique needs of diverse patient populations**. From innovative topics such as reproductive health technologies and menopause management to essential skills in trauma-informed care and health equity, NPWH's CE offerings ensure members are equipped to provide the highest standard of care. Through live webinars, on-demand modules, our renowned annual conference, and certification preparation, NPWH supports the professional growth and lifelong learning of its members, empowering them to excel in their practice and make a meaningful impact on their patients and communities.

27,521 
**Participants in CE
Activities & Courses**

20 
**Free CE and Non-CE
Courses for Members**

Championing the Role of the WHNP-BC in Maternal Health

Throughout 2024, **NPWH leaders and members participated in speaking engagements showcasing their expertise** and reinforcing the organization's commitment to advancing women's health. From panel discussions on health equity to educational webinars on critical healthcare topics, these engagements highlighted NPWH's thought leadership and dedication to addressing pressing issues in women's and gender-related healthcare.

Speaking Engagements

Throughout 2024, NPWH leaders and members participated in speaking engagements showcasing their expertise and reinforcing the organization's commitment to advancing women's and gender-diverse healthcare. From panel discussions on health equity to educational webinars on the latest evidence-based care, these engagements highlighted NPWH's thought leadership and dedication to addressing pressing issues in women's and gender-related healthcare.

AAPI Heritage Month Panel

In celebration of AAPI Heritage Month, NPWH hosted a panel discussion focused on health equity and population health. The event highlighted the unique challenges faced by AAPI communities and explored actionable strategies to improve healthcare access and outcomes for these populations.



emPOWER Her Capitol Hill Event with iHealth

NPWH Board President, Komkwuan Paruchabutr and, NPWH CEO, Heather L. Maurer were featured speakers at the iHealth 1st Annual *emPOWERher* Progress Event on December 5th at the Speaker Nancy Pelosi Caucus Room in the Cannon House Office Building on Capitol Hill. This landmark event is dedicated to closing the gaps in menopause healthcare in the U.S., bringing together global and U.S. industry experts, Washington, D.C. leaders, influencers, and healthcare professionals who are shaping the future of women's health. Maurer and Paruchabutr contributed their expertise to critical discussions on advancing funding, treatment, and support to drive meaningful change in menopause care.



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin

Trinity Health and Education International Research Conference

NPWH Board member Dr. Kathy Trotter, DNP, CNM, FNP-BC, FAANP, FAAN, led two sessions at the Trinity Health and Education International Research Conference 2024 (THEconf2024) in Dublin, Ireland. The conference brought together nurses, midwives, and allied health professionals to share research and explore innovations improving global healthcare.

The 27th Annual NPWH Women's Healthcare Conference, held September 25–28, 2024, in Chicago, Illinois, was **one of NPWH's largest and most impactful conferences, bringing together over 950 attendees.** This premier women's healthcare event provided a dynamic blend of cutting-edge clinical education, engaging networking opportunities, and discussions on advancing women's and gender-related healthcare.

With 24 CE hours available, including pre-and post-conference workshops, the conference delivered evidence-based insights and practical strategies to enhance care across the lifespan.



Feedback from attendees was overwhelmingly positive.

98% 

Agreed that the knowledge gained would positively impact their clinical practice.

98% 

Said they would recommend the conference to their colleagues.

Conference highlights included...

Inspiring Keynote Panel

Equity, Representation, and Impact on Outcomes, moderated by **Clifton Kenon Jr., DNP, RN, IBCLC, FAAN**, explored how diversity and representation shape healthcare outcomes.

Contraceptive Management in Women with Co- Existing Health Conditions

Presented by **Kelley Stallworth Borella, DNP, WHNP-BC**, this session explored tailored contraceptive strategies for women with complex medical histories, offering practical tools for navigating co-existing conditions to ensure safe and effective family planning options.

Evidence-Based Pharmaceutical Strategies to Navigate the Menopause Transition

Genevieve Hofmann, DNP, WHNP-BC, MSCP, spoke to participants about implementing evidence-based pharmaceutical approaches to manage menopause symptoms effectively while addressing individual patient needs.

Prevention, Screening, and Management of Preterm Labor

Presented by **Ludrena Rodriguez, DNP, WHNP-BC, RNC-OB, C-EFM**, this session provided the latest research and clinical guidelines for preventing, identifying, and managing preterm labor.

Beyond the Surface: Illuminating Hidradenitis Suppurativa for Nurse Practitioners

Presented by **Jessica Wood, DNP, WHNP-BC, RNC-OB**, this session delved into diagnosing and managing hidradenitis suppurativa, a chronic skin condition often misdiagnosed or undertreated, focusing on holistic care.

Negotiating the Contract You Deserve: Understanding Compensation for WHNPs

Presented by **Caroline M. Hewitt, DNS, RN, WHNP-BC, ANP-BC**, and **Lacey Buckler, DNP, ACNP-BC, FAANP**, this session empowered WHNP-BCs with tools and insights for negotiating competitive contracts and understanding market trends.

2024 NPWH Conference Planning Committee



Jacki Witt
JD, MSN, WHNP-
BC, NCC-E (Chair)



Danica Homere
MSN, CNP,
WHNP-BC



**Kate Vaske-
Wright**
MSN, WHNP-BC



Jessica Wood
DNP, WHNP-BC,
RNC-OB



Jessica Wells
PhD, RN, WHNP-
BC, FAAN (NPWH
BOD Liaison)

**Donna Ruth, MSN, RN, NPD-BC (NPWH
Director of Education & Staff Liasion to the
Planning Committee)**

The conference in Chicago was organized by a dedicated team of leaders.

The 2024 NPWH Women's Healthcare Conference reflected the organization's commitment to advancing professional development, promoting health equity, and improving healthcare outcomes. Attendees are left empowered with the latest tools and insights to deliver high-quality, evidence-based care. The conference set a new benchmark for NPWH's leadership in women's health.

NPWH Menopause Summit for Advanced Practice Providers and 2024 Power of Associations Gold Award

NPWH launched its inaugural Menopause Summit for Advanced Practice Providers, a landmark event that earned NPWH the Power of Associations Gold Award from the American Society of Association Executives (ASAE). This dual achievement underscores NPWH's dedication to advancing healthcare for women and supporting the professional development of Advanced Practice Providers (APPs).



“The Menopause Summit for APP’s planning committee and NPWH are deeply honored to receive this recognition,” said Genevieve Hofmann, DNP, WHNP-BC, MSCP, Chair of the Menopause Summit and NPWH Board Member. “This award highlights the importance of addressing menopause-related healthcare for APPs and acknowledges our dedication to advancing professional standards in women’s health.”



Held virtually on April 5, 2024, the summit attracted over 800 participants and provided 7.5 CE hours, addressing the growing need for targeted education on menopause and midlife health. Developed by a planning committee of certified **Women’s Health Nurse Practitioners (WHNP-BCs)** and **Menopause Society Certified Practitioners (MSCPs)**, the planning committee included **Genevieve Hofmann, DNP, WHNP-BC, MSCP**, Committee Chair, played a pivotal role in ensuring the summit’s success. Other committee members included **Mary Fisher, PhD, APRN, WHNP-BC, MSCP**, **Jaclyn “Jackie” Piasta, MSN, APRN, WHNP-BC, MSCP**, **Jennie Mastroianni, DNP, WHNP-BC, MSCP**, **Shelagh Larson, APRN, WHNP-BC, MSCP, IF, FAANP**, and **Donna Ruth, RN, NPWH Director of Education**.

“This is one of the most beneficial conferences I have ever attended and the degree of takeaway information is exceptional. I have already shared many of these educational points with my peers.” ~2024 Menopause Summit Attendee



NPWH & ISSWSH SEXUAL HEALTH & MENOPAUSE COURSE

Virtual & On-Demand

August 16, 2024 7.5 CEs

NPWH again partnered with the **International Society for the Study of Women's Sexual Health** (ISSWSH) to provide a virtual course on Sexual Health & Menopause. Held on August 16, this was the 10th joint sexual health course between the two organizations. This year's course covered topics related to sexual health & menopause, providing in-depth education on managing Genitourinary Syndrome of Menopause (GSM), covering topics such as:

- Hormone treatments
- Local and non-hormonal therapies
- Genitourinary Syndrome of Menopause (GSM)
- Additional treatment options like lubricants, pelvic floor therapy, and psychological approaches

"I love these NPWH/ISSWSH virtual Conferences. I always learn so much" ~2024 Sexual Health & Menopause Conference Attendee

Course Faculty

Sarah Cigna, MD, MS, FACOG, IF

Brooke Faught, DNP, WHNP-BC, MSCP, FAANP, IF

Irwin Goldstein, MD, IF

Sue Goldstein, BA, CSE, CCRC

Genevieve Hofmann, DNP, WHNP-BC, MSCP

Erika Kelley, PhD

Corinne Menn, DO, FACOG, MSCP

Anita Mikkilineni, MD, FACOG, IF

Jandra Mueller, DPT, MS

Heather Quaile, DNP, WHNP-BC, AFN-C, MSCP, CSC, IF, FAANP

Rachel Rubin, MD, IF

Susan Kellogg-Spadt, PhD, CRNP, CSC, IF

Alyssa Yee, MD

694
attendees
(course
record)

99.8%
said it would
positively
impact their
practice

WHNP-BC Educational Excellence and Resources

NPWH strengthened its collaborations with leading organizations to advance women's health. We amplified our impact, providing WHNP-BCs with cutting-edge education and tools to improve patient outcomes.

WomenTalk Series with *Healthy Women*

NPWH was proud to partner with **HealthyWomen** for a **three-part WomenTalk series** exploring the critical role women's health nurse practitioners play in contraceptive, maternal, and menopause care. WHNP-BCs are essential providers in women's healthcare, ensuring access to evidence-based, patient-centered care across the lifespan. Topics included, **Contraceptive Care:** Discussed the pivotal role of WHNP-BCs in patient-centered contraception counseling; **Maternal Health:** Explored strategies for improving maternal health outcomes through evidence-based practices; **Menopause Management:** Provided insights into the latest clinical guidelines for menopause care.

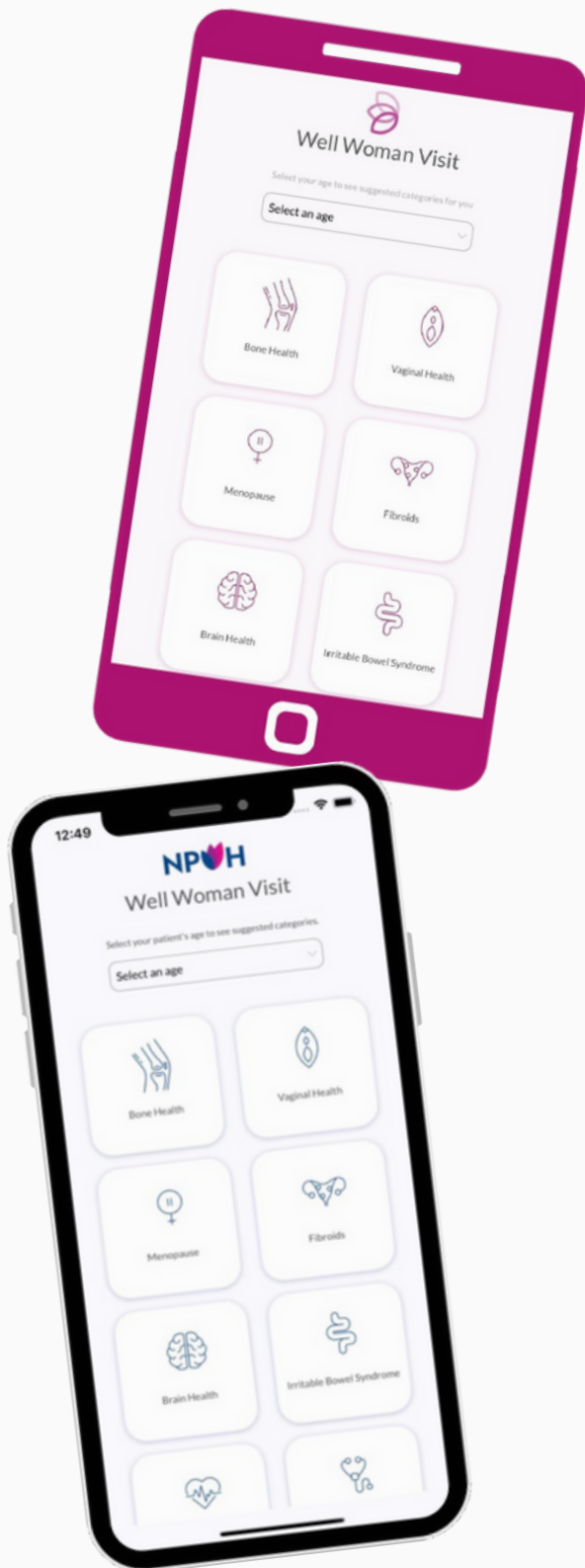


Speakers included, **Komkwuan Paruchabutr**, DNP, FNP-BC, WHNP-BC, CNM, FACN **Danielle Grimm**, WHNP-BC, MPH, MSCP, and **Genevieve Hofmann**, DNP, WHNP-BC, MSCP.

WHNP-BC Career Development Webinar Series

The *Unveiling 5 WHNP Subspecialties and Job Opportunities* webinar series provided students and professionals with insights into emerging career paths, helping them explore subspecialties and new job markets. **Over 500 attended these events.**

NPWH Well Woman Visit App



The NPWH Well Woman Visit App compiles the most commonly used clinical guidelines from multiple sources (ACOG, USPSTF, CDC, NOF, ACIP, ASCCP) into a single tool and places them at the clinician's fingertips. The Well Woman Visit App had almost 3,000 new downloads in 2024, bringing its all-time download total to over 31,000.

As part of our ongoing work with NPs, Midwives, and Nurses Partnering to Prevent FASD (a grant in partnership with the CDC/University of Alaska), the Preventive Health Screening module was enhanced to include information on screening for tobacco, alcohol, and other drug use. New screening tools for substance use and anticipatory guidance were also included.

We thank in advance all who provided grants to support the build and maintenance of this application.

Educational Fireside Chats

NPWH hosted a series of educational sessions in collaboration with industry leaders to address pressing topics in women's health. These programs provided valuable insights, fostered professional development, and engaged hundreds of healthcare providers in advancing evidence-based care.

- **A Patient's Journey Through Menopause (Sponsored by Bayer):** 225+ attendees discussed comprehensive menopause care strategies.
- **Confident Contraceptive Counseling (Facilitated by Organon):** Focused on evidence-based approaches to contraception, with over 300 registrants.
- **Migraine Matters Symposium (Sponsored by Pfizer):** Attracted nearly 200 participants to discuss the impact of migraines on women's health and advanced treatment strategies.
- **Comprehensive Breast Cancer Risk Assessment (Sponsored by Myriad):** 250+ people registered for the symposium.
- **Industry Symposium on Shaping the Future of Endometriosis Pain Management (sponsored by Sumitomo Pharma America, and Pfizer):** 350+ attended the webinar to discuss managing the pain caused by endometriosis.

Fireside Chats Sponsors



2024 NPWH Clinical Position Statements

NPWH's clinical position statements articulate the organization's official stance on critical women's and gender-related health issues, grounded in the latest evidence-based practices and focused on improving health outcomes through a health equity lens. These statements are a reflection of NPWH's commitment to addressing pressing healthcare challenges, advocating for justice-based care, and ensuring that all individuals receive comprehensive, inclusive, and equitable care.

By promoting the role and expertise of board-certified Women's Health Nurse Practitioners (WHNP-BCs), these position statements serve to advance NPWH's mission to empower healthcare providers, shape policy, and elevate the standard of care in women's and gender-related healthcare.

In 2024, NPWH published 3 new clinical statements.

- **Scope of Practice for Board-Certified Women's Health Nurse Practitioners (WHNP-BC) (September 2024):** Highlights the autonomous role of WHNP-BCs in delivering inclusive, trauma-informed, full-scope care grounded in justice-based principles.
- **Health and Healthcare for Midlife Women (July 2024):** Focused on the specific needs of midlife women, it advocates for comprehensive, individualized care that addresses menopause, chronic disease prevention, and mental health.
- **LGBTQIA+ and Gender-Affirming Care (June 2024):** NPWH highlighted members whose practices focus on LGBTQIA+ care.



Advocacy in Action: Advancing the Role of WHNP-BCs & Supporting Patient Care

86 Sign-on Letters, including letters of support, opposition, and endorsements.

NPWH strives to make meaningful changes in women's and patients' lives through advocacy efforts that center on improving women's and gender-related health outcomes and the quality of healthcare for the patients you care for.

In keeping with our mission we:

- **Advocate for healthcare policies that support women and patients, and the nurse practitioners who care for them.**
- Collaborate with strategic partners to enhance the effectiveness and timeliness of our efforts in the policy and practice arena.

NPWH joined numerous organizations in providing letters of support, including the National Family Planning & Reproductive Health Association, the Agency for Healthcare Research and Quality, American Nurses Association, Trust for America's Health, Healthy Women, Society for Women's Health Research, HPV Cancers Alliance, EveryBODY Covered, the Maternal Mental Health Leadership Alliance, Organizations in support of Sexual and Reproductive Health Equity, Power to Decide, Alliance for Women's Health and Prevention, Society for Maternal-Fetal Medicine, American College of Obstetricians and Gynecologists, the American Liver Foundation and AcademyHealth to name a few.

Highlights of some of our sign-on letters:

- **Workplace Violence Prevention Standards:** Advocated for OSHA to establish a robust national standard addressing the increasing violence faced by healthcare workers.
- **Credit for Caring Act:** Endorsed financial relief measures to support the vital contributions of family caregivers.
- **Maternal Mental Health Funding:** Championed state grants and hotlines to expand resources and support for maternal mental health.
- **PREEMIE Reauthorization Act:** Supported efforts to reduce preterm births and enhance neonatal care to improve health outcomes for mothers and babies.
- **Coverage of Contraception:** NPWH joined with other organizations on a letter in support of access to high-quality family planning services, including FDA-approved contraception and contraceptive services.

Amicus Briefs

9 NPWH led or signed Amicus Briefs

Amicus Brief to Protect WHNP-BC, CNM, Physician Associates (PAs) and Advanced Practice Practitioner Practice

On February 22, 2024, NPWH joined AAPA, APAOG, and ACNM in filing an amicus brief with the U.S. Supreme Court in the case FDA v. Alliance for Hippocratic Medicine. The case challenges the FDA's 2016 rule changes that allow advanced practice clinicians (APCs) to prescribe mifepristone, a medication deemed safe and effective since its approval in 2000. If the Fifth Circuit's decision is upheld, APCs could be prohibited from prescribing mifepristone, restricting patient access to essential reproductive healthcare.

Defending EMTALA in Idaho v. U.S.

Partnered with the National Women's Law Center to contest Idaho's stringent abortion ban, arguing that it violates EMTALA's requirement to provide emergency care, including life-saving abortion procedures.

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At NPWH, we believe in protecting women's and birthing individuals' rights to make their own choices regarding their health and well-being. Now more than ever, it's essential that we continue to support scientific, evidence-based medicine and advocate for equitable access to all healthcare options.

NPWH Stands with those promoting
full bodily autonomy for all.

Dr. Komkwuan Parachabutr, NPWH President

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Why Advocacy Matters

At NPWH, advocacy goes beyond policy – it’s about transforming healthcare for women and gender-diverse individuals by championing the indispensable role of Certified Women’s Health Nurse Practitioners (WHNP-BCs). From tackling urgent public health challenges like climate change to ensuring equitable access to reproductive care and raising awareness about menopause and age-related health factors, our advocacy is driven by a commitment to creating meaningful change for healthcare providers and their patients.

- **WHNP-BCs Lead Specialized Care Across the Lifespan:** From first menarche to managing high-risk complex pregnancies to guiding patients through perimenopause/menopause and beyond, WHNP-BCs provide expert, people-centered care that addresses complex health needs at every stage of life.
- **Advocacy Empowers Excellence in Practice:** Our efforts ensure WHNP-BCs receive the recognition they deserve, enabling them to practice at the highest level of their training and deliver improved health outcomes for their patients.

Building Bridges for Better Care: Advocating for WHNP-BCs to Practice to their Full Scope

At the heart of our mission is a commitment to ensuring all individuals have access to high-quality, scientific, evidence-based care. Our advocacy initiatives focus on dismantling systemic barriers and expanding opportunities for WHNP-BCs to serve as champions of equitable, inclusive healthcare.

Advocacy at NPWH extends beyond policy change, it is about building a future where every patient and provider has the resources, respect, and recognition they deserve. Together, we are redefining and shaping the future of women's health.

EveryBODY Covered Campaign

In collaboration with the Alliance for Women's Health and Prevention, NPWH championed equitable access to evidence-based obesity care through the EveryBODY Covered campaign. Recognizing obesity as a chronic disease, this initiative focused on breaking down barriers to care and reducing stigma.



- **Educational Outreach:** Developed and distributed materials to raise awareness about obesity's impact on women's health across the lifespan and promote effective clinical strategies for management.
- **Empowering Voices:** Amplified personal stories from women in diverse communities, fostering advocacy and support for equitable obesity care.
- **Policy Advocacy:** Advocated for employers and policymakers for comprehensive insurance coverage of obesity prevention, treatment, and management.

This campaign provided NPWH's dedication to holistic and equitable healthcare, highlighting the critical links between obesity, reproductive health, and overall well-being.

Published Commentary by NPWH Board President, Dr. Komkwuan Paruchabutr

NPWH's Board President, Dr. Komkwuan Paruchabutr, DNP, FNP-BC, WHNP-BC, CNM, FACNM published a commentary, [The Future for Women's and Gender-Related Healthcare for Women's Health Nurse Practitioners in The Journal of Perinatal & Neonatal Nursing](#). This insightful piece examines the evolving role of Women's Health Nurse Practitioners (WHNPs) in advancing gender-related healthcare, framed by NPWH's mission and vision. Dr. Paruchabutr highlights WHNPs' pivotal contributions to menopause care, maternal health, and reproductive health while addressing key challenges such as recognition as maternity care providers, publishing WHNP-specific outcomes, and collecting comprehensive workforce data

To overcome these obstacles, WHNP-BCs must advocate for increased recognition in maternity care, expand the dissemination of WHNP-focused research, and enhance workforce data collection. By tackling these barriers, WHNP-BCs will continue to shape the future of healthcare, ensuring equitable and comprehensive care for women and gender-diverse individuals.





Maternal Mortality Webinar Series

To advance the role of the certified women's health nurse practitioner in maternal healthcare, NPWH organized a comprehensive webinar series exploring:

- The racial and socioeconomic inequities contributing to maternal mortality.
- The critical role of WHNP-BCs, doulas, and community health workers in supporting underserved populations.
- Policy solutions aimed at reducing maternal mortality rates and improving outcomes.

The series provided actionable strategies for advocating for the WHNP-BC to be recognized as a maternal healthcare provider offering prenatal and postpartum care, advancing health equity, and underscoring NPWH's commitment to maternal health advocacy.

Addressing Climate Change and Women's Health



WHNP-BC expertise empowers them to:

- **Educate and Empower:** Guide patients on reducing environmental risks and safeguarding maternal and infant health.
- **Manage Climate-Sensitive Conditions:** WHNP-BCs are qualified to address these challenges. With high-risk obstetrics as a key component of their scope of practice, they deliver specialized care throughout the prenatal and postpartum continuum, positioning them as essential providers in managing the health impacts of climate change. Identify and address environmental risk factors while caring for heat-related illnesses and other health conditions worsened by climate change.
- **Promote Health Equity:** Advocate for equitable access to healthcare for communities disproportionately impacted by environmental challenges.

The National Association of Nurse Practitioners in Women's Health (NPWH), in partnership with the Alliance of Nurses for Healthy Environments (ANHE), proudly launched Nurses Improving the Environmental Health of Women & Children (NIEHWC), a collaborative dedicated to advancing the health of women, birthing persons, and children by addressing environmental factors that contribute to health disparities and harm.

This initiative reflects NPWH's commitment to providing education and resources that empower certified Women's Health Nurse Practitioners (WHNP-BCs) and other Advanced Practice Registered Nurses (APRNs) in women's and gender-related health. NIEHWC equips healthcare providers with the tools and knowledge to understand and mitigate the impacts of environmental factors on health, emphasizing the role of nursing expertise in driving change. By highlighting the importance of environmental health interventions, NIEHWC seeks to eliminate disparities, improve health outcomes, and promote health equity.

Environmental Health Webinar Series

In partnership with Mosaic and the Alliance of Nurses for Healthy Environments, NPWH launched a three-part webinar series that:

- Examined the intersection of climate change and women's health, focusing on populations disproportionately affected by environmental hazards.
- Presented clinical strategies for addressing environmental health impacts on pregnancy, gynecological care, and chronic conditions.
- Discussed policy solutions to mitigate disparities and build environmental justice into healthcare delivery.

The series positioned NPWH as a leader in addressing emerging health threats tied to climate change by providing actionable strategies highlighting the organization's dedication to advancing health equity and its commitment to advocacy in women's healthcare.



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NPWH recognizes that social and environmental justice are inherently connected to reducing harms to health and well-being associated with climate change. NPWH advocates for global and national policies and practices that promote strategies to reduce these harmful health effects within a socially and environmentally just framework.

NPWH Clinical Position Statement

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CDC Collaboration

NPWH's Director of WHNP Practice and Policy participated in the CDC's Surveillance for Emerging Threats to Mothers and Babies Network (SETNET) convening, addressing pressing maternal and infant health challenges. The event included touring the CDC Emergency Operations Center, enhancing collaboration, and strengthening partnerships for impactful national health initiatives.

Cardiovascular Health and Hypertension in Pregnancy

In partnership with Mosaic and the Alliance of Nurses for Healthy Environments, NPWH launched a three-part webinar series:

- **CDC's Million Hearts Initiative:** NPWH collaborated on this national initiative preventing 1 million heart attacks and strokes within five years. As part of this effort, a webinar on heart disease and stroke prevention was held on May 15, reinforcing NPWH's commitment to improving cardiovascular health outcomes.
- **Hypertension in Pregnancy Change Package:**
 - **Collaborative Development:** Created in partnership with the AMA, ACNM, ACOG, and other leading organizations to address maternal hypertension.
 - **Comprehensive Resources:** Provided clinics with practical tools and strategies for managing hypertension during pregnancy and the postpartum year.
 - **Leadership and Advocacy:** Co-authored by NPWH's Director of WHNP Policy, who also facilitates the Million Hearts® Hypertension in Pregnancy Action Forum, a quarterly platform for sharing best practices and fostering collaboration.
 - **Educational Webinars:** Hosted two webinars, focusing on hypertension management during pregnancy (Part 1) and the postpartum period (Part 2), leveraging CDC tools to enhance clinical outcomes.



Strengthening Nursing's Response to Infectious Diseases in Pregnancy

- **CDC Foundation Partnership:** Secured funding to address infectious disease threats such as congenital syphilis, cytomegalovirus, and hepatitis C in pregnancy.
- **Educational Resources:** Developed comprehensive training programs and materials to equip nurses and advanced practitioners with the skills to identify and manage these conditions.
- **Focus on Care:** Prioritized early detection, patient-centered counseling, and holistic care to improve health outcomes for mothers and infants.
- **Collaborative Communication:** Launched a communication initiative to disseminate timely updates and resources through partnerships with nursing organizations.

Educational and Collaborative Milestones

- **Expanding Education for WHNP-BCs:**
 - Continued commitment to equipping WHNPs with cutting-edge resources for advancing care in areas such as maternal health, reproductive rights, and chronic conditions like cardiovascular disease.
- **National and Cross-Sector Partnerships:**
 - Fostered alliances with organizations like AMA and ACOG to enhance care standards and advocate for women's health policies.
 - Engaged in legislative advocacy and public health initiatives aimed at reducing health disparities.
- **Advocacy and Awareness Campaigns:**
 - NPWH launched public awareness efforts and hosted webinars to address critical issues:
 - Disseminated evidence-based strategies regarding hypertension in pregnancy.
 - Raised awareness and trained providers in effective interventions for the congenital syphilis epidemic.
 - Broadened focus on perinatal infections and maternal morbidity.

NPWH demonstrated unwavering dedication to enhancing women's health through education, advocacy, and partnerships. By leveraging national initiatives and providing critical resources, the organization solidified its role as a leader in improving care quality and equity.

Championing the Role of the WHNP-BC in Maternal Health

We are dedicated to advocating for the interests and advancement of certified Women's Health Nurse Practitioners (WHNP-BCs). **We continuously expand resources to support WHNP-BCs in their professional and advocacy endeavors.**

These comprehensive one-pagers detail various aspects of the certified WHNP scope of practice. **These documents are invaluable for advocacy efforts with organizational leaders and are instrumental in educating hiring managers and hospitals** about the unique qualifications, responsibilities, and expertise of WHNP-BCs.

Our commitment to advocacy ensures that certified WHNPs are recognized and valued for their critical role in women's and gender-related healthcare and our employment resources facilitate their career growth and professional development. As part of our ongoing efforts, in addition to providing resources to our members, NPWH actively participates in and leads collaborative opportunities, such as those listed below:

- **October 2024:** NPWH participated in the Advisory Committee on Infant and Maternal Mortality (ACIMM), emphasizing the unique competencies of WHNP-BCs in high-risk pregnancy and postpartum care.
- **August 2024:** NPWH collaborated with the Society for Maternal-Fetal Medicine (SMFM) to host a webinar on "WHNPs in MFM Practice," showcasing the role of WHNP-BCs in maternal-fetal medicine across diverse settings.
- **June 2024:** NPWH participated in a Policy Center for Maternal Mental Health webinar discussing WHNP-BCs' role in screening and managing mental health conditions during pregnancy and postpartum, alongside Psychiatric Mental Health NPs.
- **March 2024:** At the Women's Midlife Health Summit, the NPWH CEO Heather Maurer addressed the impact of cardiometabolic health and obesity on women's health, contributing to a shared policy agenda to improve care and reduce bias.

Amplifying Women's Health Through Social Media, Digital Engagement, and Media Relations Outreach

NPWH increased its visibility and engagement across Instagram, Facebook, LinkedIn, and X to amplify the association's digital presence and expand its reach. Efforts prioritized promoting the "Her Health Matters" podcast to maximize its impact and audience, positioning NPWH as a thought leader in women's health.

Her Health Matters Podcast: Amplifying Women's Voices

Her Health Matters Podcast Series: Exploring Critical Issues in Women's Health

The Her Health Matters podcast, hosted by Heather Maurer, MA, CAE, brings together leading experts to discuss pressing topics in women's and gender-related healthcare. This engaging series highlights the role of healthcare professionals in advancing equitable care and advocating for policy changes that improve health outcomes.

1. The Future of Cervical Cancer Screening: Accessibility and Equity
2. Defending Reproductive Rights: Legal Challenges and Advocacy Post-Dobbs
3. Advancing Obesity Care for Women and Gender-Diverse Individuals
4. Essential Knowledge on Vitamins and Supplements for Women's Health
5. Building Strong Bones: A Lifelong Approach to Bone Health
6. Transforming Sexual Health: A Comprehensive Approach to Patient Care
7. Addressing Bias and Promoting Autonomy in Women's Healthcare
8. Empowering Clinicians and Expanding
9. Access to Reproductive Healthcare From Critical Care Nurse to Women's Health Leaders



Listen on:



Social Media Growth: Engaging and Expanding Communities

Throughout 2024, NPWH prioritized increasing visibility and engagement across Instagram, Facebook, LinkedIn, and X. Tailored campaigns celebrated key awareness months such as National Nurse Practitioner Week, Women's History Month, Black Maternal Health Week, and Menopause Awareness Month, leveraging infographics, video reels, and member testimonials to inform, inspire and raise the profile of a WHNP.

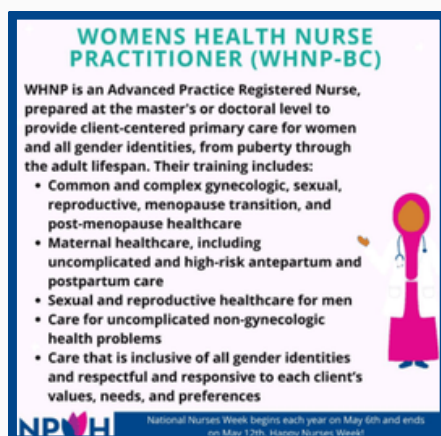
Member-focused initiatives like “**Member Mondays**”, women's health NP educational nuggets, and live **Q&A sessions with WHNP experts** increased community engagement. These efforts strengthened NPWH's ability to connect with audiences and elevate its mission.

By year's end, NPWH had grown its social media presence to:

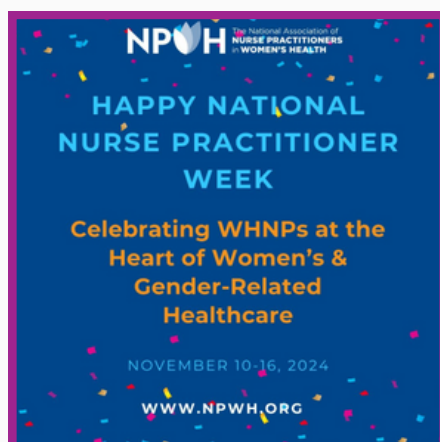
- **6,684 followers on LinkedIn**
- **3,775 followers on Instagram**
- **3,675 followers on Facebook**
- **1,651 followers on X**

Top Social Media Posts of 2024

180 Instagram Likes



280 Instagram Likes



335 Instagram Likes



Media Relations and Public Statements: Advancing Women's Health Conversations

NPWH leveraged strategic media outreach and public statements to amplify its voice as a leader in women's healthcare. We successfully positioned our experts, initiatives, and perspectives across various platforms.

Below are key highlights from the year:



Strategic Media Relations

We crafted and distributed targeted pitches to elevate NPWH's mission and expertise, including:

- Closing the Women's Health Gap: Highlighting NPWH's work to address disparities in healthcare.
- Project 2025 Pitch: Advocating for forward-thinking women's health initiatives.
- Uterine Health-Fibroids and Endometriosis: Promoting insights from the Her Health Matters podcast.



Podcast and Media Placements

- Career By Design Podcast featuring NPWH CEO, Heather Maurer.
- All Things Menopausal podcast with NPWH CEO, Heather Maurer.
- Feature in Women's Business Journal with NPWH CEO, Heather Maurer.



NPWH Members Quoted in Media

- Ludrena Rodriguez on abortion bans (The Guardian, Yahoo).
- Allyssa Harris on reproductive rights (Rescripted.com).
- Kelley Stallworth Borella on financial wellness (Money Magnet).
- Heather Maurer on menopause (PopSugar).



Published Expertise

NPWH Student Ambassador Alumni Club Member, Alexandra Low was featured in The Wildest Blog on cats sensing pregnancy.



Garnered Media Coverage

- **Get Me Giddy:** In-depth feature on the Supreme Court's Mifepristone case.
- **The Wildest Blog:** Highlighting NPWH student Placements and mentions in Yahoo, PopSugar, and The Guardian.



Public Statements on Critical Issues

NPWH released statements demonstrating leadership in advocating for women's health:

- **Mifepristone Supreme Court Ruling:**
 - Drafted statements supporting evidence-based healthcare practices,
- **State Abortion Legislation:**
 - **Arizona and Florida abortion bans:** Addressed the impact of restrictive laws on women's health.
 - **Louisiana Bill criminalizing abortion pills:** Statement drafted for Dr. Komkwuan Paruchabutr, DNP, FNP-BC, WHNP-BC, CNM, FACNM.
- **Federal Legislation:**
 - **Right to Contraception Act:** Delivered a public stance on access to essential contraceptive care.
 - **EMTALA/SCOTUS Cases:** Released statements on supportive and opposing rulings, showcasing NPWH's nuanced expertise.



Media Outreach

Media invitations for:

- NPWH/ISSWSH Sexual Health Summit
- NPWH 27th Annual Women's Healthcare Conference
- Her Health Matters podcast episodes

Media outreach significantly expanded its visibility across reputable outlets, podcasts, and public forums, positioning its leaders and members as trusted experts on women’s health issues. Through proactive advocacy and timely public statements on key legislation and healthcare trends, NPWH demonstrated its commitment to advancing women’s healthcare. Collaborative efforts with allied organizations amplified its impact, ensuring that NPWH remained a prominent voice driving awareness and fostering meaningful change in women’s health.

Awards and Rankings: Recognizing Excellence in Women’s Health Advocacy

NPWH achieved notable recognition for its leadership and expertise in women’s healthcare through strategic awards submissions and media placements. Key highlights include:

- **MD Newsline Podcast:** Heather Maurer’s participation showcased NPWH’s commitment to addressing disparities in women’s health.
- **National Nurse Practitioner Symposium (Keystone, CO):** NPWH highlighted the critical role of WHNPs in advancing women’s health during this prestigious event.
- **2024 American Society of Association Executives (ASAE) Power of Associations:** NPWH was recognized for its impactful advocacy and contributions to advancing women’s health equity and received the 2024 Gold Award for the NPWH Inaugural Menopause Summit for Advanced Practice Providers.



These efforts reflected NPWH’s dedication to celebrating its members, advocating for women’s health, and securing its place as a leader in the healthcare community.



NPWH Board of Directors

The NPWH Board of Directors consists of dedicated volunteers who contribute their time and expertise to advancing NPWH's mission, vision, and commitment to inclusion, diversity, and equity (IDE). This year, the Board continued to prioritize cultivating diverse perspectives and skills, representing clinical practice, research, education, entrepreneurship, nonprofit leadership, community services, and innovative models of women's and gender-related healthcare. With a strong focus on national representation, the Board seeks women's health nurse practitioners and APRNs who are passionate about driving forward NPWH's Strategic Plan and making a meaningful impact in the field.

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Looking ahead, we are filled with hope and optimism. Our resolve to advance our mission and support our members has only strengthened. Together, we will continue to champion the cause of women's health and make an even greater impact.

**-Komkwuan P. Paruchabutr
NPWH Board President**

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2024 NPWH BOARD OF DIRECTORS



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A Heartfelt Farewell to Three NPWH Board of Directors



DR. ALLYSSA HARRIS



DR. GINNY MOORE



DR. KATHY TROTTER

NPWH honors three esteemed members of our Board of Directors whose terms have now concluded in 2024:

- **Allyssa Harris, RN, PhD, WHNP-BC, FNAP, FADNL**
- **Ginny Moore, DNP, WHNP-BC, FAANP**
- **Kathy Trotter, DNP, CNM, FNP-BC, FAANP, FAAN**

“We celebrate their contributions and thank them for their lasting impact on NPWH and the broader field of women’s and gender-diverse healthcare.” -Komkwuan Paruchabutr, DNP, FNP-BC, WHNP-BC, CNM, FACNM, NPWH Board President

We extend our deepest gratitude to them for their exceptional service and unwavering commitment to advancing women’s and gender-related healthcare.

Their leadership has been vital in shaping NPWH’s focus on membership, education, inclusivity, diversity, and equity. They have strengthened the value of the certified Women’s Health Nurse Practitioner (WHNP-BC) credential and inspired countless others to follow their path. Through their dedication to education and mentorship, they have significantly influenced the future of our profession, guiding the growth and success of the next generation of women’s health nurse practitioners.

Our 2024 Corporate Advisory Members: Champions of Women's Health Advisory Members

NPWH extends our deepest gratitude to our 2024 Corporate Advisory Members for their unwavering support and dedication to advancing women's health and the WHNP-BC profession. Their partnership enables NPWH to empower WHNP-BCs, and all APRNs in women's healthcare. Together, we are shaping the future of women's healthcare by expanding access to high-quality, patient-centered care, supporting groundbreaking research, and advancing education. Their commitment drives innovation, fosters inclusivity, and strengthens advocacy efforts that ensure equitable healthcare for all.

Platinum



Gold



Bronze



Mission

NPWH is the professional community for Women's Health Nurse Practitioners and other advanced practice registered nurses who provide women's and gender-related healthcare. We set a standard of excellence by generating, translating, and promoting the latest research and evidence-based clinical guidance, providing high-quality continuing education, and advocating for patients, providers, and the WHNP profession. Our mission includes protecting and promoting a woman and all individuals' rights to make their choices regarding their health and well-being within the context of their lived experience and their personal, religious, cultural, and family beliefs.

Vision

We envision a world where WHNP-BCs and all APRNs who provide women's and gender related healthcare are esteemed pioneers in fostering a just, healthy, and equitable society.

Our Commitment to Inclusion, Diversity, and Equity

NPWH is committed to increasing inclusivity, diversity, and equity (IDE) in our organization, the WHNP profession, the women's and gender-related healthcare field, and beyond.

Our Membership is composed of professionals representing diversity by, but not limited to, specialty area, educational background, race and ethnicity, age, geographic location, socioeconomic status, ability, gender and identity, sexual orientation, and personal beliefs. We actively seek to engage and amplify the voices that have historically been silenced and ensure they are represented in our staff, leadership, and programming.

Our profession recognizes the need to grow in diversity and dismantle racism, discrimination, and other barriers to education and career paths for professionals from underrepresented and marginalized groups. We work together with others to expand opportunities and promote diversity within the WHNP professional community. Our field understands the health disparities and injustice created by implicit bias, social determinants, and systemic racism. Through self and organizational assessment, education, professional development, and advocacy, we work to counter these forces and work for equity in all aspects of women's and gender-related healthcare.



**Empowering Practitioners, Advocating for
Equity, and Elevating Care Across the Lifespans
of Women and Individuals Across the U.S.**