NPWH Menopause Summit 2.0

Building on the Foundations

April 4, 2025



NPWH Menopause Summit

for Advanced Practice Providers

Program Guide

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Planning Committee

Genevieve Hofmann, DNP, WHNP-BC, MSCP, Co-Chair

Jaclyn Piasta, MSN, WHNP-BC, MSCP, Co-Chair

Mary Fischer, PhD, WHNP-BC, MSCP

Rebecca Ingalls, PhD, CNM, WHNP-BC, MSCP

Jennie Mastroianni, DNP, WHNP-BC, MSCP

Donna Ruth, MSN, RN, Staff Liaison

Welcome!



Heather L. Maurer, MA, CAE
Chief Executive Officer
National Association of Nurse Practitioners in Women's Health (NPWH)

hmaurer@npwh.org

Dear Colleagues,

Welcome to NPWH's Menopause Summit 2.0: Building on the Foundations! This second annual Summit builds on the success of last year's inaugural event, answering our members' call for more continuing education in this hot topic area. Designed for Advanced Practice Providers, this program features sessions led by Menopause Society Certified Practitioners (MSCPs) and leading experts in the field.

Thank you for your participation and dedication to continuing education in women's and gender-related healthcare!

Accessing the Course

The conference takes place on the Virtual Attendee Hub (VAH). This is where you will watch sessions (live and On Demand), participate in chat and Q&A, and download the session materials.

To start, **click here** and enter your name and the email address you used to register for the conference. You will then receive an email and text (if you provided your mobile phone number during registration) with a verification code. Enter the verification code to officially enter the VAH. **Note: Once you log in, the system will keep you logged in for 24 hours. If more than 24 hours pass without activity, you will need to repeat the process with a new code.** We highly recommend logging in at least once before the start of the Summit.

Win by Participating!
Earn points by exploring the Attendee Hub and participating in the live conference. The three attendees with the highest score at the conclusion of the live conference will win NPWH swag as prizes. The game will go live at 10:00 am on Wednesday, April 2.
Good luck!



CE Information

This course has been evaluated by the Continuing Education Approval Program of NPWH and has been approved for a total of 7.25 continuing education hours. NPWH is approved by the California Board of Nursing, CEP Number 13411.

All sessions are included in registration. While live participation on April 4 is encouraged, registrants have access to the course materials until July 8, 2025. No refunds will be issued if the course is not accessed or completed by July 8, 2025.

How to Access Your CE Certificate
Upon completion of the course, please click the "Take Survey" button at the top of the Attendee Hub homepage. From there, fill out your session evaluations and the General Event Feedback survey. **To earn your CE credit, you must complete the General Event Feedback survey by July 8, 2025.**

Upon completion of the General Event Feedback survey, a link to download and print your certificate will be emailed to you within one business day. Please download the certificate for safekeeping. The link to download your certificate will not be available after July 8, 2025. Contact info@npwh.org if you do not receive your certificate. The deadline to claim CE credit is July 8, 2025.

All evaluations must be completed by this date, or you will be charged a $25 processing fee to claim your CE after the date has passed.

NPWH is committed to ensuring that all education sessions are free from commercial bias and product promotion. Any commercial products, goods, or services displayed or discussed during this CE activity should not be interpreted as an endorsement by NPWH.

Course Objectives

At the course's conclusion, participants will be able to:

1. Explain how to **effectively navigate misinformation** and incomplete, conflicting medical evidence to better engage in shared decision-making during menopause care.
2. Outline a **plan of care with midlife patients** using up-to-date, reliable scientific evidence and consensus guidelines, providing individualized recommendations for managing menopausal hormone therapy and other menopause treatments to meet patients' unique needs.
3. Examine **the multifactorial relationship** between menopause and midlife physical and behavioral health, and the role of the WHNP in supporting patients' comprehensive healthcare.
4. Identify **new strategies** to improve the management of complex midlife and menopausal patients in a clinical setting.

Distinguished Faculty and Disclosures

Distinguished Faculty	Disclosures
Angela Alston, DNP, MPH, APRN, WHNP-BC, FNAP • *Assistant Clinical Professor & Chief Diversity Officer, The Ohio State University College of Nursing WHNP, AVINA Women's Care* • Columbus, Ohio	No disclosures
Dana Beall Brown, PhD, Licensed Clinical Psychologist • *Senior Instructor and Clinical Health Psychologist, University of Colorado, School of Medicine, Department of Psychiatry* • Aurora, Colorado	No disclosures
Stephanie Faubion, MD, MBA, MSCP, Medical Director of the Menopause Society • *Professor and Chair, Department of Medicine* • *Director of Mayo Clinic Center for Women's Health* • Jacksonville, Florida	No disclosures
Mary Fischer, PhD, WHNP-BC, MSCP • *Assistant Professor, Tan Chingfen Graduate School of Nursing at the University of Massachusetts Chan School of Medicine* • Worcester, Massachusetts	Fees for non-CE services (self): Aquifer – Associate Editor, OB-GYN editorial board development of case studies (non-menopausal related) for use in education of healthcare provider students
Patricia Geraghty, MSN, FNP-BC, WHNP-BC, MSCP • *Owner and WHNP at Each Women's Health* • Walnut Creek, California	Fees for non-CE services (self): Astellas

Distinguished Faculty and Disclosures

Distinguished Faculty	Disclosures
Christine Hart Kress, DNP, APRN, WHNP-BC, MSCP • *Owner and CEO of Christine Hart Kress DNP, PLLC* • Centreville, Virginia	Salary (self): Intimate Rose
Genevieve Hofmann, DNP, WHNP-BC, MSCP • *Assistant Professor, Department OB/GYN University of Colorado School of Medicine* • Aurora, Colorado	Fees for non-CE services (self): Astellas
Rebecca Ingalls, PhD, CNM, WHNP-BC, MSCP • *CNM and WHNP* • Portsmouth, New Hampshire	No disclosures
Hadine Joffe, MD, MSc, MSCP • *Executive Director, Mary Horrigan Connors Center for Women's Health and Gender Biology, Brigham and Women's Hospital and Paula Johnson* • *Professor of Psychiatry in the Field of Women's Health, Harvard Medical School* • Boston, Massachusetts	Consulting fee (self): Bayer Grant/Contracted research (self): Bayer
Jennifer Lanoff, JD, MSN, WHNP-BC, MSCP • *WHNP, Reiter, Hill and Johnson of Advantia* • Washington, D.C.	No disclosures

Distinguished Faculty and Disclosures

Distinguished Faculty	Disclosures
Jennie Mastroianni, DNP, WHNP-BC, MSCP • *Associate Director, Midlife, Menopause and Sexual Health Program Department of OB/GYN, Tufts Medical Center* • *Assistant Clinical Professor, Department OB/GYN, Tufts University School of Medicine* • Boston, Massachusetts	Fees for non-CE services (self): Astellas
Anita Nicholson, MSN, APRN, FNP-BC, MSCP • *Nurse Practitioner, Age Management Center of New England* • Portland, Maine	No disclosures
Jaclyn Piasta, MSN, WHNP-BC, MSCP • *Owner and Nurse Practitioner, Monarch Health, LLC* • Marietta, Georgia	Consulting fee (self): Bonafide Fees for non-CE services (self): Astellas Stock/Stock Options (self): Eli Lilly, Novo Nordisk
Sarah Wallis, MSN, CNM, WHNP-BC, MSCP • *Nurse Practice Manager, Midi Health (IWC)* • Ypsilanti, Michigan	No disclosures

Program

All times listed are in Eastern Time.

8:45 am - 9:55 am

Pre-Conference Review: Setting the Foundation

Foundations of Menopause Care

Overview of Pathophysiology
- Jaclyn Piasta, MSN, WHNP-BC, MSCP

Review of the Stages of Reproductive Aging Workshop (STRAW)
- Rebecca Ingalls, PhD, CNM, WHNP-BC, MSCP

Diverse Experience of Menopause
- Angela Alston, DNP, MPH, APRN, WHNP-BC, FNAP

Menopause Hormone Therapy (MHT) Indication and Contraindications
- Mary Fischer, PhD, WHNP-BC, MSCP

Pharmacologic Options for Vasomotor Management
- Genevieve Hofmann, DNP, WHNP-BC, MSCP

Genitourinary Syndrome of Menopause (GSM)
- Jennie Mastroianni, DNP, WHNP-BC, MSCP

This course will provide a brief overview of some of the main concepts of menopause management. It is meant as a review for those who may want it before the main course begins. It is optional but encouraged.

10:00 am - 10:50 am

Keynote: Navigating Menopause in the Age of Social Media: How Do Clinicians Sort Through the Noise?

Stephanie Faubion, MD, MBA, MSCP, Medical Director of the Menopause Society

This session will illustrate the menopause landscape and the impact of social media and discuss what's out there in terms of menopause and disinformation and how these practices either align or conflict with current evidence. This session will also review the role of The Menopause Society in helping clinicians better support midlife women.

10:50 am - 11:00 am **Break**

11:00 am - 11:45 am **Primary Disease Prevention: Best Practices for Mid-Life Care**

Patricia Geraghty, MSN, FNP-BC, WHNP-BC, MSCP

This presentation will survey health promotion guidelines and supporting evidence for lifestyle-based interventions of physical activity, diet, sleep, stress reduction, and alcohol use. Indications for pharmacological interventions for cardiovascular health and weight management will be included. Patient counseling in the context of women's lives and cultures will be of primary focus.

11:50 am - 12:35 pm **The Role of Hormone Therapy and Disease Prevention: Are We There Yet?**

Jennifer Lanoff, JD, MSN, WHNP-BC, MSCP

This presentation will go through selected topics including dementia, cardiovascular/metabolic complications, and osteoporosis. This presentation will also identify what attendees should tell patients when they ask if they can use hormone therapy for disease prevention.

12:35 pm - 12:45 pm **Break**

12:45 pm - 1:45 pm **Industry Symposium: Menopause: A Patient's Journey**

Non-CE. Supported by Bayer Medical Affairs. This session will only be available live and not be available for viewing On Demand.

Each year, 2 million U.S. women enter menopause[1], and up to 80% may experience Vasomotor Symptoms (VMS), including hot flashes and night sweats, as they go through menopause[2]. Although VMS are considered a hallmark of menopause, their etiology is not well understood.

Please join us for a 1-hour program to learn more about the science of menopause, VMS, and resources for patient-centered counseling.

1. *Cho L, et al., Circulation. 2023 Feb14;147(7):597-610*
2. *https://www.swanstudy.org/wps/wp-content/uploads/2023/04/SWAN-Fact-Sheets-Hot-Flashes.pdf*

1:50 pm - 2:35 pm

Menopause Transitions: Sleep and Mood Changes

Hadine Joffe, MD, MSc, MSCP

This session examines sleep and mood changes, which are the most common concerns individuals seek care for during the menopause transition. Understanding common factors that drive these health problems, including those related to hormonal aging, chronological aging, life stage, environmental factors, and how to treat these conditions, is key to improving this population's wellbeing and mitigate downstream health consequences.

2:40 pm - 3:25 pm

Cognitive Behavioral Therapy in Menopause Care

Dana Beall Brown, PhD, Licensed Clinical Psychologist

This session will provide an overview of cognitive behavioral therapy and its application to menopause care. Strategies for addressing sleep disruption and managing mood and vasomotor symptoms will also be discussed.

3:25 pm - 3:35 pm

Break

3:35 pm - 4:35 pm

Case Studies

Case One - Perimenopause

- Sarah Wallis, MSN, CNM, WHNP-BC, MSCP

Case Two - Use of Testosterone

- Anita Nicholson, MSN, APRN, FNP-BC, MSCP

Case Three - Prescribing Estrogen to Individuals with Complex Medical Histories

- Christine Hart Kress, DNP, APRN, WHNP-BC, MSCP

This session will consist of three case studies, each focusing on a specific situation. The presentations will highlight the application of general principles of care.

4:40 pm - 5:50 pm

Expert Roundtable - Live Discussion with the Experts

4:40 pm - 5:15 pm Session One with Moderator Genevieve Hofmann, DNP, WHNP-BC, MSCP

- Jennifer Lanoff, JD, MSN, WHNP-BC, MSCP
- Patricia Geraghty, MSN, FNP-BC, WHNP-BC, MSCP
- Christine Hart Kress, DNP, APRN, WHNP-BC, MSCP

5:15 pm - 5:50 pm Session Two with Moderator Jaclyn Piasta, MSN, WHNP-BC, MSCP

- Stephanie Faubion, MD, MBA, MSCP, Medical Director of the Menopause Society
- Hadine Joffe, MD, MSc, MSCP
- Sarah Wallis, MSN, CNM, WHNP-BC, MSCP

This session will be an opportunity for the panel members to discuss care during menopause from each of their perspectives and expertise. The session will be interactive and offer an opportunity for the panelists to answer questions posted by the attendees.



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to helping shape
the future of
Women's Healthcare

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SAVE THE DATE