

VIRGINIA MASON CONTINUING MEDICAL EDUCATION

Women's Health Update with Emphasis on Obstetrics

Friday, June 19, 2020

Virginia Mason Hospital and Seattle Medical Center

Presented online via livestream



Virginia Mason

Faculty

COURSE DIRECTORS

Linda S. Mihalov, MD

Gynecologist
Head, Section of Gynecology
Virginia Mason, Seattle, Wash.

Elena M. Wagner, MD

Gynecologist
Virginia Mason, Seattle, Wash.

KEYNOTE SPEAKER

Yalda Afshar, MD, PhD

Maternal Fetal Medicine
UCLA David Geffen School of Medicine
Los Angeles, Calif.

GUEST FACULTY

Amy Baisden, ARNP, CNM, DNP

Nurse Practitioner & Midwife
Franciscan Women's Health at Virginia Mason
Seattle, Wash.

Darcy Broughton, MD

Reproductive Endocrinologist
Pacific Northwest Fertility and IVF Specialists
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Leizl Sapico, MD, FACOG

Obstetrician-Gynecologist
Franciscan Women's Health at Virginia Mason
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Suzanne Wilson, ARNP, CNM, DNP, MPH

Nurse Practitioner & Midwife
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VIRGINIA MASON FACULTY

Amy D. Brockmeyer, MD, MPH

Gynecologic Oncologist

Marisa Dahlman, MD, MPH

Gynecologist

Rohan Hattiangadi, MD

Gynecologist

Tariro Mupombwa, MD

Gynecologist

Alan Rothblatt, MD

Obstetrician-Gynecologist

Women's Health Update with Emphasis on Obstetrics

Primary care providers see women for initial evaluation and management of many gynecological problems, and provide general women's health and preventive care. In addition, they care for women before, after and during pregnancies. With the reintroduction of Obstetrics to Virginia Mason, this course will review the latest screening, preventive care and treatment guidelines for women at all ages and across the life cycle, with an emphasis on pregnancy-related care.

The morning begins with an in-depth look at how to optimize safety during labor and delivery, while incorporating patient expectations and experience. We consider other pregnancy-related issues, including pre-conception counseling, evidence-based lifestyle recommendations and postpartum depression. We will discuss diagnosis and management of early pregnancy loss, and provide practical information applicable to daily patient encounters, including pelvic pain, polycystic ovarian syndrome and sexual health. There will also be a review of several highly useful evidence-based apps for clinical practice of OB/GYN.

COVID-19: To maintain the safety of all, this course is designed for online presentation via livestream. Teaching methods include lecture and Q&A with faculty via messaging and audience response system.

TARGET AUDIENCE:

This course is appropriate for primary care and specialty physicians.

It will also be of interest to physician assistants, nurse practitioners, and other mid-level providers.

Course Objectives:

- Review maternal morbidity and mortality trends in the US
- Identify approaches to improve maternal fetal safety and quality in obstetrics
- Recognize how chronic disease impacts pregnancy outcomes
- Discuss the role of midwifery in the provision of obstetric care
- Diagnose and manage postpartum depression
- Review management of cervical cancer screening and surveillance in the peripartum state
- Assess the utility of the routine pelvic exam
- Describe the diagnostic criteria for Polycystic Ovarian Syndrome (PCOS)
- Apply the new ASCCP guidelines for abnormal pap
- Identify different etiologies to sexual dysfunction
- Discuss diagnosis and management of endometriosis
- Review apps for user friendliness and medical accuracy

Agenda – Updated June 1, 2020

- 7:00 a.m. *Registration opens*
- 7:30 a.m. **GRAND ROUNDS PRESENTATION:**
Approaches to Maternal Morbidity and Mortality in the United States
Yalda Afshar, MD, PhD
- 8:30 a.m. *Break*
- 8:45 a.m. **Opening Remarks and Overview**
Elena M. Wagner, MD and Linda S. Mihalov, MD
- 9:00 a.m. **COVID-19 and Pregnancy**
Yalda Afshar, MD, PhD
- 9:30 a.m. **Evidence Based Lifestyle Recommendations During Pregnancy and Introduction to the Midwifery Practice**
Amy Baisden, ARNP and Suzanne Wilson, ARNP
- 10:00 a.m. *Break*
- 10:15 a.m. **Postpartum Depression** | Leizl Sapico, MD
- 10:45 a.m. **Preconception Care** | Tariro Mupombwa, MD
- 11:15 a.m. **Is the Pelvic Exam Dead?** | Linda Mihalov, MD
- 11:30 a.m. *Lunch break*
- 12:30 p.m. **Polycystic Ovarian Syndrome** | Darcy Broughton, MD
- 1:15 p.m. **Updates in Pelvic Pain** | Alan Rothblatt, MD
- 1:40 p.m. **Sexual Health and Dysfunction** | Elena Wagner, MD
- 2:00 p.m. *Break*
- 2:10 p.m. **Abnormal Pap: Updated 2019 Guidelines from the ASCCP**
Amy Brockmeyer, MD
- 3:00 p.m. **There's an App for That** | Rohan Hattiangadi, MD
- 3:15 p.m. **Closing Remarks/Wrap Up**
Elena M. Wagner, MD and Linda S. Mihalov, MD
- 3:30 p.m. **Adjourn**



Accreditation with Commendation: Virginia Mason Medical Center is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Credit Designation: Virginia Mason Medical Center designates this live activity for a maximum of **6.0 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAFP: Application for CME credit has been filed with the American Academy of Family Physicians (AAFP).

Determination of credit is pending.

Location: The course will be held online via livestream. For information, contact the CME Department.