



Defense Health Agency, J-7, Continuing Education Program Office
Clinical Communities Speaker Series:
Improving Health and Building Readiness: The Future of Women's Health
Thursday, February 20, 2025
0845 – 1715 (ET)

Purpose

The Defense Health Agency, J-7, Continuing Education Program Office Clinical Communities Speaker Series events are designed to address the professional practice gaps of our learners to improve the care that our health care professionals deliver. This continuing education (CE)/continuing medical education (CME) event is conducted to achieve results that reflect a change in skills, competence, and performance of the health care team, and patient outcomes. Collaboration occurs with the Department of Defense, several government agencies, and other civilian experts for recruitment of academic subject matter experts, clinicians, and researchers to present on current promising, evidence-based research and best practices, thus enhancing the overall educational experience. Participants are expected to apply what they learned in providing patient care individually and collaboratively as a team towards improved patient outcomes.

Target Audience

Physicians, Nurses, Pharmacists, Pharmacy Technicians, Physician Assistants, Dentists, Dental Hygienists, Dental Technicians, Social Workers, Psychologists, Registered Dietitians, Dietetic Technicians, Occupational Therapists/Occupational Therapy Assistants, Athletic Trainers, Case Managers, Certified Counselors, Kinesiotherapists, Healthcare Executives, and other health care professionals who support/ care for U.S. active-duty service members, reservists, Coast Guard, Public Health Service, National Guardsmen, military veterans and their families.

Program Overview

This event will explore the evidence-based practices in women's health care from the Department of Defense, Defense Health Agency, the George Washington University, the Veterans Health Administration, the National Institutes of Health and other top community practice groups. The educational content will be created by Subject Matter Experts in the ethics, research, academia, and medical domains of military and civilian health care sectors. The primary focus of this event aims to enhance the quality of patient outcomes and population health by providing advanced continuing education opportunities to improve the practice, skills, and knowledge of health care providers across the Military Health System.

Program Agenda

Time (ET)	Titles/Speakers	Learning Objectives (If Applicable)
0845-0850	Welcome Remarks Lolita T. O'Donnell, Ph.D., MSN, R.N. Director, Continuing Education Program Chief, Executive Skills, Continuing Education & Libraries (EXCEL) J-7 Education and Training Directorate, Defense Health Agency (DHA) Falls Church, Va.	–

0850-0900	<p>Opening Remarks</p> <p>Air Force Col. Larissa Weir, M.D., FACOG Lead Consultant, Air Force Surgeon General Falls Church, Va.</p>	–
	<p>Moderator</p> <p>Navy Cmdr. Janelle Marra, DO, FAAFP, CAQSM Family Medicine and Sports Medicine, Director of Medical Services EMF-Bravo Navy Deputy Medical Director of Transgender Health San Diego, Calif.</p>	–
0900-1000	<p>[Pre-Recorded Home Study Viewing]</p> <p>2024 OCT CCSS HS S06: Enhancing Temporomandibular Disorder and Comorbidity Care in the Military Health System</p> <p>Navy Cmdr. James Hawkins, D.D.S., M.S., M.Ed.-H.P.E. Specialty Leader, Navy Orofacial Pain Naval Postgraduate Dental School Bethesda, Md.</p>	<ol style="list-style-type: none"> 1. Summarize the screening process of patients for temporomandibular disease (TMD) and comorbidities. 2. Differentiate TMD diagnostic categories and risk categories. 3. Describe self-care techniques to help rehabilitate TMD. 4. Outline when and how to refer oro-facial pain (OFP) and TMD patients.
1000-1010	Break	
1010-1110	<p>[Pre-Recorded Home Study Viewing]</p> <p>2024 OCT CCSS HS S02: Advancing Healthy Sleep in the Military: Spanning the Field to the Clinic</p> <p>Army Lt. Col. Connie L. Thomas, M.D. Associate Director, Center for Military Psychiatry and Neuroscience Walter Reed Army Institute of Research Staff Psychiatrist and Sleep Medicine Physician Assistant Professor of Psychiatry and Medicine Uniformed Services University, School of Medicine Bethesda, Md.</p>	<ol style="list-style-type: none"> 1. Illustrate the role of research for the military specific sleep problem. 2. Summarize the biobehavioral pathway of insomnia. 3. Outline medications used to treat insomnia. 4. Discuss the role of cognitive behavioral therapy for insomnia (CBTi).
1110-1210	Break	
1210-1310	<p>S01: Expanding Access to Care: Updates to the Supplemental Health Care Program and the Assisted Reproductive Technology (ART) Policy</p> <p>Theresa Hart, M.S., R.N., NCC-E Senior Nurse Consultant DHA Women and Infant Clinical Community Falls Church, Va.</p>	<ol style="list-style-type: none"> 1. Discuss the importance of the March 8, 2024, DOD expansion for Assisted Reproductive Technology (ART) policy benefits for Seriously ill or injured (SII) Active-Duty Service members. 2. Review eligibility requirements and access to care services. 3. Identify the steps in the ART benefits process.
1310-1320	Break	
1320-1420	<p>S02: Advancing Best Practices in Sexual Trauma Behavioral Health Treatment</p> <p>Holly Nicole Hoffmeyer, Ph.D. Program Manager, Sexual Assault Behavioral Health Clinical Intervention DHA Medical Affairs</p>	<ol style="list-style-type: none"> 1. Identify at least one health provider DOD policy mandate regarding victims of sexual trauma. 2. Summarize benefits of evidence-based treatment. 3. Describe trauma-informed care.

	Falls Church, Va.	
1420-1430	Break	
1430-1530	<p>S03: Ethical Issues in Reproductive Health: Current Considerations and Emerging Concerns</p> <p>Melissa M. Goldstein, J.D. Professor, Department of Health Policy and Management Milken Institute School of Public Health The George Washington University Washington, D.C.</p>	<ol style="list-style-type: none"> 1. Discuss and apply fundamental ethics principles underlying issues in reproductive health 2. Evaluate ethics/social dilemmas that arise concerning autonomous decision making and parental rights 3. Apply new skills and knowledge to ethics/social debates regarding issues in reproductive health.
1530-1540	Break	
1540-1710	<p>S04: Hormone Therapy Unlocked: Overcoming Barriers to Better Care</p> <p>Air Force Lt. Col. Samantha Simpson, M.D., NCMP Program Director, SAUSHEC Obstetrics & Gynecology Residency Division Chief, Reproductive Endocrinology and Infertility Brooke Army Medical Center Joint Base San Antonio Fort Sam Houston, Texas</p> <p>Air Force Col. (ret.) Christine Hart Kress, DNP, APRN, WHNP-BC, NEA-BC, MSCP Women's Health Nurse Practitioner Certified Menopause Practitioner Heather Hirsch MD Collaborative Centreville, Va.</p> <p>Rebecca Hertel, DO, MSCP Family Physician and Certified Menopause Practitioner Founder, Osteopathic Midlife Health Erie, Pa.</p> <p>Aoife O'Sullivan, M.D., NCMP Family Physician and Certified Menopause Practitioner Founder, Portland Menopause Doc Portland, Ore.</p> <p>Heather Quaile, DNP, WHNP-BC, AFN-C, CSC, I.F., FAANP Chair, Scientific Committee, International Society for the Study of Women's Sexual Health Founder, The Sexual Health Optimization and Wellness Center Kennesaw, Ga.</p>	<ol style="list-style-type: none"> 1. Define menopause and perimenopause, outlining key hormonal and physiological changes, and identify the clinical presentations and symptoms associated with these transitional stages. 2. Analyze the historical context of hormone therapy and midlife care, including the influence of the Women's Health Initiative (WHI) study, and evaluate subsequent research that informs modern, evidence-based approaches to care. 3. Identify the clinical presentation of perimenopause and explore evidence-based prescribing strategies and therapeutic options to effectively manage symptoms and improve patient outcomes. 4. Apply current clinical guidelines and insights and laboratory studies to prescribe hormone therapy tailored to the individual needs of menopausal patients with confidence and precision, ensuring evidence-based and personalized care. 5. Describe the symptoms and underlying causes of Genitourinary Syndrome of Menopause (GSM) and discuss its impact on sexual health, urinary health, and overall quality of life, along with management strategies.
1710-1715	<p>Closing Remarks</p> <p>Army Col Maria Molina, M.D., FACOG, FACS, CHSE Division Chief for Medical Modernization and Simulation</p>	—

	Defense Health Agency Falls Church, Va.	
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This agenda is subject to change.

Continuing Education

This CE/CME activity is provided through the Defense Health Agency, J-7, Continuing Education Program Office and is approved for a total of 4.50 live CE/CMEs, 2.00 enduring CE/CMEs.

Commercial Support:

No commercial support was provided for this activity.

Participation Costs:

There is no cost to participate in this activity.

CE/CME Inquiries:

For all CE/CME related inquiries, please contact us at: dha.ncr.j7.mbx.cepo-cms-support@health.mil.