



**Defense Health Agency, J-7, Continuing Education Program Office
Clinical Communities Speaker Series**

Mission Ready: Advancing Clinical Practice in Women's Health & Obstetrics

**24 September 2026
0745 – 1545 (ET)**

Purpose

The Defense Health Agency (DHA), J-7, Continuing Education Program Office (CEPO) Clinical Communities Speaker Series (CCSS) 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 War, several government agencies, and other civilian experts for recruitment of academic subject matter experts (SMEs), 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

This activity is designed to meet the educational needs of Physicians, Nurses, Pharmacists, Pharmacy Technicians, Physician Associates/Physician Assistants, Social Workers, Psychologists, Dentists, Dental Hygienists, Dental Technicians, Registered Dietitians, Dietetic Technicians, Athletic Trainers, Case Managers, Certified Counselors, Occupational Therapists, Occupational Therapist Assistants, Physical Therapists, Physical Therapy Assistants, Kinesiotherapists, 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 evidence-based practices across the spectrum of women's health through educational content created by military and civilian Subject Matter Experts specializing in ethics, clinical practice, and health care. These sessions are designed to refine care quality and improve clinical outcomes throughout the patient lifespan. 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
0745 – 0750	Welcome Remarks Air Force Maj Kathleen Pombier, M.D., FACOG Chief, Women's Health Clinical Management Team Clinical Support Division, Medical Affairs Assistant Director for Health Care Administration (J3) Defense Health Agency Falls Church, Va.	-
Time (ET)	Titles/Speakers	Learning Objectives

0750 – 0800	Moderator Annette Beaudette, R.N., BSN Centering Coordinator Women’s Health Clinic Blanchfield Army Community Hospital Fort Campbell, Ky.	-
0800 – 0900	S01: Breastfeeding: From Physiology to Clinical Practice and Beyond Navy Lt. Cmdr. Jena Glavy, M.D., FACOG, IBCLC Medical Director, Mother Infant Care Center Obstetrics and Gynecology Walter Reed National Military Medical Center Bethesda, Md. Monica Brannon, BSN, RNC-MNN, IBCLC Inpatient Lactation Consultant Walter Reed National Military Medical Center Bethesda, Md.	1. Review the public health implications of breastfeeding. 2. Describe the anatomy and physiology of lactation. 3. Recognize the role of health care providers in supporting breastfeeding. 4. Apply evidence-based principles to the management of lactating patients. 5. Discuss strategies to protect and support breastfeeding.
0900 – 0910	Break	
0910 – 1010	S02: Obstetric Anesthesia Overview and Our Role in Peripartum Birth Trauma Navy Lt. Cmdr. Zachary Janik, M.D. Obstetric Anesthesiologist Walter Reed National Military Medical Center Bethesda, Md. Air Force Maj. Courtney Hood, M.D., M.Ed. Obstetrics Anesthesia Section Chief Brooke Army Medical Center Joint Base San Antonio-Fort Sam Houston, Texas	1. Describe the role of an obstetric anesthesiologist. 2. Discuss options for labor analgesia provided by anesthesiologists. 3. Explain goals with anesthesia for cesarean delivery. 4. Identify risks associated with labor analgesia and anesthesia for cesarean delivery. 5. Describe the prevalence and consequences of pain during cesarean delivery. 6. Create quality improvement initiatives aimed at decreasing the incidence of peripartum birth trauma.
1010 – 1020	Break	
1020 – 1120	S03: Against Medical Advice Forms: A Bridge or a Barrier? An Ethical Approach to Informed Refusal in Women’s Health Army Capt. Alexa Vercelli, DO, Ph.D. Chief Resident Gynecologic Surgery and Obstetrics Walter Reed National Military Medical Center Bethesda, Md.	1. Differentiate an against medical advice form from the process of informed refusal and appropriate clinical documentation. 2. Apply the American College of Obstetricians and Gynecologists' RESPECT communication framework when patients decline medically recommended care. 3. Use the BRIDGE framework to guide informed-refusal conversations, documentation, safety planning, and continued care in women’s health.
1120 – 1130	Break	
1130 – 1230	S04: Chronic Conditions in Women: Perspectives Across the Life Course	1. Summarize how the Office of Research on Women’s Health supports biomedical

	Janine Austin Clayton, M.D., FARVO National Institutes of Health Associate Director for Research on Women's Health Director, Office of Research on Women's Health Bethesda, Md.	research and its translation into primary care settings across the life course of women. 2. Compare how sex differences affect women's experiences with chronic and multiple chronic conditions. 3. Characterize women's health experiences across the life course: early adult, midlife, and mature adulthood.
1230 – 1330	Break	
1330 – 1430	S05: Female Chronic Pelvic Pain: Considerations for Military Servicewomen Air Force Col. Shana Miles, M.D., Ph.D. Gynecologic Surgery and Obstetrics Specialty Consultant Brooke Army Medical Center Joint Base San Antonio-Fort Sam Houston, Texas Air Force Lt. Col. Christina Ramirez, M.D., FACOG, FACS Division Chief, Urogynecology-Minimally Invasive Gynecologic Surgery Minimally Invasive Gynecologic Surgeon Brooke Army Medical Center Joint Base San Antonio-Fort Sam Houston, Texas Navy Lt. Michelle Vail, P.T., DPT, LAT, ATC Pelvic Floor Physical Therapist Navy Medical Center Portsmouth Portsmouth, Va.	1. Explain the difference between acute and chronic pain and how the difference impacts treatment. 2. Describe the evaluation and management of endometriosis. 3. Summarize how pelvic floor physical therapy is used to treat chronic pelvic pain. 4. Outline when to refer patients for pelvic floor physical therapy.
1430 – 1440	Break	
1440 - 1445	Administrative Remarks Alna Gopez, MSN, BSN, RNC-OB Training Specialist J-7 Education and Training Defense Health Agency Falls Church, Va.	-
1445 – 1545 West Coast	S06: From History to Practice: Evidence-Based Contraceptive Management in Military Medicine Sarah N. Abel, Pharm.D., MSCP DHA Clinical Pharmacy Specialist in Women's Health Clinical Pharmacist for Operational Medicine Madigan Army Medical Center Joint Base Lewis-McChord, Wash	1. Review a brief history of contraception. 2. Describe the role of the provider in contraceptive care. 3. Discuss contraceptives available. 4. Outline current guidelines for contraceptive management. 5. Apply knowledge to patient cases.

This agenda is subject to change.

Continuing Education

This CE/CME activity is provided through the DHA J-7 CEPO and is approved for a total of 6.0 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