WPSI 2022 UPDATE CALL

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DISCLAIMER

This project was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number UH0MC29440, Bright Futures for Women’s Health: Standard Practice Guidelines for Well Women Care.

This information or content and conclusions are those of the author and should not be construed as the official position nor policy of, nor should any endorsements be inferred by HRSA, HHS, or the U.S. Government.
CONFLICTS OF INTEREST

- Gregory: No conflicts of interest to disclose.
- Ramos: No conflicts of interest to disclose.
- Picardo: No conflicts of interest to disclose.
- Streilein: No conflicts of interest to disclose.
OUR SPEAKERS:

Kimberly D. Gregory, MD, MPH
WPSI Advisory Panel Chairperson

Diana Ramos, MD, MPH, MBA
Dissemination and Implementation Steering Committee Co-Chair

Carla Picardo, MD, MPH
Multidisciplinary Steering Committee Vice-Chair

Annamarie Streilein, MHS, PA-C
Multidisciplinary Steering Committee Member
WOMEN’S PREVENTIVE SERVICES INITIATIVE (WPSI)

- Federal program supported by the Health Resources and Services Administration (HRSA) of the US Department of Health and Human Services (HHS)
- Five-Year cooperative agreement awarded to ACOG by HRSA’s Maternal and Child Health Bureau, 3/21 – 2/26

GOALS:

- Identify and recommend evidence-based updates to the HRSA-supported Women’s Preventive Services Guidelines
- Raise awareness and knowledge of the Guidelines
- Increase clinicians’ adoption and utilization of the Guidelines
WHY WPSI?

- Gaps in preventive care for *average risk* women across the lifespan
  - Inconsistency in guidelines
- Need to develop, update, and review women’s preventive services across the lifespan
WPSI PROCESS FLOW CHART FOR DEVELOPING RECOMMENDED UPDATES TO THE WOMEN’S PREVENTIVE SERVICE GUIDELINES
Advisory Panel
WPSI Chair, Advisory Panel Chair, MSC Chair, DISC Chairs, Pilot Project Chairs
American College of Obstetricians and Gynecologists (ACOG), American College of Physicians (ACP)
American Academy of Family Physicians (AAFP), National Association of Nurse Practitioners in Women’s Health (NPWH)
National Academy of Medicine (NAM) Former Members

Multidisciplinary Steering Committee (MSC)

Dissemination and Implementation Steering Committee (DISC)

Topic Specific Subgroups (as needed)

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MULTIDISCIPLINARY STEERING COMMITTEE (MSC)

- Coalition of:
  - National level provider organizations
  - Public health professionals
  - Consumer organizations
  - Patients and other stakeholders
- Methodologists, content experts, and clinicians with expertise across a woman’s lifespan—adolescent, early, middle and late adulthood, including reproductive health and pregnancy
ADDITIONAL PARTNERS:

Pacific Northwest Evidence-Based Practice Center (EPC) & Kaiser Research Foundation Institute
- Extensive experience in evidence-based analyses on women’s health topics for the USPSTF and AHRQ
- Led by Heidi Nelson, MD, Panel member of the 2011 IOM Women’s Preventive Services committee & Amy G. Cantor MD, MPH, FAAFP

AAP Bright Futures
- To share lessons learned, knowledge, and expertise in implementation and dissemination.
RECOMMENDATION COMPONENTS

- **Clinical Recommendations:** Summary recommendation based on best available evidence and clinical expertise
  - Supported by HRSA
  - Non-grandfathered plans are required to provide coverage *without cost sharing* consistent with these guidelines
WHAT DOES “COVERAGE PROVIDED WITHOUT COST SHARING” MEAN?

- Most private plans (large & small group, & individual plans including ACA marketplace plans) must cover the following preventive services without charging a copayment or coinsurance, for those who use in-network providers:
  - USPSTF “A” or “B” recommendations, ACIP immunizations, WPSI recommendations & AAP/Bright Futures guidelines
  - States participating in the ACA’s Medicaid Expansion program are required to provide the same level of preventive services for the expansion populations as private plans.
  - Medicare covers the full cost of an annual wellness visit and preventive services that are rated ‘A’ or ‘B’ by the USPSTF.

RECOMMENDATION COMPONENTS

- **Implementation Considerations**: addresses aspects of clinical and practical applications of the recommendation
  - Not included as part of the HRSA-supported guidelines
  - Provide additional clarity on implementation of the guidelines into clinical practice
  - Considered informational and not part of the formal action by the HRSA Administrator

- **Research Recommendations**: research questions that would strengthen the current evidence base
WPSI 2021 RECOMMENDATIONS AND RECOMMENDATION UPDATES
2021 RECOMMENDATION UPDATES:

December 2021

- Breastfeeding Services and Supplies
- Contraception
- Human Immunodeficiency Virus Infection
- Counseling for Sexually Transmitted Infections
- Well-Woman Visit

*NEW*
December 2021

Preventing Obesity in Midlife Women
**NEW** PREVENTING OBESITY IN MIDLIFE WOMEN

Clinical Recommendation:

- Counsel women 40 to 60 years with normal or overweight BMI to maintain weight or limit weight gain to prevent obesity.
- Counseling may include individualized discussion of healthy eating and physical activity.

Implementation Considerations:

- Offer or refer for individualized counseling based on assessment of BMI and diet and exercise habits.
- Patients with normal weight and healthy habits can receive positive reinforcement.
- Women with overweight BMI and with unhealthy diet and exercise habits should receive at least brief counseling.
Clinical Recommendation:

- The WPSI clarified the intent of the term “contraceptive care” to include screening, education, counseling, and provision of contraceptives (including in the immediate postpartum period).

- Contraceptive care also includes follow-up care (e.g., management, evaluation, and changes, including the removal, continuation, and discontinuation of contraceptives).
2021 UPDATE: COUNSELING FOR SEXUALLY TRANSMITTED INFECTIONS (STIs)

- This clinical recommendation is consistent with the 2016 WPSI recommendation. The WPSI continues to recommend behavioral counseling for sexually active adolescents and adults at an increased risk for STIs.
2021 UPDATE: BREASTFEEDING SERVICES AND SUPPLIES

Clinical Recommendation:

- Expanded the definition of lactation support services to include consultation, counseling, education by clinicians and peer support services, and breastfeeding equipment and supplies
- Includes description of breastfeeding equipment and supplies

Implementation Considerations

- Expanded definition of lactation support services and clinical lactation professionals.
2021 UPDATE: SCREENING FOR HUMAN IMMUNODEFICIENCY VIRUS INFECTION (HIV)

- This clinical recommendation is consistent with the 2016 WPSI recommendation. The WPSI continues to recommend screening test for HIV at least once during their lifetime for adolescents, 15 and older, and adults.
- Risk assessment and prevention education for HIV infection for all adults and adolescents, age 13 and over, as determined by risk.
- Screening test for HIV for all pregnant women upon initiation of prenatal care.
2021: WELL-WOMAN PREVENTIVE VISITS

The Women’s Preventive Services Initiative recommends that women receive at least one preventive care visit per year beginning in adolescence and continuing across the lifespan to ensure the provision of all recommended preventive services. The primary purpose of well-woman visits is the delivery and coordination of recommended preventive services as determined by age and risk factors. These services may be completed at a single visit or as part of a series of visits that take place over time to obtain all necessary services depending on a woman’s age, health status, reproductive health needs, pregnancy status, and risk factors. Well-women visits also include prepregnancy, prenatal, postpartum and interpregnancy visits.
WPSI RESOURCES
DISSEMINATION AND IMPLEMENTATION STEERING COMMITTEE (DISC)

Tasked with developing strategies, tools, and resources to implement and disseminate HRSA-accepted WPSI recommendations.

Goals:

- Increase health care provider knowledge of preventive services through existing, adapted, and new tools and resources
- Increase consumer knowledge of preventive services through existing, adapted, and new tools and resources
- Increase utilization of Women’s Preventive Services Initiative recommendations and resources
WPSI WELL-WOMAN CHART

- Comprehensive tool summarizing preventive services recommendations for women from the WPSI, U.S. Preventive Services Task Force (USPSTF) and Bright Futures based on age, health status & risk factors.
- Clinical practice considerations, risk assessment methods, and the age and frequency to deliver services are described in the Clinical Summary Tables that accompany the chart.
- The Well-Woman Chart is divided into General Health, Infectious Diseases, Cancer, Pregnancy and Postpartum.
- Now Available in Spanish.
2022 WPSI WELL-WOMAN UPDATES

- Changes to the Clinical Summary Tables to update and/or revise references or provide additional clarifications
- Addition of new WPSI recommendation: Preventing Obesity in Midlife Women
- Addition of the following 2021 USPSTF recommendations: Healthy Weight Gain during Pregnancy and Colorectal Cancer: Screening, Adults ages 45 to 49 years
- Will be released in April 2022
WPSI MOBILE SHORTCUT FOR INTERACTIVE WELL-WOMAN CHART

Instructions for Apple and Android devices can be found on the WPSI website
CODING GUIDE 2022

- Introduction to Coding
- Coding Guidance for all WPSI recommendations
- Medicare and Medicaid information
- *NEW* - Coding Case Studies
- Will be released in April 2022
WPSI Patient Palm Card & Patient Resources Webpage

When women are healthy, communities thrive.

Gestational Diabetes (GDM)
GDM is diabetes during pregnancy. All pregnant women should have their blood sugar tested after 24 weeks of pregnancy.

Diabetes Mellitus After Pregnancy
Talk with your clinician about being screened for diabetes after pregnancy if you had a history of diabetes during pregnancy.

Breastfeeding Services and Supplies
Are you thinking about breastfeeding? Are you breastfeeding now? Ask your clinician why breastfeeding is important and where you can go to find breastfeeding supplies.

Most health insurance plans are required to cover WPSI recommendations without cost to you.

Don't have a healthcare provider? Call the number on the back of your insurance card to find a clinic in your area.

Don't have insurance? You can find information about these plans: https://www.healthcare.gov or seek out information about affordable clinics in your community.

To view more recommendations for well women care, visit: www.WomensPreventiveHealth.org/WellWomanChart

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ADDITIONAL RESOURCES:

- Well-Woman Chart FAQ
- Telehealth Webinar & FAQ
- How I Practice Video Series
  *NEW*
- WPSI and Partner Events Webpage
- Performance Measures Webpage
- 2021 Recommendations One-Pagers
  *COMING SOON*
**NEW** WPSI Social Media Kit

**SHAREABLES**

The WPD-Preventive Services Initiative (WPSI) provides comprehensive recommendations for women’s health care providers. This kit includes social media messages, graphics, and hashtags to promote women’s health and preventive care services.

**Social Media Messages**

- **WPD/SH+C**: WPD/SH+C is available for providers, includes all relevant social media messages, and is updated regularly.
- **WPD/HCP**: WPD/HCP is available for providers, includes all relevant social media messages, and is updated regularly.
- **WPD/HH**: WPD/HH is available for providers, includes all relevant social media messages, and is updated regularly.

**Hashtags**

- #WomensHealth
- #WPSI

**Downloadable Graphics**

Click the link to download the graphics. The graphics are available in high-resolution formats for use on social media platforms.

Download All

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Guidance you can trust

WomensPreventiveHealth.org | 30
Download the Well-Woman chart and clinical summary tables

Request free hardcopies of WPSI materials

Explore and download additional resources
  - Visit our website and provide feedback

Participate in public comment opportunities
  - Nominate new topics
  - Join our listserv
QUESTIONS? CONTACT WPSI STAFF

WPSI Staff E-mail – wpsi@acog.org
WPSI PARTNER UPDATES
American Academy of Pediatrics (AAP)

Gale Burstein, MD, MPH, FAAP
AAP AND ADOLESCENT HEALTH

AAP (professional medical organization)

- 67,000 pediatricians & medical/surgical subspecialists
- Dedicated to health, safety, and well-being of infants, children, adolescents, and young adults

Voice for Unique Needs of Adolescents

- Committee on Adolescence: Board-appointed experts; policy development
- Section on Adolescent Health: Elected experts, education & advocacy
- Programs and initiatives: Aimed at improving health of adolescents
AAP 2022 PRIORITIES

**Covid Response**
- Vaccine recommendations
- Clinical care interim guidance
- Resources for pediatricians and subspecialists
- Town Hall meetings to connect with experts regarding latest development

**Equity Agenda**
- Guides AAP’s efforts to achieve health equity and become an equitable, diverse, and inclusive organization.
- Guiding Principles developed and a workplan outlines objectives and activities.
- Efforts include promoting diverse membership, leadership, and pediatric workforce; applying equity lens to Academy policy, advocacy, and education.
- Agenda supports AAP’s commitment to equity, diversity, and inclusion.

**Mental Health**
- AAP joined with child and adolescent psychiatrists and children's hospitals to declare a national emergency in child and adolescent mental health.
- AAP treats the brain as a vital part of the body.
ADOLESCENT HEALTH PRIORITIES

- Mental Health
- Health Equity
AAP RESOURCES – SEXUAL & REPRODUCTIVE CARE

Dedicated Web Site – www.aap.org/ASH
- Adolescent-supportive Care
- Access to Care/Advocacy
- Education & Training Opportunities
- Provider, Parent/Caregiver, Adolescent Resources

Online Sexual Health Modules
https://shop.aap.org/adolescent-sexual-health-curriculum-series/
- Affirming Medical Care for LGBTQ Adolescents
- Confidential Adolescent Care and Billing
- Let’s Talk About Sex
WPSI Partner Update

Courtney Salley, MPH, CHES

3/25/2022
AMCHP Background

AMCHP leads and supports programs nationally to protect and promote the optimal health of women, children, youth, families, and communities.

Serves as a national resource, partner, and advocate for state public health leaders and others working to improve MCH public health systems.

Our members include leaders from the highest levels of state government, as well as family leaders, community-based organizations, academic institutions, and others who partner with and support state maternal and child health programs.
AMCHP’s Dissemination Channels

- Member Briefs
- Regional Updates
- AMCHP Website
- AMCHP Social Media Accounts
- Internal Channels (i.e., Microsoft Teams chat)
Healthy Beginnings with Title V: Advancing Anti-Racism in Preterm Birth Prevention Program
Objectives of Cohort Participation

Objective 1
- Identify levels and impacts of racism in everyday MCH practice.

Objective 2
- Foster sustainable and equitable relationships between state MCH programs and CBOs.

Objective 3
- Develop action plans for the following:
  - Identify racist policies and programs that perpetuate inequities in MCH funding
  - Identify actions the MCH programs can take to support the investment in and sustainability of community solutions that protect birth outcomes.
AMCHP’s Role

- Facilitate: convene and facilitate State Teams through anti-racist curriculum and action planning
- Support: support state teams with Technical Assistance and resource sharing
- Evaluate: evaluate Title V anti-racist capacity, state team dynamics, success of the cohort
- Fund: fund CBOs through their time in the cohort
Safer Childbirth Cities Initiative
Merck for Mothers is a $500 million global initiative to help end preventable maternal death.

The Safer Childbirth Cities initiative, launched in 2018, fosters local solutions to help cities become safer and more equitable places to give birth.

Learn more at www.saferchildbirthcities.org
Mission & Goals

Who: Community-based and community-rooted organizations in U.S. cities with a high burden of maternal mortality and morbidity

What: Reverse the country’s maternal health trends and directly tackle racial inequities in maternal health outcomes.

C1
10 cities funded starting in 2018

C2
10 cities funded starting in 2021
Who We Are

NPWH
We Are Women’s Health Influencers and Health Advocates

The national professional membership association of women’s health nurse practitioners and other advance practice registered nurses specializing in the health needs of women.

NPWH gives voice to nearly 12,000 WHNPs addressing the holistic health needs of millions of women every year.
Our Members

While **81% of our members are WHNPs**, other members also serve women and families and benefit from our strong network, resources, and advocacy efforts.

*Some members hold multiple certifications*
This plan is the result of an intensive and inclusive process that sought perspectives and input from a wide variety of stakeholders.

Created by the NPWH Board of Directors, staff, members, and supporters, it sets the course for our organization’s future and lays out four overarching priorities that we’ll work to accomplish in the next three years:

• Engaged Membership
• Effective Governance
• Program Excellence
• Purposeful Policy
Our Work

• Clinical Education
• Provider Engagement
• Patient & Practice Resources
• Advocacy for Women & Clinicians
Well-Known for our Clinical Education Offerings

- Annual Women’s Sexual Health Course for Nurse Practitioners (June 3rd) partnered with ISSWSH is the only CE on women's sexual health for NPs.

- Women’s Genetics Risk Assessment Course for Advanced Practice Providers (November 4 & 5, 2022).

- In-person Annual Premier 4-Day Women's Healthcare Conference (September 29-October 2, 2022) at the Marriott Marquis Houston (Texas).

- Throughout the year we seek grants to support continuing education to present through media channels such as podcasts, articles, and webinars.

Highlights from our 2021 Conference:

- Over 1,000 attendees, 100 more than any of the last three annual conferences.

- Over 38 hours of CE was available to participants.

- 99% of respondents agreed that the content they learned at this conference would impact their practice

- 100% would recommend this conference to others.
• **E-News Brief**, a weekly email delivered to 30,000 that provides news and information to practitioners nationwide with an average open rate of 39%, 24% above industry average.

• **NPWH Monthly Newsletter**, a monthly newsletter distributed to our members and community at large with an open rate on average 42%, well above industry average.

• **The Well Women Visit App** is a free mobile app specifically designed for healthcare providers that compiles the most used clinical guidelines from multiple sources into a single tool and places them at the clinician’s finger tips.

• **HER Hub** is an online suite of videos and infographics for NPWH members to share with patients, available for anyone looking for accessible women’s health information.

• **Women’s Healthcare**, the NPWH journal focusing on the latest trends, studies and news, and providing a platform for practitioners to submit peer-reviewed work, published six times a year.
Features include age-based recommendations for:

- The well-woman physical exam
- Identifying risk factors and addressing treatment options for IBS
- Menopause
- Cardiovascular health preventative screening tool
- CDC STD evidence-based diagnostic, treatment, and prevention recommendations
- Immunizations
- Preventative health screenings
- Anticipatory guidance
- Web Resources
- Uterine fibroids
- Brain Health
- NEW: Vaginal Health
The Turning Point

The number of American women age 65 and older tripled between 2005 and 2015 and will double again by 2030. This trailblazing group changed and advanced society throughout every phase of their adult lives: integrating higher education, entering and altering the workforce, and redefining sexuality, marriage, childbearing, and parenting.

This unprecedented number of women presents our nation with monumental challenges and sweeping opportunities. Their needs and priorities differ significantly.
Nurses Improving the Environmental Health of Women & Children (NIEHWC) is a collaborative focused on promoting women’s, children’s, and maternal health by reducing environmental factors that contribute to health disparities and harm. This collective effort aims to bring attention, resources, and support for environmental health interventions that eliminate disparities, improve health outcomes for women and children, and promote health equity, through leveraging nursing knowledge and the development and implementation of equitable policy, research, education, and practice change.
Thank you!