

# Office of Correctional Medicine NURSE ROUNDTABLE

**Tuesday, July 22, 2025**

**12 – 1 p.m.**

**Webex Only**

[Webex Link](#)

Password: SIU123

## **Recurrent UTIs in Women: Diagnosis, Prevention, and Patient-Centered Care**

**Mary Hitt, FNP-BC, CUNP, MSCP**

Mary Hitt serves as the Executive Director of the Pelvic Wellness Center at SIU Medicine. She is an experienced nurse practitioner who has been working with patients with bladder, bowel and sexual concerns for the past 16 years. Mary is a Menopause Society Certified Practitioner and offers menopausal hormone therapy, as well as nonhormonal management of symptoms. She is also a Certified Urology Nurse Practitioner and serves on the regional board of the Society of Urologic Nurses and Associates. Mary has published on team-based urologic care and female sexuality and function. She is currently pursuing a Doctor of Philosophy degree at St. Louis University.



### **Those participating in this activity will be able to:**

- Describe the common risk factors and pathophysiology of recurrent urinary tract infections in women.
- Identify evidence-based strategies for diagnosis, prevention, and management of rUTIs.
- Apply patient-centered approaches to counseling and shared decision-making in the management of rUTIs.

### **Disclosures:**

None of the speakers, planners, or course directors have any relevant financial relationships with ineligible companies to disclose.

### **ACCREDITATION and CREDIT DESIGNATION:**

SIU School of Medicine is preapproved as a continuing nursing education provider pursuant to Section 1300.130, subsection c), 1), B) and P) of the Illinois Department of Financial and Professional Regulation Nurse Practice Act. Nurses may receive a maximum of 1 contact hour for completing this activity.

SIU School of Medicine is a licensed provider for continuing education for nursing home administrators (license #139-000027), social workers (license #159-000106), clinical psychologists (license # 268-000008), professional counselors/clinical counselors (license number 197-000073), and dietitians/nutrition counselors (license # 199.000121). This program offers a maximum of 1 CE hours.

All other attendees will receive a Certificate of Participation.

### **DISCLOSURE POLICY**

It is the policy of Southern Illinois University School of Medicine that speakers, planners and anyone in control of content disclose real or apparent conflicts of interest relating to the topics of this activity, and also disclose discussions of unlabeled/unapproved uses of drugs or devices during their presentation(s). The SIU School of Medicine Office of Continuing Professional Development has policies in place that will identify and mitigate all conflicts of interest prior to this activity. Detailed disclosure will be provided prior to the start of the activity.



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