

## America's Best In Medicine: Amy Dunn, NP And Founder Of Wildwood Pelvic Health: Redefining Sexual And Urology Care

Boise-Based Nurse Practitioner Combines Clinical Excellence, Compassionate Care, and a Stigma-Free Approach to Break Barriers in Pelvic and Sexual Health



**Boise, Idaho Apr 29, 2026 ([Issuewire.com](https://www.Issuewire.com))** - Amy Dunn, MSN, FNP-BC, FNP-C, is a highly accomplished nurse practitioner and the Founder and Medical Director of Wildwood Pelvic Health in Boise, Idaho, where she built her practice on the belief that pelvic and sexual health conversations shouldn't be whispered. With over a decade of clinical experience, Amy has built a reputation for excellence in patient care while championing a mission rooted in compassion, dignity, and stigma-free

care.

Amy's journey in healthcare began as a licensed practical nurse with the U.S. Department of Veterans Affairs, where she worked in a medical-surgical unit while simultaneously pursuing her Registered Nursing degree at Idaho State University. Driven by a passion for high-acuity care, she went on to fulfill her goal of working in a critical care trauma unit at Saint Alphonsus Hospital. During her eight years in this demanding environment, Amy developed a profound understanding of the complexities of patient care, strengthening her clinical judgment and shaping her focus on quality of life and emotional well-being as measures of clinical success.

Motivated to expand her impact, Amy pursued her Master of Science in Nursing at George Washington University. While completing her graduate studies, she worked part-time in a post-operative recovery unit at St. Luke's Hospital, where her exposure to surgical patient care fueled her desire to further advance her training. Following graduation, she completed an operative first assist program: an experience that deepened her understanding of the body as a whole system and the profound impact that targeted intervention can have on a patient's function and quality of life.

Amy later joined St. Luke's Urology, where she spent two years developing a comprehensive skill set across pelvic health and urologic medicine. Additional training in colorectal medicine further broadened her clinical perspective and deepened her expertise in pelvic function. It was during this period that Amy recognized a significant gap in healthcare: patients struggling with pelvic health and sexual medicine concerns often did so in silence, hindered by stigma and a lack of integrated, compassionate care. That recognition, combined with a drive to push the boundaries of her own potential, planted the seed for what would become Wildwood Pelvic Health.

Amy founded Wildwood Pelvic Health with a clear vision: to create a safe, inclusive environment where patients can openly discuss sensitive health concerns without fear or shame. Her practice is built on the belief that pelvic and sexual health are essential components of overall well-being and deserve the same attention and respect as any other aspect of medicine. By bringing together urology, gynecology, and sexual health services under one roof, Amy has created a model of care that prioritizes both clinical excellence and emotional support for men and women alike.

Through her practice, Amy provides comprehensive care spanning urology, gynecology, and sexual health. Her gynecologic services include well-woman care, pelvic exams, cervical cancer screenings, contraceptive counseling and management, pelvic pain evaluation, and prolapse assessment. Her urologic services include medical management of bladder dysfunction, urinary incontinence, overactive bladder, enlarged prostate, prostate cancer screenings, recurrent urinary tract infections, and kidney stone prevention. Her sexual health services include evaluation and management of erectile dysfunction, STI testing, and hormone replacement therapy. She also incorporates weight management into her care model, recognizing the significant role that overall health plays in pelvic function.

As Medical Director, Amy leads Wildwood Pelvic Health with a patient-first philosophy, combining advanced clinical training with a commitment to individualized care. What sets Wildwood apart is not just the breadth of services offered, but the way in which they are delivered: extended appointment times, a judgment-free environment, and a provider who genuinely listens, create the space for patients to have conversations they may have never felt comfortable having before.

When asked what she enjoys most about her work, Amy emphasizes the meaningful connections she builds with her patients. "The little things," she shares. "I get to be an advocate, helping patients speak up for themselves on topics that so easily allow them to lose their voice out of shame or fear. Those

moments when you see something click, when a patient feels heard and begins to see progress, knowing you were the one who made a difference in their quality of life, that is everything.”

Amy’s commitment to care extends well beyond the walls of her clinic. She has participated in medical missions to Guatemala and volunteered with local refugee groups in her community, reflecting a dedication to service that is both local and global in reach. Outside of work, Amy feels most at home horseback riding, paddle boarding, swing dancing, and in quiet moments with her family and pets: a life lived with the same intention and balance she brings to her patients every day.

Amy Dunn’s career is defined by more than clinical excellence; it is driven by a passion for breaking down barriers, advocating for patients who have spent too long suffering in silence, and giving voice to conversations that deserve to be had openly and without shame. Through Wildwood Pelvic Health, Amy is reshaping pelvic and sexual health care in Idaho, one patient and one conversation at a time, taking big steps on the path to wellness.

### **Learn more about Amy Dunn:**

Through her America’s Best in Medicine profile, <https://americasbestinmedicine.com/connect/amy-dunn> or through her profile on Wildwood Pelvic Health, <https://wildwoodpelvichealth.com/about>

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Source : Amy Dunn

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