

SESSION TITLE:**Women and Sexuality ...The Forgotten Issue**

CONTENT DESCRIPTION:

Sexuality has, for too long, been a "forgotten issue" in healthcare. Professionals have been encouraged for years to assist their patients in the areas of sexuality. But, without proper education in the curriculum and with a dearth of practical information, this area has been sadly ignored. Of tantamount importance to healthcare professionals is the realization that female sexuality is a valid issue to the individual.

Definitions, cultural expectations, and research findings regarding women and sexuality will be given in this presentation. Common myths will be discussed along with suggestions on where to get clear, concise, practical information that will assist the staff in this area. Confident, competent, patient care can be delivered when sexuality is incorporated into each professional's knowledge base.

BEHAVIORAL OBJECTIVES

1. Use the information acquired to dispel common myths held by healthcare providers and patients.
2. Explore areas of sexual functioning affected following obstetrical/gyne/uro/breast health experiences.

CONTENT OUTLINE**■ Sexuality**

Sex ... "Nice People Don't Discuss"

Physical assessment questions
Too Personal

Forgotten Issue ... Curriculum

Important -- discuss
Fine -- where is it?
Last paragraph in textbook, last line on D/C form

■ Sexuality

Can I "Do It?"

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The most common question
Nocs-most prevalent
Clarifying patient's message

■ **What is Sexuality?**

Sono/Birth - message
Vent/ICU -- second thought
Largest Sexual Organ

■ **Misconceptions Regarding Sexuality and OB/Gyne/Uro/Breast Health**

"I'm just so glad they are alive"
Nothing until your 1st provider follow up
"It's my job to take care of her"
Sex will/could cause problems

■ **Specifics**

CCRN vs. CRRN
Time of day-Planning-Fatigue-Position
Imagining-fantasy
Pregnancy-REAL concern
Bowel and Bladder issues caregiver vs. lover
Safety- security-love

■ **Partner frustration**

Change in initiation
Sex cannot be enjoyed the same way-the person has changed

`Norma and the chocolates`