

GP Study Afternoon

Let's Talk About Sex- Introduction

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WHAT IS 'SEXUAL HEALTH'?... a definition

- ...a state of physical, emotional, mental and social well-being in relation to sexuality
- it is **not merely the absence of disease, dysfunction or infirmity**.
- Need a positive and respectful approach to sexuality and sexual relationships
- Pleasurable and safe sexual experiences**, free of coercion, discrimination and violence.
- the sexual rights of all persons must be respected, protected and fulfilled

The Jane Wadsworth Clinic (at the Jefferiss Wing)

- Sexual Function service
- Male Problem clinic
- Vulvo-vaginal clinic

Sexual Function Service:

- **Commissioned by the local CCGs**
- **See adults with sexual function problems**
- **Biopsychosocial Approach**

- Doctors
- Psychologists
- Physiotherapist
- Sex therapists

Sexual Function

Sexual response has a requisite biological underpinning

Yet it is usually experienced in an intrapersonal, interpersonal, and cultural context.

Thus, sexual function involves a complex interaction among biological, sociocultural, and psychological factors.

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NATSAL 3

Population study UK - 2013

15,000 people

Ages 16-74

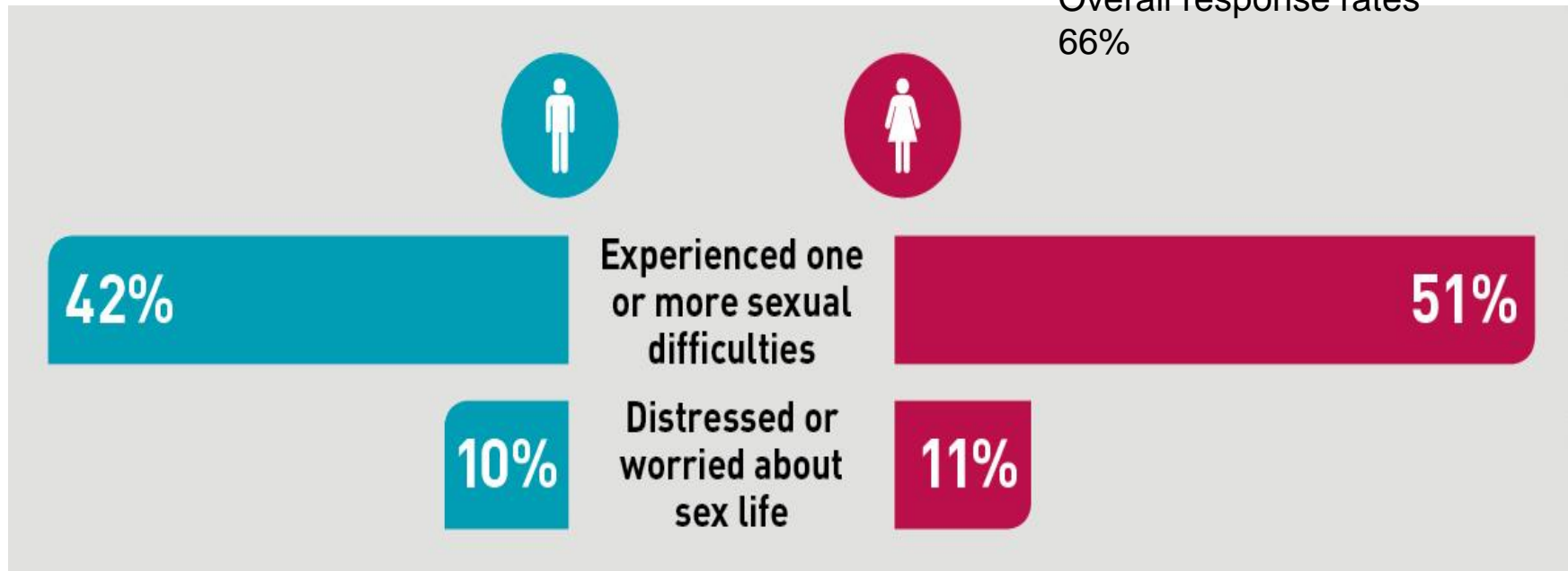
Gives prevalences



“Any specific difficulties in the last year lasting 3 or more months?”

Natsal 3- 2013

Population study UK -
2013
15,000 people
Ages 16-74
Gives prevalences
Overall response rates
66%



Percentage reporting a health condition that affected their sex life in the past year



1 in 6

24%

Of those, percentage who had sought help or advice from a healthcare professional

18%

NATSAL 3- Women



- 35% lacked interest in sex for at least 3 months in the past year
- (However, only 10% are distressed by this)
- 12% lacked enjoyment in sex

- 16% difficulty in reaching climax
- 7.5% felt physical pain as a result of sex
- 13% uncomfortably dry vagina

NATSAL 3- Women



- 51% one or more of these problems:
 - WITH DISTRESS: 11%
 - 22% two or more problems
-
- Strong associations between low sexual function & current depression and with poor self-assessed general health

Sexual Function- Women

- Sexual interest / arousal disorder (SIAD)
- Genito-pelvic pain / penetration disorder
- Orgasmic disorder

Other issues:

- concerns re genital size/shape/ body image
- Sexual disgust
- 'Addiction'- hypersexual desire disorder
- Persistent genital arousal disorder

Men: Natsal 3

	%
LSD/enjoyment	20
ED	13
Too quick (RE)	15
Too slow (DE)	9
Overall ≥ 1 SD	41
With distress	10



Common Male Sexual Problems



- Rapid Ejaculation (PE)
- Erectile Problems (ED)
- Loss Sexual Desire (LSD)
- Delayed ejaculation (RE)

Other issues:

- Post orgasm illness syndrome
- concerns re genital size/ shape / body image
- addiction / hypersexual disorder

How to refer to us.....

- **All patients need a GP referral**
- Email / write letter / fax:
 - Jane Wadsworth clinic administrator/
Jefferiss Wing, St Mary's Hospital, ICHT,
 - (sexual function / MPC / VVC)
- Coming very shortly: e-booking on Cerner

Recent changes to sexual health (GUM) services...

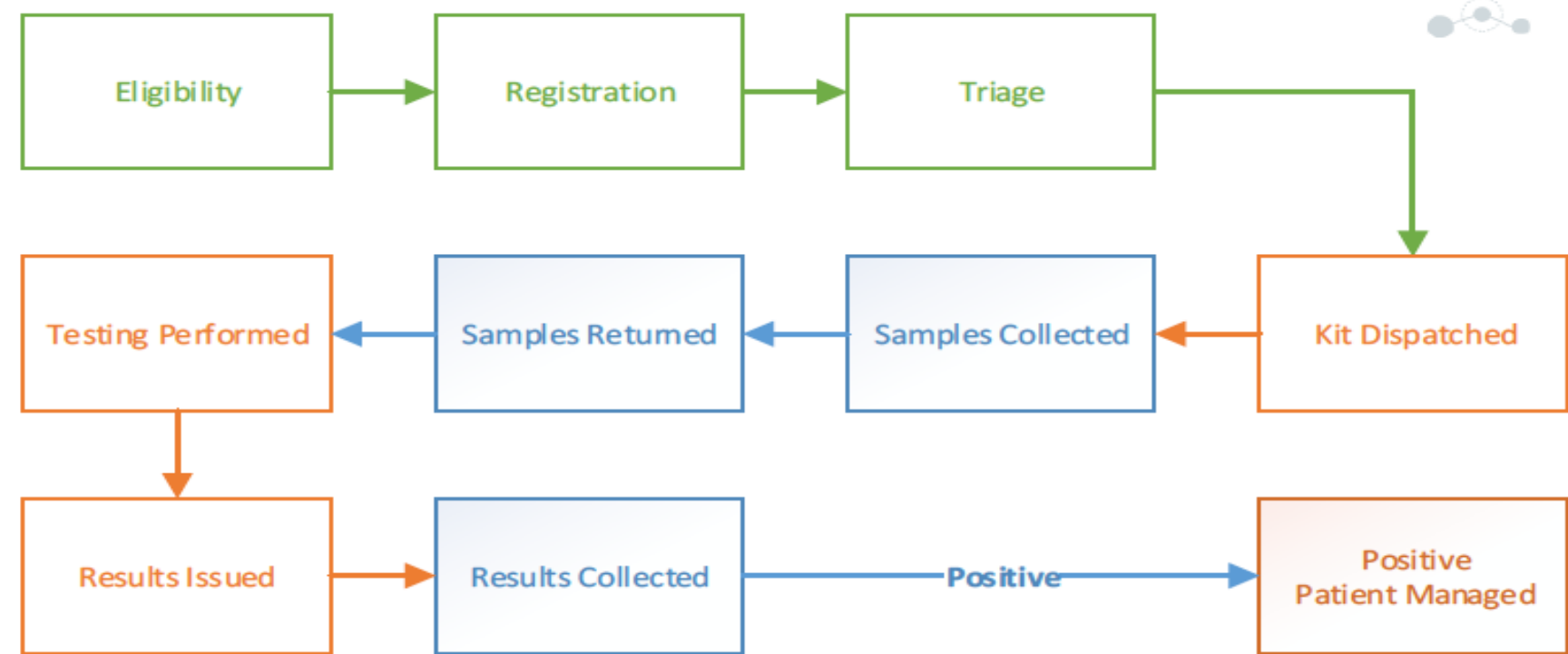
Sexual Health London

(asymptomatic home testing)

Eligibility



Service Overview



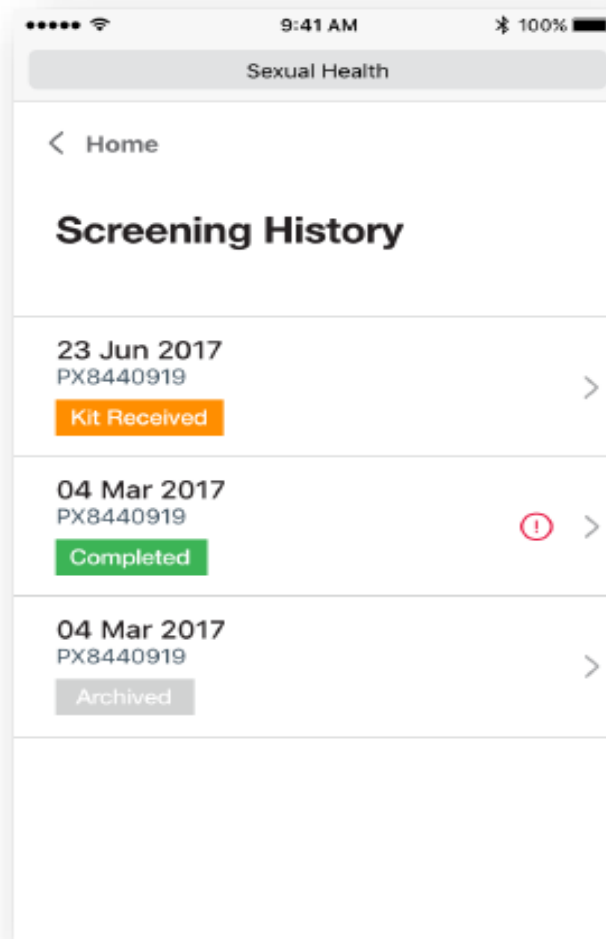
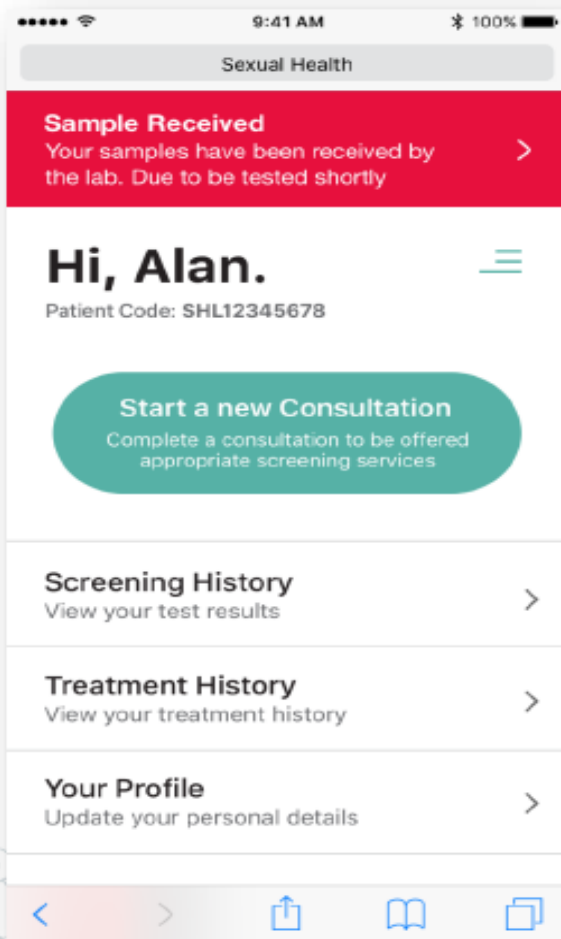
Online Kit Types

- ⊙ SHL-Online-U
 ○ Offers **urine** sampling (for T2).
- ⊙ SHL-Online-V
 ○ Offers **vaginal** sampling (for T2).
- ⊙ SHL-Online-UB
 ○ Offers **urine** and **blood** sampling (for T4/T6/T3).
- ⊙ SHL-Online-VB
 ○ Offers **vaginal** and **blood** sampling (for T4/T6/T3).
- ⊙ SHL-Online-UBRP
 ○ Offers **urine**, **blood**, **rectal** and **pharyngeal** sampling (for T4/T6/T3/TT).
- ⊙ SHL-Online-VBRP
 ○ Offers **vaginal**, **blood**, **rectal** and **pharyngeal** sampling (for T4/T6/T3/TT).





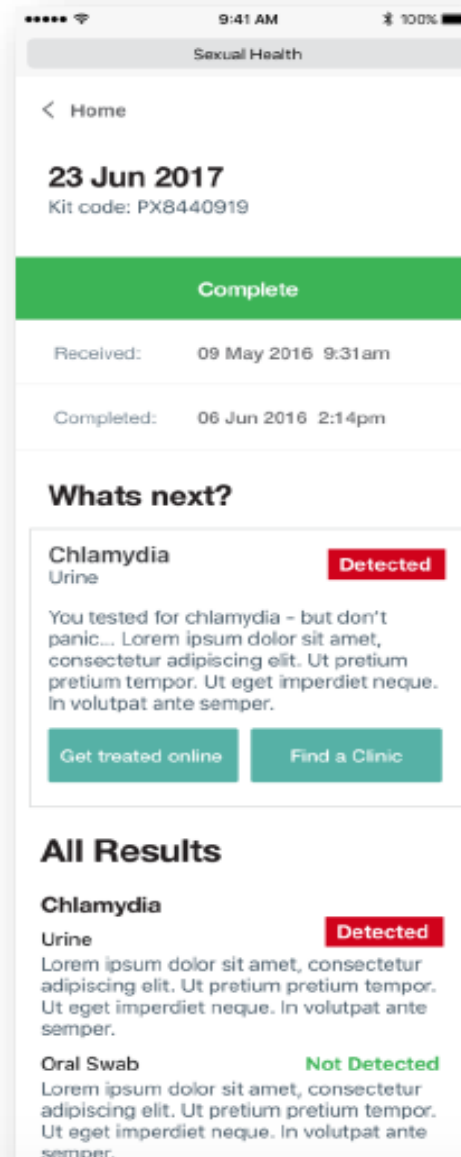
Results





Results

- Once all tests are completed (usually within 2 working days of sample receipt) users will be notified automatically to login to SHL to view their results.
- All non-BBV results, and non-reactive BBV results are openly displayed.
- For reactive BBV results are communicated direct to the patient via HA and not immediately displayed on the portal.



CNWL community sexual health service

- All Triborough patients should attend local community contraception services / primary care for repeat supplies of hormonal contraception.
- Triborough patients -CNWL SHS for level 1 & 2 sexual health / contraception care.
- Patients can book appointments
 - via website <https://www.sexualhealth.cnwl.nhs.uk/>
 - calling the central booking office on 020 3317 5252

Complex LARC & Contraception Referrals

- Complex LARC and contraception referrals - Jefferiss Wing & Chelwest GUM services
- All referrals for **deep implant removal** directed to Chelwest

We hope you
enjoy the
afternoon

