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Approaching female sexuality and sexual dysfunction - how to overcome GP's apprehensiveness and difficulties?

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Background & Aim: Sexuality is a basic human attribute and, as such, is a vital part of human health and well-being. However, it's the least commonly discussed health topic with female patients for half of providers. Many providers underestimate the prevalence of sexual dysfunction (SD) in their female population or the impact that sexual complaints have on their patients' global health and wellness. Understanding SD as a common problem and having the ability to discuss it with their patients is essential for GP's.

Methods: This workshop will have different moments. Discussion groups to discuss fears, concerns but also strategies in approaching sexual health (SH) and share experiences based on participants practice and knowledge. PowerPoint Presentation about how to overcome barriers in approaching SH and female SD, always allowing participants' feedback. Role-plays to practice what has been discussed and learned during the workshop.

Results: Participants should leave the workshop with a better understanding of female SH and SD and new confidence in approaching those issues. By the end, it's expected participants to be able to:

- Demonstrate confidence and communicate effectively when approaching sexuality/sexual problems;
- Explain patients the importance of taking a sexual history as part of general healthcare;
- Be aware of and approach medical and psychosocial issues related to SH in a nonjudgmental way, with openness to the diversity of patients;
- Function independently in a community practice with reference to address appropriately SH.

Conclusions: Attending to SH and its problems is a basic task of primary healthcare. It's essential to incorporate sexual history taking into the general medical history in a nonjudgmental manner from various patient groups, including young people, older patients and people from diverse backgrounds. GP should be committed to continue exploring the field of SH and providing the best practice in sexual healthcare provision.