

Elective Course Sexual Health

Department of Healthcare



**UNIVERSITY OF APPLIED
SCIENCES AND ARTS**

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Why we make room for sexual health?!

What is (sexual) health?

“...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. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as **the possibility of having pleasurable and safe sexual experiences**, free of coercion, discrimination and violence. For sexual health to be attained and maintained, the sexual rights of all persons must be respected, protected and fulfilled.”

(WHO, 2006a)

- **biopsychosocial framework:** an approach to describing and explaining how *biological, psychological* and *social* factors combine and interact to influence physical and mental health



Why we make room for sexual health?!

Health care professionals can't afford NOT to work on sexuality!

“All patients receiving nursing/midwifery/occupational therapy care are ‘at risk’ of developing sexual problems as every physical, mental or social problem can in turn create sexual difficulties”

Example: 53 year old woman consults because of lack of sexual desire. Estrogen treatment by the gynaecologist, because of a possible relation to her menopause, did not work. Lack of desire turned out to be avoiding frustration because she can't allow penetration anymore in the positions the couple always uses because since her replacement hip surgery 2 years ago. Practical counselling about 'hip friendly positions' during penetration solved the problem.

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What if...

Example: 53 year old women consults because of lack of sexual desire.

What if the nurses during post op care or rehabilitation related to the hip replacement surgery would have talked about sex (prevention)?

What if the gynaecologist/midwife would have looked past the own discipline (menopause) and thought more broadly about causes for sexual problems?

Why we make room for sexual health?!

Almost 1/2 of women and more than 1/3 of men experience sexual difficulties [Flemish numbers].

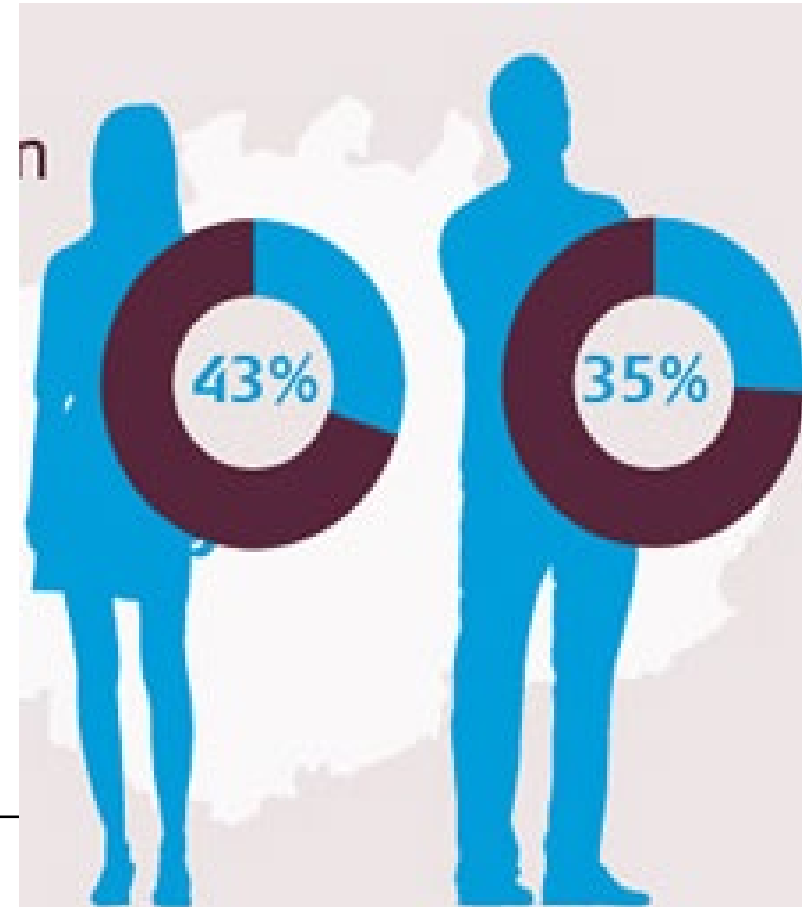
(Buysse, 2013)

Only 1 out of 10 men with sexual problems 'dares' or 'knows' how' to seek professional help!

Only 1 out of 5 women with sexual problems 'dares' or 'knows' how' to seek professional help!



Need for change!



Blended Intensive Program on Sexual Health!

General Learning outcomes:

Theory & Practice :

- **Students have practical insights into the concept sexual health and how it connects to their patient population.**
- **Students have a working knowledge of sexual development throughout the life span.**
- **Students have practical insights into the biopsychosocial mechanisms of sexual functioning (desire, arousal, orgasm, etc.)**
- **Students have practical insights into sexual dysfunctions and how they appear in their patient population.**
- **Students have practical insights into the development of care policies and protocols in healthcare settings and how they pos./neg. impact on sexuality.**
- **Students can preventively engage in conversation with patients on sexuality and provide basic information and counseling on their level of expertise.**
- **Students have basic sex research skills.**

Concept of the BIP Elective Course Sexual Health

Intensive program of 1 week in september (Summer school) + evening seminars throughout the 1st semester regarding the broad concept of sexual health and the impact on health in general.

Special focus on sexual problems connected to:

- Physical and mental disability
- Physical / Chronic / psychiatric illness
- Big Life Events (pregnancy and postpartum, divorce, loss of partner, etc)

Combination of theory and practice (clinical reasoning, communication, etc)

let's talk about



sexual health

Target Audience

Students from the department of Healthcare

- Occupational Therapy
- Midwifery
- Nursing

We aim for 15 students from PXL-Healthcare and 15-20 students from international partners of PXL-Healthcare (through BIP)

- Olomouc (CZ)
- Oulu (FIN)
- Ljubljana (SLO)

...



Blended Intensive Program

Target Audience - Eligibility

Students from the department of Healthcare

- **Occupational Therapy, Midwifery, Nursing, ...having completed at minimum 120 ECTS credits of their BSc. We encourage applications from student who are in their final year / have had more practice experience.**
- **Candidates record a short (max. 2 min) video explaining their motivation to take part in the BIP Sexual Health in Flanders Belgium.**
- **Ranking based on motivation and English language skills to be done by local departments.**

Selection criteria & deadlines

- **Criteria**
 - Working knowledge of English (reading, speaking, writing)
 - Student in the field of Occupational Therapy, Midwifery and/or Nursing
 - Has completed a minimum of 120 credits within the own degree program.
 - Respectful stance towards the topics of sexuality and relations
 - Previous experience with intercultural projects
 - Previous experience with interdisciplinary projects
 - Previous clinical experience, either professional or internships
 - Substantiated motivation and expectations towards the implementation in their professional career.

- **Deadlines:**
 - Video submission: 2023, April 1st
 - Ranking by the institutions where the students are enrolled: 2023, May 1st
 - Definitive list: 2023, June 1st

Program Summer School & Seminars

Theory (1st week of september)

Sexual Health

- Concepts and models
- Sexual lifecycle (sexual development: birth to adulthood)

Sexual functioning (desire, arousal and orgasm)

- Biomedical dimension (neurology, endocrinology, anatomy, ...)
- Psychological and social dimension

Sexual dysfunctioning

- Problems with desire, arousal, orgasm
- Related sexual problems:
 - Pain
 - Disability (physical, mental)

- Big Life Events
- Chronic illness and treatments
- Influence of lifestyle (obesitas, smoking, etc).
- Subfertility/infertility and impact on sexual satisfaction/relationship

Policy and protocols in healthcare settings

- Integration of sexual health within healthcare settings
- Inclusion of sexual health in treatment protocols

Program Summer School & Seminars

Practice (1st week of september)

- Clinical reasoning
- Communication skills
- Prevention & empowerment
- Case studies and intervision

Seminars & intervision (5 evenings during the first semester)

- Impact of modern technology and the internet on sexuality and relations
- Sex work and socio-erotic healthcare
- Influence of culture on sexuality and relations
- Intersivision 1
- Intersivision 2

Organization

- 5 ECTS
- Lectures and case-based practica during summer school (1 week in september)
- Blended seminars and intervisions (during 1st semester)
- Final evaluation: written assignment (case-study)
- Blended Intensive Program (BIP) for international students

Contactinformation

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