

IPM ANNUAL SCIENTIFIC MEETING 2024

A VOYAGE OF DISCOVERY: REFLECTIONS DURING MY IPM DIPLOMA TRAINING

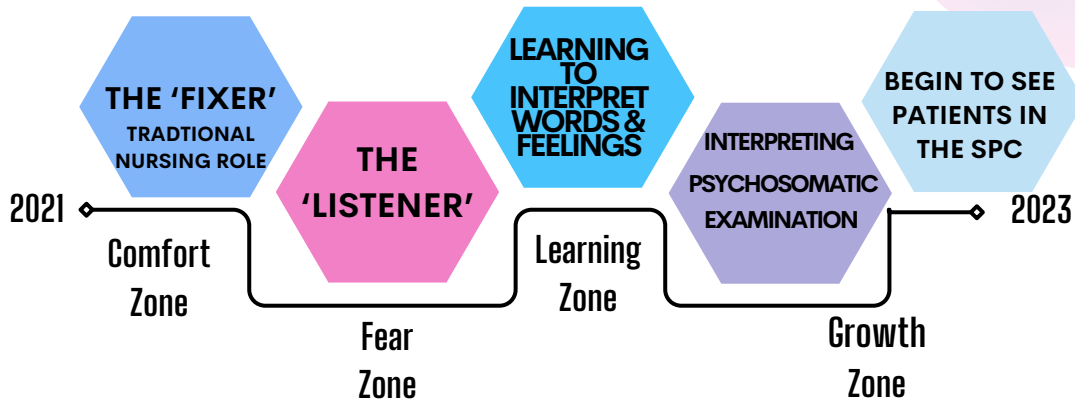
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NHS Tayside Sexual and Reproductive Health Clinic

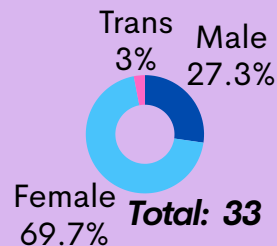
Emily Dewar: IT and design support

OVERVIEW

Grasping the concepts of Psychosexual Medicine
(Brough, P et al (2019))



Sexual Problem Clinic (SPC) Jan 2023 - Jan 2024



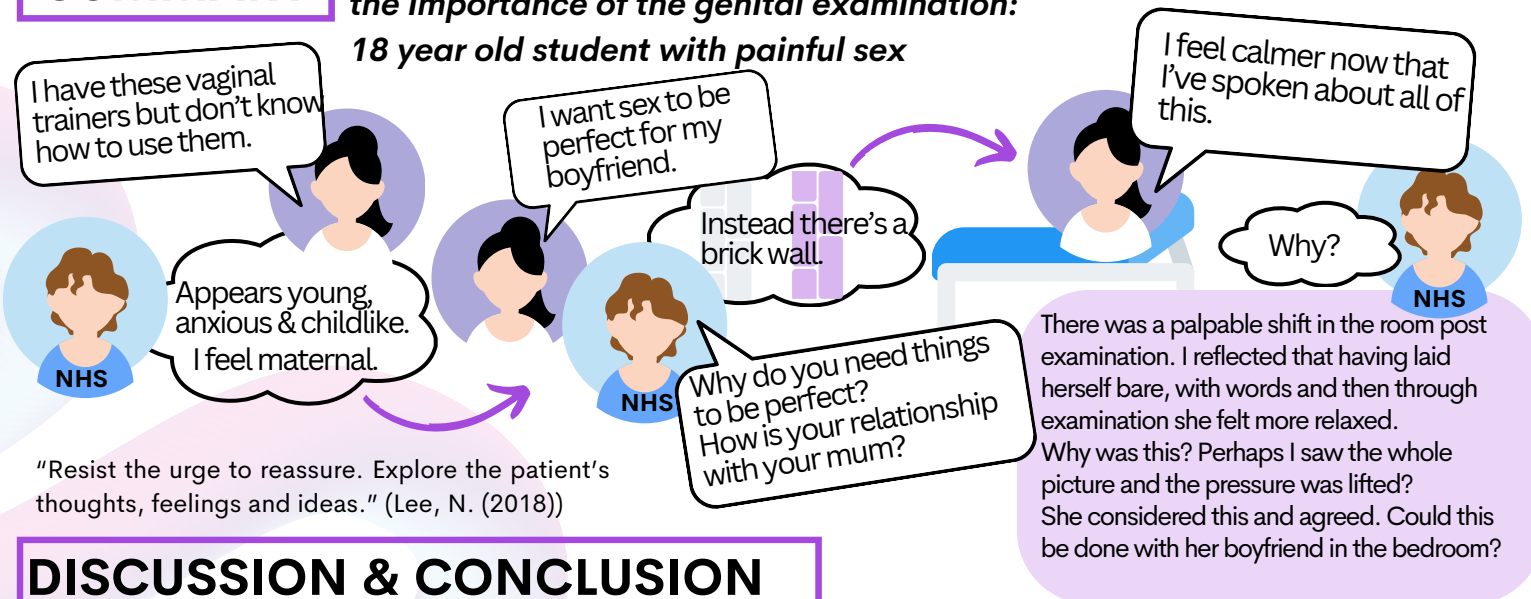
Reason for referral

- Vaginismus
- Low libido
- Anorgasmia
- Erectile dysfunction

SUMMARY

A memorable case which helped me to understand the importance of the genital examination:

18 year old student with painful sex



"Resist the urge to reassure. Explore the patient's thoughts, feelings and ideas." (Lee, N. (2018))

DISCUSSION & CONCLUSION

1. Psychological problems should be afforded the same attention as physical symptoms

2. The IPM approach has enabled me to provide truly holistic, patient centred care

3. I believe that all health care professional could benefit from an understanding of the mind/body approach

4. The new Sexual Health and Blood Borne Virus Action Plan now includes a focus on Sexual Wellbeing. This should be incorporated into all Sexual Health consultations
(Scottish Government, (2023))

References

1. Brough, P. et al, (2019) *Introduction to Psychosexual Medicine*. 3rd Edition. UK. CRC Press
2. Lee, N. (2018). *Dyspareunia*. *BMJ*; 361:k2341.
3. Scottish Government (2023) *Sexual Health and Blood Borne Virus Action Plan: 2023 to 2026*. Available at <https://www.gov.scot/publications/sexual-health-blood-borne-virus-action-plan-2023-2026>. 7.3.2024