IPM ANNUAL SCIENTIFIC MEETING 2024

A VOYAGE OF DISCOVERY: REFLECTIONS DURING MY IPM DIPLOMA TRAINING





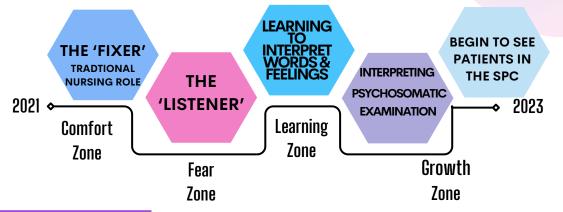
Institute of Psychosexual Medicine

SPECIALIST NURSE JENNIE MAIN (DIPIPM) & SEPCIALITY DR LAURA JARVIS (MIPM)

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

> Trans Male 3% 27.3%

Female **Total: 33**

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

I have these vaginal trainers but don't know how to use them.

Appears young, anxious & childlike.
I feel maternal.

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

I want sex to be perfect for my boyfriend.

Instead there's a brick wall.

Why do you need things to be perfect? How is your relationship with your mum? I feel calmer now that I've spoken about all of this.



There was a palpable shift in the room post examination. I reflected that having laid herself bare, with words and then through examination she felt more relaxed. Why was this? Perhaps I saw the whole picture and the pressure was lifted? She considered this and agreed. Could this be done with her boyfriend in the bedroom?

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