

# Does the implementation of a sexual health tool during a well-woman exam increase the diagnosis of sexual dysfunction?

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# Purpose of the project

- ▶ Use of a standard screening tool for sexual health during well-woman exams
  - ▶ 1. Will it increase the diagnosis of sexual dysfunction
  - ▶ 2. Low impact on the current workflow for clinicians





# Introduction

What is sexual health?

What organizations are there?

When should it be evaluated?



# Background

- Studies show that 18 to 44.8% of women report some sexual dysfunction during their lifetime (Briken et al., 2020; Faubion & Rullo, 2015).
- These rates are thought to be low as sexual dysfunction is under-reported.
- Patients fail to bring up sexual issues unless asked by their provider or the concern is severe

# Problem

Sexual dysfunction can lead to decreased overall health.



Even after advised by experts, clinicians often do not complete a comprehensive sexual health history.



There is no standardization to sexual health screening

# Theoretical Framework

- ▶ Theory of goal attainment
- ▶ founded by Imogene King
- ▶ Focusing on the development of the nurse-patient relationship to meet healthcare goals
- ▶ The theory has 3 interacting systems
  - ▶ 1 Personal
  - ▶ 2. Interpersonal
  - ▶ 3. Social



King's graduation photo

# Review of the literature

## Identification:

- Tounkel et. al (2022) compare different screening tools
- Rosen et al (2000) developed and tested an assessment tool (FSFI) that is widely accepted to identify women at risk for sexual dysfunction
- Development of FSFI6 from Isidori et. al (2010)
- Newer studies focus on using the abbreviated FSFI-6 tool (Briken et. al 2020)





# Review of the literature

## Barriers & Recommendations:

- A comprehensive sexual health history is advised (ACOG, ISSWISH, WHO)
- Barriers:
  1. Time constraints
  2. Lack of knowledge



# Review of the literature

Treatment options for dysfunction:

1. Oral/vaginal medication
2. Physical therapy
3. Behavioral therapy



# Methods



- ▶ Type: Quantitative Quality Improvement (QI) project
- ▶ Research design: Correlational research

# Female Sexual Function Index -6 (FSFI6)

Over the past 4 weeks

How would you rate your level (degree) of sexual desire or interest?		Very high	High	Moderate	Low	Very low or none at all
		5	4	3	2	1
How would you rate your level of sexual arousal ("turn on") during sexual activity or intercourse?	No sexual activity	Very high	High	Moderate	Low	Very low or none at all
	0	5	4	3	2	1
How often did you become lubricated ("wet") during sexual activity or intercourse?	No sexual activity	Almost always or always	Most times	Sometimes	A few times	Almost never or never
	0	5	4	3	2	1
When you had sexual stimulation or intercourse, how often did you reach orgasm?	No sexual activity	Almost always or always	Most times	Sometimes	A few times	Almost never or never
	0	5	4	3	2	1
How satisfied have you been with your overall sexual life?		Very satisfied	Moderately satisfied	About equally satisfied and dissatisfied	Moderately dissatisfied	Very dissatisfied
		5	4	3	2	1
How often did you experience discomfort or pain during vaginal penetration?	Did not attempt intercourse	Almost never or never	A few times	Sometimes	Most times	Almost always or always
	0	5	4	3	2	1



## Total participants

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	Age	FSFI6 score
N	39	39
Missing	0	0
Mean	42.8	20.0
Median	41	22
Standard deviation	11.9	6.04
Minimum	23	5
Maximum	73	30

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## Data Analysis: FSFI6 results

Group	Diagnosis		Total
	Sexual dysfunction diagnosis	No sexual dysfunction	
Control group	1	82	83
Group using FSFI6	9	66	75
Total	10	148	158

# Data Analysis: Sexual Dysfunction Diagnosis

## $\chi^2$ Tests

	Value	df	p
$\chi^2$	7.74	1	0.005
N	158		

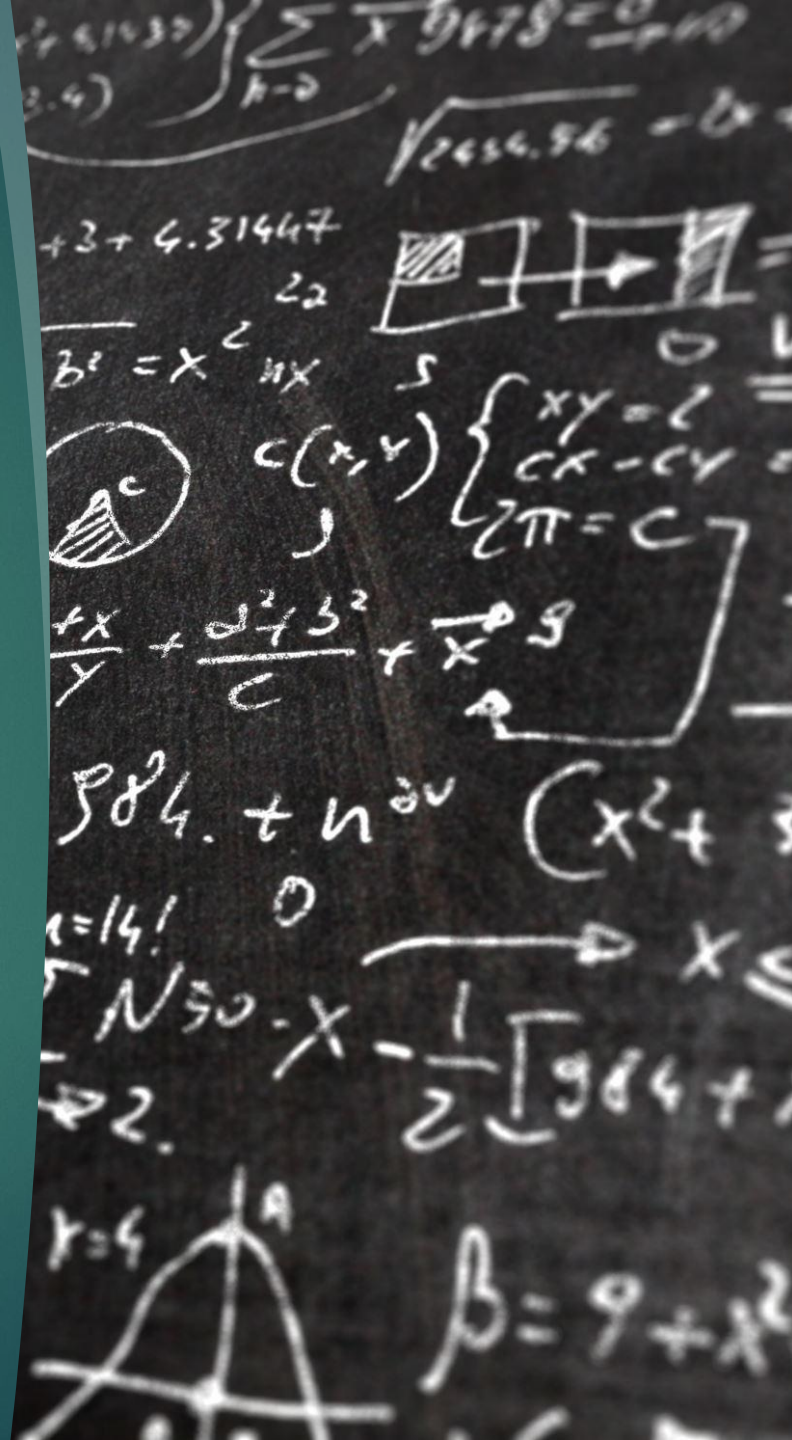
Nominal

	Value
Phi-coefficient	0.221
Cramer's V	0.221

# Chi-Squared ( $\chi^2$ ) Test of Independence & Cramer's V

# Outcomes & Discussion of Results

- ▶  $P=0.005$
- ▶ Clinician reports





# Outcomes & Discussion of Results

## Descriptives (At Risk Group)

	Age	FSFI6 Score
<b>N</b>	14	14
<b>Missing</b>	0	0
<b>Mean</b>	48.4	13.4
<b>Median</b>	49.5	14.0
<b>Standard deviation</b>	13.2	4.65
<b>Minimum</b>	29	5
<b>Maximum</b>	73	19

# Limitations

- ▶ Small sample size
- ▶ Patient demographics unknown
- ▶ Short time frame



# What is next?

- ▶ Clinician education
- ▶ Clinician barriers





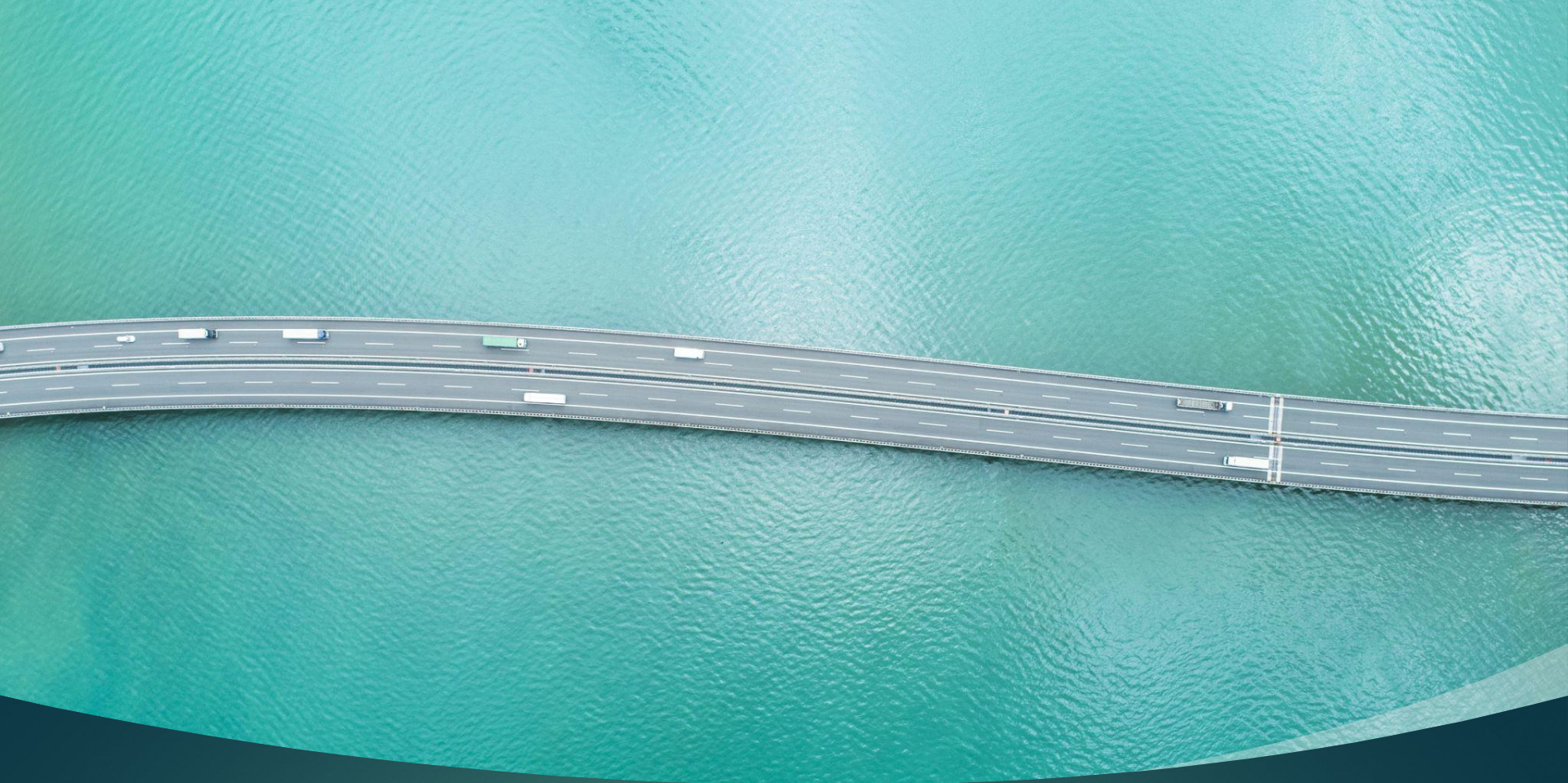
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Thank you.  
Questions?