Sexuality, Sexually Transmitted Diseases (STD’s) and Contraception

* What is sexuality?

* Where does sexuality fit in Neuman Variables?

Physiological

Developmental

Stressor

Resource

Socio-cultural

Psychological

Spiritual
*Culture
*Religion
*Ethics
*Lifestyle
*Health state
*Age

Factors affecting sexuality

*Part of holistic care - know your biases
*Sexual dysfunction can increase emotional morbidity
*Quality of life

Sexuality

*What are some the health care provider’s beliefs that prevent intervention with client sexuality?
Intervention at different levels
* Grant permission to talk about it
* Limited Information
* Based on nurse’s comfort level with subject of sexuality, & knowledge
* Specific Suggestions
* Intensive Therapy

Nursing Dx r/t sexuality
* Sexual dysfunction
* Sexuality patterns, ineffective
* Body image, disturbed

Contraception

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* Factors to Consider in assisting clients in choosing a contraceptive method

* Cognitive development
* Attitudes and values
* Sexual maturity rating
* Communication between partners
* Opportunity to counsel both partners
* Use of more than one method
* Frequency of intercourse

* Factors to Consider (cont’d)

* Problem-solving abilities
* Communication with parents or other adults (adolescent)
* Physical and mental health
* Motivation of both partners
* Number and gender of partners

* Sterilization
  * Tubal ligation
  * Vasectomy
* Intrauterine devices
* Barrier methods
  * Chemical barriers
  * Mechanical barriers
* Natural family planning

* Methods of Contraception
* Methods of Contraception (cont’d)
  * Abstinence
  * Hormonal contraceptives
    * Hormone implant
    * Hormone injections
    * Oral contraceptives
    * Patch
    * Vaginal ring
    * Postcoital emergency contraceptives

* Use of Oral Contraceptives
  Contraindicated in a woman with a history of:
  * Thrombophlebitis and thromboembolic disorders
  * Cerebrovascular or cardiovascular diseases
  * Hypertension
  * Diabetes w/vascular involvement
  * Estrogen-dependent cancer or breast cancer
  * Benign or malignant liver tumor
  * Gall Bladder Disease

* Use of Oral Contraceptives
  Contraindicated in a woman with:
  * Impaired liver function
  * Suspected or known pregnancy
  * Undiagnosed vaginal bleeding
  * Heavy cigarette smoking
  * High Cholesterol Levels
  * Obesity
Nursing Diagnosis, cont’d:
Anxiety r/t impact upon relationship, disease outcome, lack of knowledge of disease.

Nursing Diagnosis
Ineffective Health Maintenance r/t lack of knowledge of disease process; appropriate f/u measures; possibility of reinfecion.

5 most common STD’s in U.S.
*Gonorrhea
*Syphilis
*Genital herpes
*Chlamydia
*Human Papilloma Virus
**Human Papilloma Virus**  
Over 100 types  
May be asymptomatic  
2 categories-type 16 & 18, high-risk for cervical cancer  
HPV vaccine

**General Overview**  
Highest incidence: adolescents & young adults  
Sexual abuse  
Primary Prevention  
Advocate for adolescent education re: sex and sexually transmitted disease. (AAP, 2001)  
Abstinence  
Condoms

**Healthy People 2020**  
Goal: Promote healthy sexual behaviors, strengthen community capacity, and increase access to quality services to prevent sexually transmitted diseases and their complications.

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Factors contributing to spread

* Asymptomatic nature of STDs
* Gender disparities
* Age disparities
* Lag time between infection and complications
* Social, economic and behavioral factors

Risk Factors

* IV drug use
* Other substance abuse
* High-risk sexual activity
* Younger age at beginning of sexual activity
* Inner city residence
* Poverty/lower socioeconomic status
* Poor nutrition
* Poor hygiene

Consequences

* Sterility
* Neurologic damage
* Ophthalmic infection - other congenital problems for newborn
* Cancer
* Death
Unwanted Pregnancy

*Negative pregnancy test: a teachable moment
*Abortion
*Medical
*Surgical
*Post op care

Issues about Consent and Confidentiality regarding Abortion

*Public Health Statutes
*Parental rights
*Adolescent rights
*Ethics
*Sexual partner rights

Infertility

*In vitro fertilization (IVF) is done to help a woman become pregnant. It is used to treat many causes of infertility, including:
*Advanced age of the woman (advanced maternal age)
*Damaged or blocked fallopian tubes (can be caused by pelvic inflammatory disease or prior reproductive surgery)
*Endometriosis
*Male factor infertility, including decreased sperm count and blockage
*Unexplained infertility

11/10/11
References

*Medical-Surgical Nursing, Clinical Management for Positive Outcomes, Black, J., Hawks, J., 8th Ed., 2009 Saunders
*Healthy People 2020, www.healthypeople.gov