

Training in Female Sexual Dysfunction

90% of trainees think managing these problems is important

A pilot study into the delivery of nation-wide designated training
Pilot location: Health Education Kent, Surrey, Sussex region

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2% of trainees Know how to manage these problems

Introduction

- Sexual problems, commonly presenting in gynaecology clinics, pose a clinical challenge. For example the majority of patients presenting with dyspareunia, a condition that considerably impairs quality of life, will have no positive findings at laparoscopy
- A 2016 survey found that whilst 90% of O&G trainees felt that managing such conditions is important, only 2% felt adequately trained to do so
- Training is often rated as unsatisfactory (71%) and delivered by trainers with no special interest (72%)
- Specialist psychosexual clinics are limited and overwhelmed nationally so it is essential that gynaecologists improve skills to help women

Our objective was to ascertain current trainee knowledge in psychosexual medicine and to evaluate the introduction of a brief intervention to improve this

Methods

- We aim to deliver training to each deanery during one of their obligatory virtual teaching sessions
- Training, available to all grades, was delivered by psychosexual specialists via a combination of didactic teaching and facilitated seminar groups (N=57)
- Sessions included the basics of Pre- and post-training surveys, utilising Likert scales, were completed by attendees
- Qualitative data was analysed using SPSS and a quantitative analysis of the general reflections from the day was also done.

Training day content

- Psychosexual Medicine
- Painful sex
- Tocophobia
- The impact of the menopause on sexual function

Results

The training received 57 attendees, of which 52 responded to pre and post session surveys.

HOW OFTEN DO YOU RECEIVE PSM TEACHING

■ Never ■ Once a year ■ A few times a year

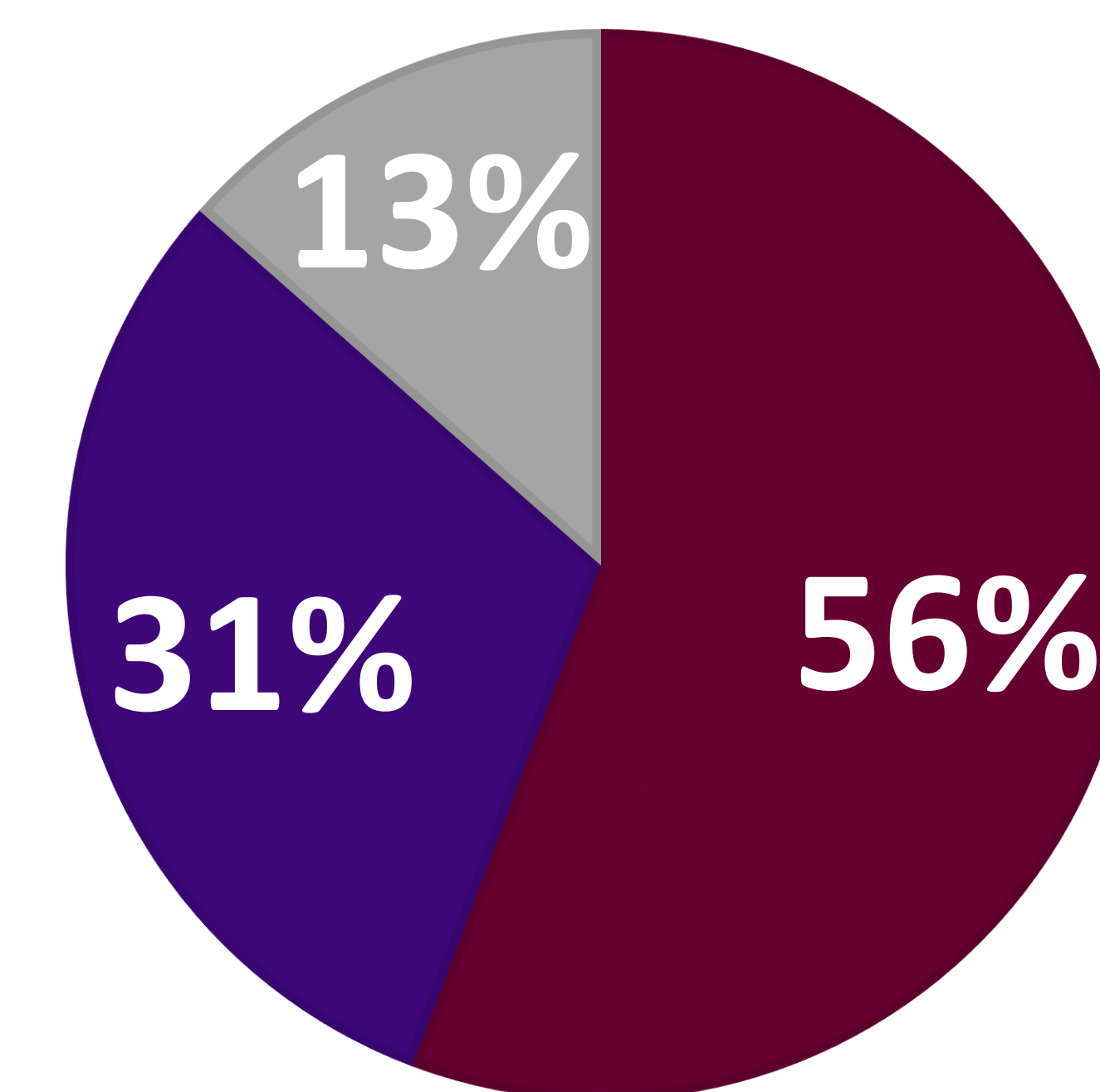


Figure 1: Survey results on how often they have received psychosexual medicine teaching during their training

Conclusion

PSM remains a neglected aspect of O&G training

This pilot supported the hypothesis that trainee-perceived ability in PSM is low, but that a simple training day can lead to rapid up-skilling

As such, we plan to reproduce this programme across the UK, delivering specialist training to every deanery. It is anticipated that this will further reinforce our belief, as trainers and trainees, that dedicated teaching in the management of sexual dysfunction is required and warmly received by obstetricians and gynaecologists

Pre and Post session responses to knowledge on PSM

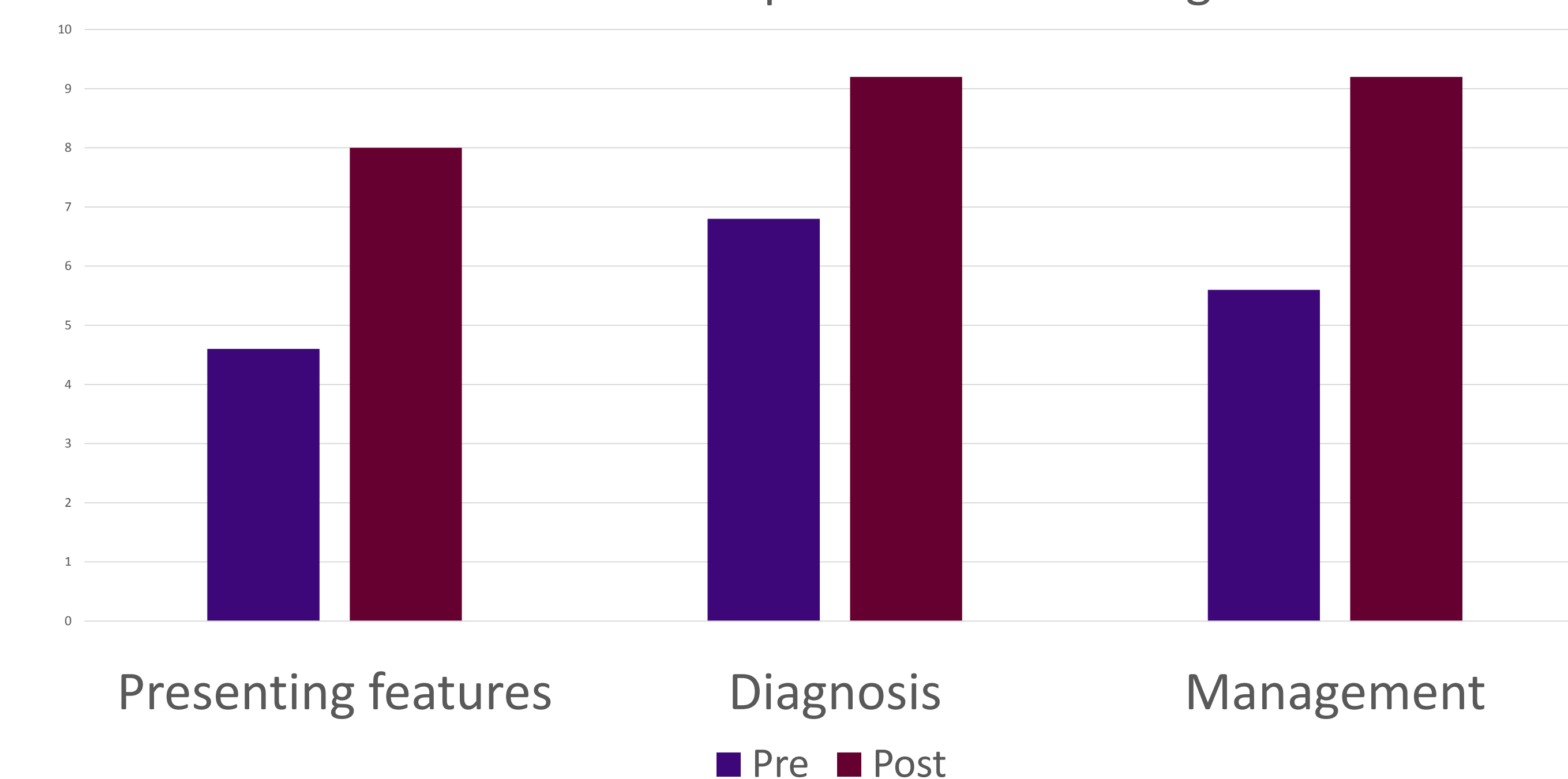


Figure 2: Pre and post session surveys on trainees knowledge in identifying, diagnosing and managing PSM issues.

Post-session surveys found trainees were significantly more confident in the presentation (3.7/6 to 4.8/6, $P < 0.001$), diagnosis (3.2/6 to 4.6/6, $P < 0.001$) and management (2.8/6 to 4.6/6, $P < 0.001$) of psychosexual disorders (Figure 2.)