Sexual health counselling in HIV-care

Suzanne de Munnik
Nurse practitioner
Sexual health counselling in HIV-care

INTERDISCIPLINARY TEAM
Suzanne de Munnik
Nurse practitioner infectious disease MSc
Catharinahospital – Netherlands
Total bed partners: 5
Current sex life: B+
HIV-care Netherlands

INTERDISCIPLINARY TEAM

• Internist-infectiologist
• HIV-nurse/ nurse practitioner
• Consultation (psychologist, social worker i.e)
• National patient organisations, HIV association i.e.

POSITIVE HEALTH

• Quality of life
  • Sexuality
HIV and sexual health

1. STD detection rate: **36.6%** among people known to be living with HIV

2. **70.5%** of HIV-positive MSM experience one or more sexual problems < 1 yr after diagnosis.

3. **Netherlands**: national plan STD, HIV and sexual health 2017-2022

4. National guideline HIV nurses sexual health **2008**
SEXUALITY

PSYCHOLOGICAL
Sexual dysfunction; Behaviour;

HIV DIAGNOSIS
Stigma

Comorbidities
CART
Sexual dysfunction

RISK REDUCTION STRATEGY
Condom; PreP; U=U

SEXUALLY TRANSMITTED DISEASE
Risk behaviour

DISCLOSURE
Let’s talk about sex: A qualitative study exploring the experiences of HIV nurses when discussing sexual risk behaviours with HIV-positive men who have sex with men

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From intention to STI prevention: An online questionnaire on barriers and facilitators for discussing sexual risk behaviour among HIV nurses

Suzanne de Munnik¹,² | Sigrid C.J.M. Vervoort³ | Heidi S.M. Ammerlaan¹ | Gerjo Kok⁴ | Chantal den Daas²,⁵
The aim of the present study was to investigate to what extent sexual health counselling is incorporated into routine Dutch HIV care.
METHODS

A cross-sectional survey among physicians and nurses in The Netherlands 2017 - 2018

The questionnaire consisting of 40 questions

- Demographic characteristics
- Self-perceived knowledge
- Competent
- Responsible
- Providing sexual health counseling
- Barriers
- Sexual health topics

IBM SPSS statistics 23
<table>
<thead>
<tr>
<th>Category</th>
<th>Physician (N=59)</th>
<th>Nurses (N=48)</th>
</tr>
</thead>
<tbody>
<tr>
<td>GENDER</td>
<td>47%</td>
<td>77%</td>
</tr>
<tr>
<td>KNOWLEDGE</td>
<td>34%</td>
<td>58%</td>
</tr>
<tr>
<td>DISCUSSING</td>
<td>14%</td>
<td>63%</td>
</tr>
</tbody>
</table>
**Physician (N=59)**

- **Barriers**
  - **Insufficient Time**: 61%
  - **Presence of a Third Party**: 55%
  - **Patients Do Not Initiate**: 85%

**Nurses (N=48)**

- **Barriers**
  - **Insufficient Time**: 23%
  - **Presence of a Third Party**: 60%
  - **Patients Do Not Initiate**: 15%
## sexual health counselling topics

<table>
<thead>
<tr>
<th></th>
<th>PHYSICIAN</th>
<th>NURSES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fatigue</td>
<td>23%</td>
<td>50.0%</td>
</tr>
<tr>
<td>Lack of experienced pleasure</td>
<td>45%</td>
<td>88%</td>
</tr>
<tr>
<td>Inability to reach orgasm</td>
<td>13%</td>
<td>29%</td>
</tr>
<tr>
<td>Altered self image</td>
<td>38%</td>
<td>67%</td>
</tr>
<tr>
<td>HIV stigma</td>
<td>66%</td>
<td>85%</td>
</tr>
</tbody>
</table>
Sexual health counselling

- Frequently
  - Knowledge: 66%
  - BARRIER > 2: 61%
  - Responsible: 97%
  - Sexual health counselling: 33.3%

- Infrequently
  - Knowledge: 87%
  - BARRIER > 2: 80%
  - Responsible: 80%
Discussion

Sexual health counselling
- Responsible
- Third person

Sexual health counselling multifaceted
- who/which topic

Overcoming barriers
Conclusion

If there’s a problem, I hope he brings it up...

I hope she asks me!?
Research team “talking about sex”

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Mw. Dr. H.S.M. (Heide) Ammerlaan
Mw. Dr. C. (Chantal) den Daas

Mw. Dr. S.J.C. (Sigrid) Vervoort
Dr. H.W. (Henk) Elzevier
Prof. Dr. G.J. (Gerjo) Kok
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INTERDISCIPLINARY TEAM

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