

# Female Sexual Dysfunction

Team Members: Ambrosia Hope RN, MSN, Nichole Paulk RN, MSN, Sarah Deweese RN, MSN, and Janey Bloom MSN, BSN

Faculty Mentor: Dr. Lisa Pair DNP, WHNP-BC, CRNP, FAUNA

## WHAT IS FEMALE SEXUAL DYSFUNCTION?

### ➤ Female Sexual Dysfunction (FSD)

persistent problem related to sexual response, desire, orgasm, or sexual pain

➤ In the US, **4 in 10** women report symptoms related to sexual dysfunction. Globally the prevalence is about the same, though it is slightly more prevalent in developed countries

➤ FSD can also be a symptom of many common medical ailments and psychiatric disorders

➤ Treatment has to be aimed at the basis of the problem

## INTERVENTION AND METHODS

**Intervention:** universal screening of all female patients using the FSFI screening tool, use of the treatment algorithm if necessary

**Measurement of outcomes:** follow up questionnaires will be administered to patients who score a 26 or less every 4 weeks through the patient portal

**Implications for intervention:** Screening of all patients will help connect patients with treatment options

## CLINICAL PROBLEM AND SOLUTION

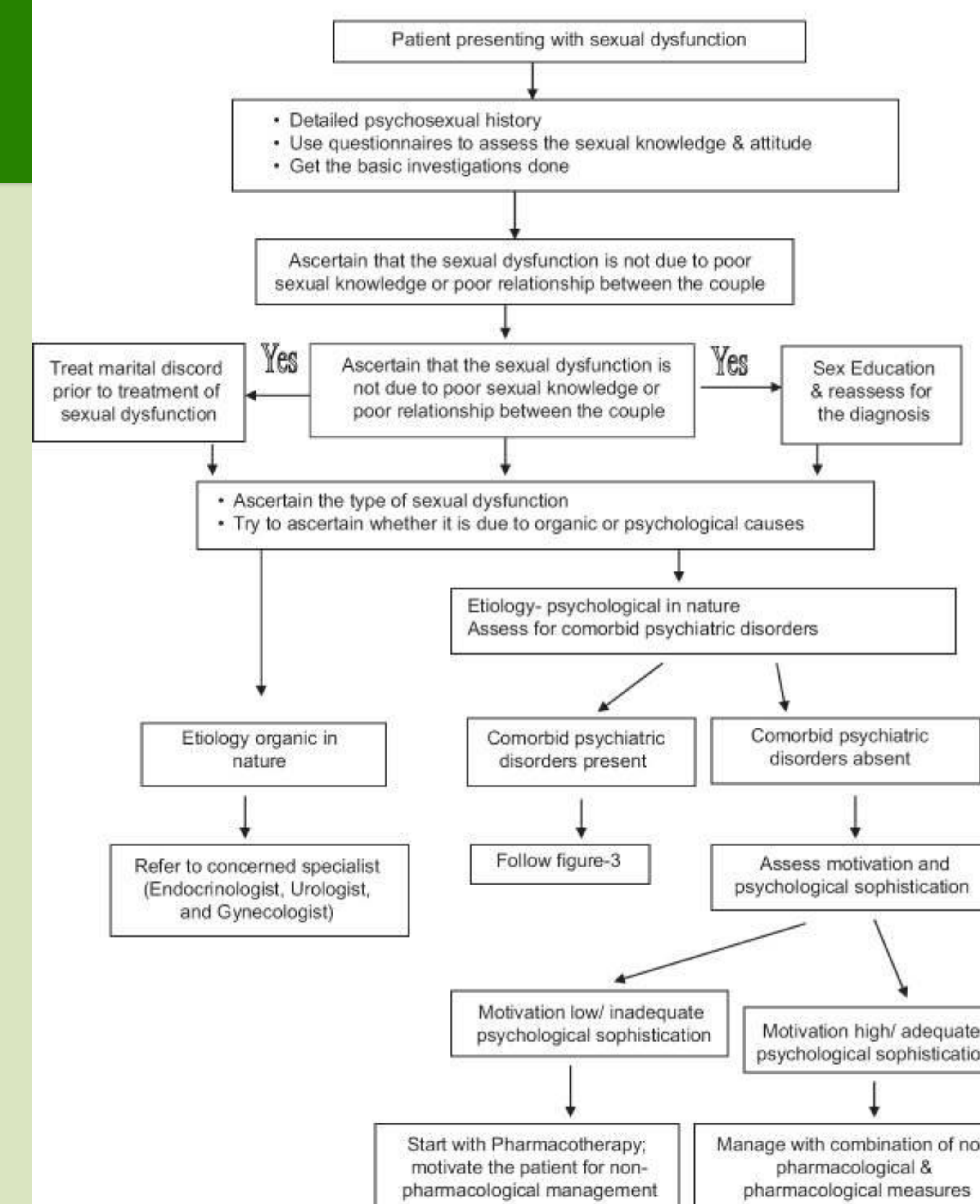
➤ Lack of standardized diagnosis criteria and treatment is the main barrier standing in the way of patients getting appropriate treatment as evidenced by lack of protocols in our clinical experiences

➤ Proposed solution: universal screening of all female patients with the **FSFI screening tool** and treatment with the **treatment algorithm** detailed by Avasthi and Grover, 2017.

## TREATMENT ALGORITHM

Patients should be allowed time with their providers to discuss findings from the screening tool, diagnostic criteria, and the treatment algorithm

**STEP 2**



Avasthi, A., Grover, S., & Sathyanarayana Rao, T. S. (2017). Clinical practice guidelines for management of sexual dysfunction. *Indian Journal of Psychiatry*, 59(1). 91–115. doi:10.4103/0019-5545.196977

## FSFI SCREENING TOOL

Over the past 4 weeks...

**STEP 1**

1. How often did you feel sexual desire?
2. How would you rate your level of sexual desire?
3. How often did you feel sexually aroused during sexual intercourse?
4. How would you rate your level of sexual arousal during sexual activity?
5. How confident were you about becoming sexually aroused during sexual activity?
6. How often have you been satisfied with your arousal during sexual activity?
7. How often did you become lubricated during sexual activity?
8. How difficult was it to become lubricated during sexual activity?
9. How often did you maintain your lubrication until completion of sexual activity?
10. How difficult was it to maintain your lubrication until completion of sexual activity?
11. When you had sexual stimulation how often did you reach climax?
12. When you had sexual intercourse, how difficult was it to reach orgasm?
13. How satisfied were you with your ability to reach orgasm during sexual activity?
14. How satisfied were you with the amount of emotional closeness during sexual activity between you and your partner?
15. How satisfied have you been with your sexual relationship with your partner?
16. How satisfied have you been with your overall sexual life?
17. How often did you experience discomfort or pain during vaginal penetration?
18. How often did you experience pain or discomfort following vaginal penetration?
19. How would you rate your degree of discomfort during or following vaginal penetration?

Female sexual function index, (n.d). Retrieved from <http://www.fsfiquestionnaire.com/>

**UAB SCHOOL OF NURSING**

The University of Alabama at Birmingham