

Hjernesagen præsenterer



Let´s talk about it!

How, where and when?

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The Danish Stroke Association



Sexual health following WHO

- “...a state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity. **Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence.** For sexual health to be attained and maintained, the sexual rights of all persons must be respected, protected and fulfilled.” (WHO, 2006a)



How does stroke effect sexual health

Physical

Behavioral

Psychological

Social

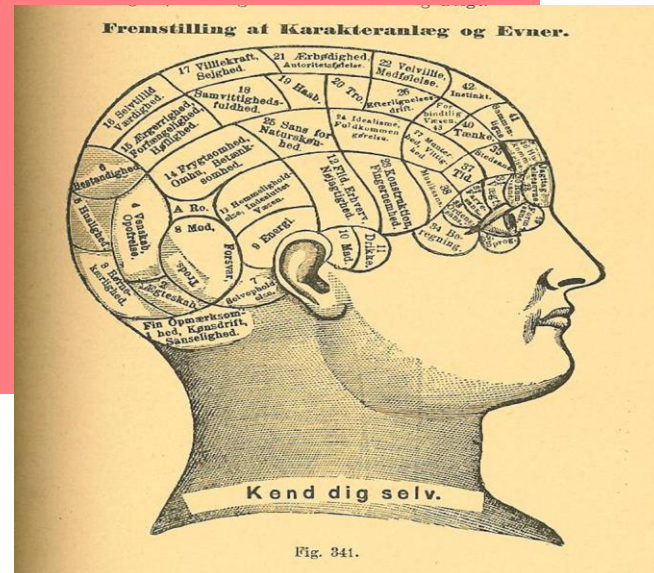



Fig. 341.

Article

**CLINICAL
REHABILITATION**

How is sexuality after stroke experienced by stroke survivors and partners of stroke survivors? A systematic review of qualitative studies

Margaret McGrath¹ , Sandra Lever^{2,3},
Annie McCluskey¹ and Emma Power⁴

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Hjernesagen
Vi tager hånd om hjernen

How does aphasia effect sexuality and intimacy

Depends on individual factors

- Type of aphasia
- Age
- Being in a relationship
- Personal values and preferences

Tabu = anomia

Aphasia+ anomia = double trouble !

Sexual Communication and Functioning among Adult Stroke Patients with Non-fluent Aphasia: A Cross-sectional Study

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Basic principles for supported conversation for adults with aphasiatm

<https://www.aphasia.ca/>

Speaking in a **normal tone of voice**

Acknowledging communication difficulties and trying to fix them

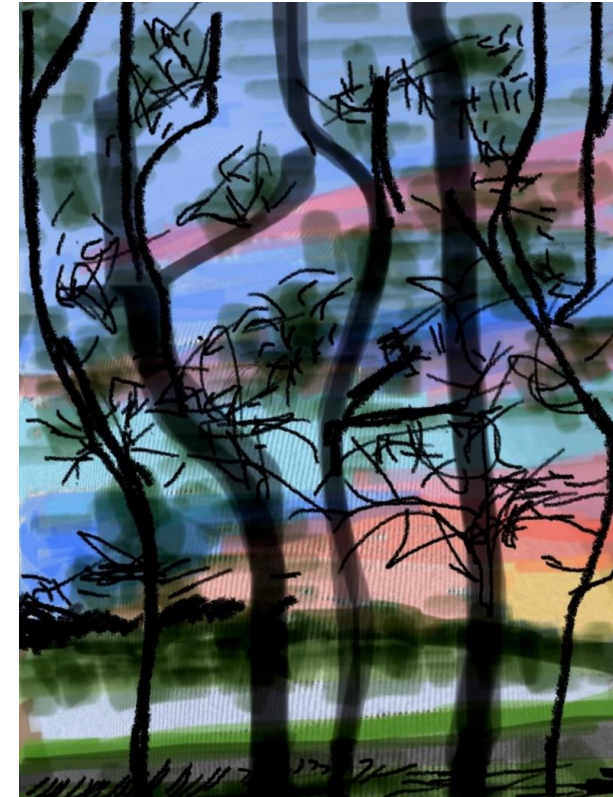
Writing **key words**

Using **drawing or gestures**, focusing on one word at a time

Keeping **a written "log"** of the conversation that can be reviewed


Asking yes/no questions to confirm understanding

Summarizing what the person with aphasia has communicated





Let's talk about it – but how?


Nærhed, sex og parforhold
Hjælp til at samtale med borgere med afasi
(sproglige vanskeligheder)




Et billedværktøj




Jeg vil gerne tale om ...
Privatliv (ikke nok)
Hvorfor?



Separate soveværelser



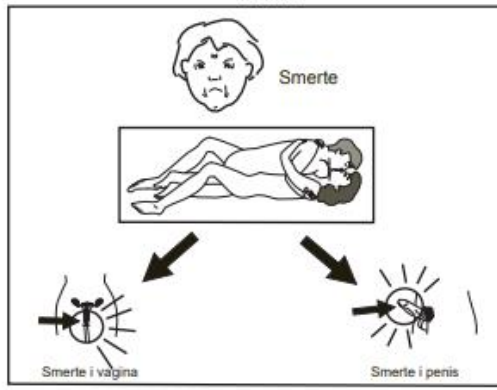
Hjælper i huset



Andre personer i huset

Andet

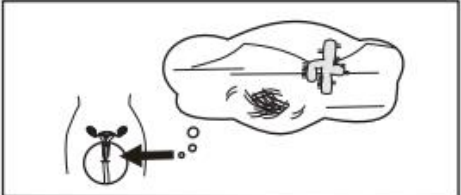
Jeg vil gerne tale om ...
Smerte



Smerte i vagina

Smerte i penis

Vaginal tørhed



Summing up:

- **Attention** to sexual health should always be part of rehabilitation after stroke
- The person who lives with stroke and possibly partner must have **an open offer** for a conversation about sex and intimacy
- It can be a difficult conversation for all parties, but it is the professional who must **break the ice**.

