

Start	End	Topic	Speakers
15:35	15:40	Introduction and opening remarks	Marie-Pierre Cyr & Mélanie Morin
15:40	16:00	Sexual function and pelvic pain in men: overview and advances in conservative treatment	Marie-Pierre Cyr
16:00	16:20	Sexual function and pelvic pain in women: overview and approach going beyond the pelvic floor muscles	Dee Hartmann
16:20	16:40	Physiotherapy for improving sexual function in women with pelvic floor disorders	Cristine Homsi Ferreira
16:40	17:00	Psychosocial approach in the treatment of sexual dysfunction and introduction to ergonomic sexual positioning in women with pain	Heather Howard
17:00	17:05	Q & A and take-home messages	All

Description

This workshop is presented on behalf of the ICS Physiotherapy Committee. Sexual dysfunction affects women and men worldwide (McCabe et al. 2016). While the paradigm to study and treat sexual dysfunction, and more specifically sexual pain, has been primarily biomedical, considering the individual from a holistic perspective is increasingly encouraged (Thomas & Thurston 2016, Cyr et al. 2022). This is particularly important in the context of sexual dysfunction and pain because processes beyond biological mechanisms are at play (Thomas & Thurston 2016, Calabrò et al. 2019). When these processes are not fully known or understood, the assessment and treatment approach is limited, which likely contributes to poor clinical outcomes.

We convened a multidisciplinary panel of international experts to discuss sexual dysfunction. During the workshop, participants will be guided through the most up-to-date evidence to address the learning objectives. The workshop will provide participants with a broader perspective on sexual dysfunction and with the confidence and knowledge to tackle the challenges of sexual dysfunction and pain in women and men.

Marie-Pierre Cyr will start by presenting an overview of sexual dysfunction in men. More specifically, she will discuss sexual dysfunction post-prostatectomy and chronic pelvic pain in men. The various treatment approaches used in physiotherapy will be covered along with the related evidence. She will help broaden the perspective of clinicians in addressing sexual dysfunction in men.

Dee Hartmann will then present an overview of sexual dysfunction in women. Her presentation will emphasize the various elements of sexual functioning, from desire to orgasm, while revisiting anatomy and physiology. She will expand on the pelvic floor physiotherapy modalities commonly used to relieve pain. She will also discuss innovative strategies for when women improve clinically (i.e., pain and pelvic floor muscle dysfunction) but are still resistant to engage sexually or are not seeing improvement in sexual function. She will help clinicians to integrate an approach to accompany women on the pathway from pain to sexual pleasure.

Cristine Homsi Jorge will present the latest scientific evidence supporting the effectiveness of physiotherapy modalities in improving sexual function in women. She will mainly cover treatments for women with various pelvic floor disorders, including incontinence and pelvic organ prolapses. Moreover, she will review the evidence for women at different stages of their lives, from the postnatal to the postmenopausal period. Her presentation will enable clinicians to integrate evidence into their clinical practice.

Heather Howard will approach the topic of sexual dysfunction from a sexologist’s perspective, where she will arm clinicians with newly learned skills and knowledge to incorporate a psychosocial approach into their practice. She will also introduce ergonomic sexual positioning for women in pain. She will present the Ergoerotics® educational videos that she created to help patients with chronic health conditions find comfortable pleasure. She will assist clinicians with making clinical recommendations to patients.

Mélanie Morin will assist with questions from the audience throughout the workshop.

References

- Calabrò, R. S., Cacciola, A., Bruschetta, D., Milardi, D., Quattrini, F., Sciarrone, F., la Rosa, G., Bramanti, P., & Anastasi, G. (2019). Neuroanatomy and function of human sexual behavior: A neglected or unknown issue? *Brain and Behavior*, 9(12), e01389.

- Cyr, M. P., Dostie, R., Camden, C., Dumoulin, C., Bessette, P., Pina, A., Gotlieb, W. H., Lapointe-Milot, K., Mayrand, M. H., & Morin, M. (2022). Improvements following multimodal pelvic floor physical therapy in gynecological cancer survivors suffering from pain during sexual intercourse: Results from a one-year follow-up mixed-method study. *PloS One*, 17(1), e0262844.
- McCabe, M. P., Sharlip, I. D., Lewis, R., Atalla, E., Balon, R., Fisher, A. D., Laumann, E., Lee, S. W., & Seigraves, R. T. (2016). Incidence and Prevalence of Sexual Dysfunction in Women and Men: A Consensus Statement from the Fourth International Consultation on Sexual Medicine 2015. *Journal of Sexual Medicine*, 13(2), 144–152.
- Thomas, H. N., & Thurston, R. C. (2016). A biopsychosocial approach to women's sexual function and dysfunction at midlife: A narrative review. *Maturitas*, 87, 49–60.

Aims of Workshop

Our understanding of pelvic floor disorders has expanded in the last few decades. This progress has led to the development of conservative treatment options. Sexual dysfunction, however, has not received as much attention, leaving women and men with limited evidence-based treatment options, particularly for those affected by pain and pelvic floor disorders. This workshop will present recent evidence and treatment approaches related to sexual dysfunction in women and men so clinicians can use this knowledge to upscale their clinical practice.

Educational Objectives

This workshop aims to fill the gaps in knowledge regarding sexual dysfunction in women and men and to present evidence regarding conservative treatment approaches to provide a tool kit for clinicians to upscale their clinical practice.

Learning Objectives

1. To discuss the principal mechanisms involved in female and male sexual function, and to understand the impact of common pelvic floor disorders, including pain, on sexual function.
2. To discuss conservative treatment approaches to optimize sexual function.
3. To integrate a psychosocial approach to treating sexual dysfunction.

Target Audience

Urology, Urogynaecology and Female & Functional Urology, Conservative Management

Advanced/Basic

Intermediate

Suggested Learning before Workshop Attendance

- Doggweiler, R., Whitmore, K. E., Meijlink, J. M., Drake, M. J., Frawley, H., Nordling, J., Hanno, P., Fraser, M. O., Homma, Y., Garrido, G., Gomes, M. J., Elneil, S., van de Merwe, J. P., Lin, A. T. L., & Tomoe, H. (2017). A standard for terminology in chronic pelvic pain syndromes: A report from the chronic pelvic pain working group of the International Continence Society. *Neurourology and Urodynamics*, 36(4), 984–1008.
- Hartmann D, & Wood E (2021). *The Pleasure Prescription: A Surprising Approach to Healing Sexual Pain*. Luminare Press. 284 pages.
- Kocjancic, E., Chung, E., Garzon, J. A., Haylen, B., Iacovelli, V., Jaunarena, J., Locke, J., Millman, A., Nahon, I., Ohlander, S., Pang, R., Plata, M., & Acar, O. (2022). International Continence Society (ICS) report on the terminology for sexual health in men with lower urinary tract (LUT) and pelvic floor (PF) dysfunction. *Neurourology and Urodynamics*, 41(1), 140–165.
- McCabe, M. P., Sharlip, I. D., Lewis, R., Atalla, E., Balon, R., Fisher, A. D., Laumann, E., Lee, S. W., & Seigraves, R. T. (2016). Incidence and Prevalence of Sexual Dysfunction in Women and Men: A Consensus Statement from the Fourth International Consultation on Sexual Medicine 2015. *Journal of Sexual Medicine*, 13(2), 144–152.
- Rogers, R. G., Pauls, R. N., Thakar, R., Morin, M., Kuhn, A., Petri, E., Fatton, B., Whitmore, K., Kinsberg, S., & Lee, J. (2018). An International Urogynecological Association (IUGA)/International Continence Society (ICS) joint report on the terminology for the assessment of sexual health of women with pelvic floor dysfunction. *Neurourology and Urodynamics*, 37(4), 1220–1240.