

Sexuality and stroke: implementing the evidence to stroke survivors undergoing inpatient rehabilitation.

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Background:

The National Stroke Foundation's Clinical Guidelines for Stroke Management (2010) reported that patients should be provided with information about sexuality. A recent study by the Foundation found that only 12% of patients were given a copy of the sexuality fact sheet. This project was initiated by the Australian Research Centre in Sex, Health and Society at La Trobe University in collaboration with multiple hospitals to implement the NSF best practice recommendations regarding sexuality after stroke. This presentation reports on the implementation process at one major metropolitan sub-acute facility.

Method:

Quantitative and qualitative data were collected via a medical record audit and online clinical staff survey utilising survey monkey in relation to their knowledge, confidence and level of comfort providing stroke survivors with sexuality information. These results were analysed used descriptive and frequency statistics.

Six stroke survivors undergoing inpatient rehabilitation discussed how they wanted to receive information regarding sexuality and intimacy. Patient interviews were analysed using simple content analysis and conceptual themes were identified following data analysis.

Discussion /Outcomes:

Medical record audits found nil citations regarding sexuality. Results of survey indicated that staff lacked knowledge and confidence, and stroke survivor interviews gave us detailed insights into how patient's would like to receive sexuality information. Education sessions were undertaken to with interdisciplinary clinical staff to encourage implementation of NSF guidelines and recommendations were developed.

Conclusion:

This study provides insight into how we can facilitation the implementation of best practice guideline to provide stroke survivors with information regarding sexuality.