

Sexology education - effects on some aspects of sexual rehabilitation.

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The effect of a two-week educational program focusing on sexual counselling was evaluated.

Subjects: 18 people with different professions working in rehabilitation teams took part in the program. The aim was to increase their sexological knowledge in order to be able to handle sexual and emotional questions and problems seen in the medical rehabilitation work. A local network was intended to be created. The course was one part of a project concerning sexuality and handicap in Sweden.

Method: The evaluation was performed by questionnaires before, immediately after the course and three months after. The evaluation was focused on attitudes towards sexual rehabilitation, medical and sexological knowledge and how the sexual questions and problems were handled by the team and by the member of the team.

Results: The participants had volunteered to the course and had beforehand a positive attitude towards sexual rehabilitation. The attitudes only changed to slightly more positive in a few aspects after the course. There was a difference in attitudes according to professional education. The participants declared to be satisfied with the course. The tests showed that improvement in medical knowledge was greatest in the ones with less medical education before. The improvement in sexological knowledge was greatest among the people with former higher education. After the course 13 people (72.2%) rarely or never received any questions about sexual problems. The physicians received the most questions. The topic was mostly actualized in individual talks between patient and caregiver. Sometimes a relative was also present. Physicians and social workers seem to have this type of conversations most often. Frequency of contacts with specialists in sexual concerns were more than doubled. A local network were realized.