

Addressing the Sexual Wellbeing Needs of Adolescents with Haemophilia

April Jones and Julie Vowles
Royal Victoria Infirmary

The Newcastle upon Tyne Hospitals NHS Foundation Trust

Interesting Case Study Highlighting a Gap in Practice

Background: 17 year old male with Severe Haemophilia A. Asylum Seeker relocated to UK, no childhood access to treatment.. Severe multi-joint arthropathy with an antalgic gait, due to a fixed knee locked in extension.

Presentation: Suffered severe psoas muscle bleed related to recent sexual activity. He was unaware that sexual intercourse could lead to such a bleed. Patient anxious and requested further information regarding his sexual wellbeing.

Management: Using a reflective model (Borton, 1970) to analyse this case study, we identified a practice gap. We then discussed strategies using PLISSIT model (Annon, 1976) as a structure, to enable him to enjoy a healthy sexual relationship with his partner that accommodates his significant joint arthropathy. This proved a useful opportunity to signpost him to local sexual health services.

What? So What? Now What?



References:

- Annon, J. (1976) The PLISSIT Model: A proposed conceptual scheme for the behavioural treatment of sexual problems. *Journal of Sex Education and Therapy*, 2 (2) pp.1-15.
- Borton, T. (1970) *Reach, Touch and Teach*. London: Hutchinson.