

4th International conference on **WOMEN ONCOLOGY AND WOMEN'S HEALTH**August 25th, 2022 | Webinar**Sexual Health in Women after Spinal Cord Injury (SCI) and Role of Physiotherapy**

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Statement of the Problem: A catastrophic injury such as SCI puts debilitating effect on physiological and psychological aspect of human life. It causes significant changes in motor, sensory and autonomic function affecting many aspect of individual life, including sexual functioning. As compared to men sexual dysfunction in women with SCI are not addressed due to various social, cultural, spiritual aspect and lack of sexual rehabilitation education that causes psychological anxiety, depression and social withdrawal that affects the physical rehabilitation outcome of SCI women.

The purpose of this study is to address sexual health concerns including primary, secondary and tertiary sexual dysfunction in SCI women and understanding role of different treatment strategies including physiotherapy management, patient education and early intervention of sexual counseling by sexual rehabilitation professionals for SCI women.

Methodology & Theoretical Orientation: Studies on sexuality and sexual dysfunction and management in SCI women selected from PubMed and Google Scholar.

Findings: Literature supported by significant reports that women with SCI needs special attention immediately at initial recovery; sexual intercourse is much more difficult for them mainly because of lack of arousal mechanism of lubrication (due to level of injury or depression), autonomic dysreflexia and urinary incontinence. There is limited data on factors favoring sexual rehabilitation, importance of one's sexual orientation, and the SCI causes. Information post discharge is only limited on questionnaires. Significant reports suggested future trials for exploring Trans Tibial Nerve Stimulation and other physiotherapy techniques and their early intervention in rehabilitation to assist in sexual function.

Conclusion & Significance: As response to an SCI varies with culture as well as at individual level, which makes it difficult to produce a list of factors that concisely predicts the extent of sexual rehabilitation. However, identifying the same may be helpful in discovering areas of rehabilitation for patients and clinicians to work on, and may aid future research in improving the quality of life for women with SCI.

Biography

Accomplished physio therapist with more than 12 years of expertise in hospital, clinical and home care set up. Rehabilitated wide spectrum of physical and psychological limitations of all ages from pediatric to geriatric age group. Believe in focused and detailed understanding of all affected areas of patient life to give holistic view to patient treatment. With national and international research work attended, worked extensively with spine, neuro and cardiopulmonary rehab patients. Extended treatment skills to understand various needs of geriatric age group.

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