

SIG Bladder, Bowel and Sexuality Meeting – June 26th, 2024 – Hasselt, Belgium

Rehabilitation in the Management of Sexual Dysfunction in MS Patients

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This year during our SIG meeting we decided to focus on finding solutions for sexual dysfunction in MS patients. According to the existing data, sexual disorders occur in 40-80% of women and 50-90% of men. In Poland, there are only 2 public rehabilitation centres for MS patients. There are no solutions for communication between patients and healthcare professionals in the field of sexuality. We presented preliminary results of a study that is currently taking place in Katowice, Poland. The thesis of the study is: Information support and education of patients with multiple sclerosis result in improvement in sexual dysfunction, and the goal: Assessment of the effectiveness of the author's version of information support and education in the field of sexual dysfunction in patients with multiple sclerosis. To assess the prevalence of sexual problems, we used the Multiple Sclerosis Intimacy and Sexuality Questionnaire (MSISQ-19). After that, we implemented an original, personalised form of information support and education regarding experienced difficulties in the area of sexual functioning – sent to the patients by email. After 6 months we plan to contact the same patients again to check the effectiveness of our actions. During the meeting, we had a chance to exchange ideas for the management of sexual problems in MS in different health centres and different countries. The discussion showed us a wider perspective and surely gave us many new ideas that we can implement in our home countries.