

# **SEX & INTIMACY in ABI**

**Some remarks on the situation in the  
Netherlands with emphasis on  
rehabilitation**

**EBIS / Ia Braise Study Day  
Sex, Intimacy and Acquired Brain Injury  
Brussels May 29th 2015**

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volwassenenrevalidatie

kinderrevalidatie

audiologie

speciaal onderwijs

arbeidsreïntegratie





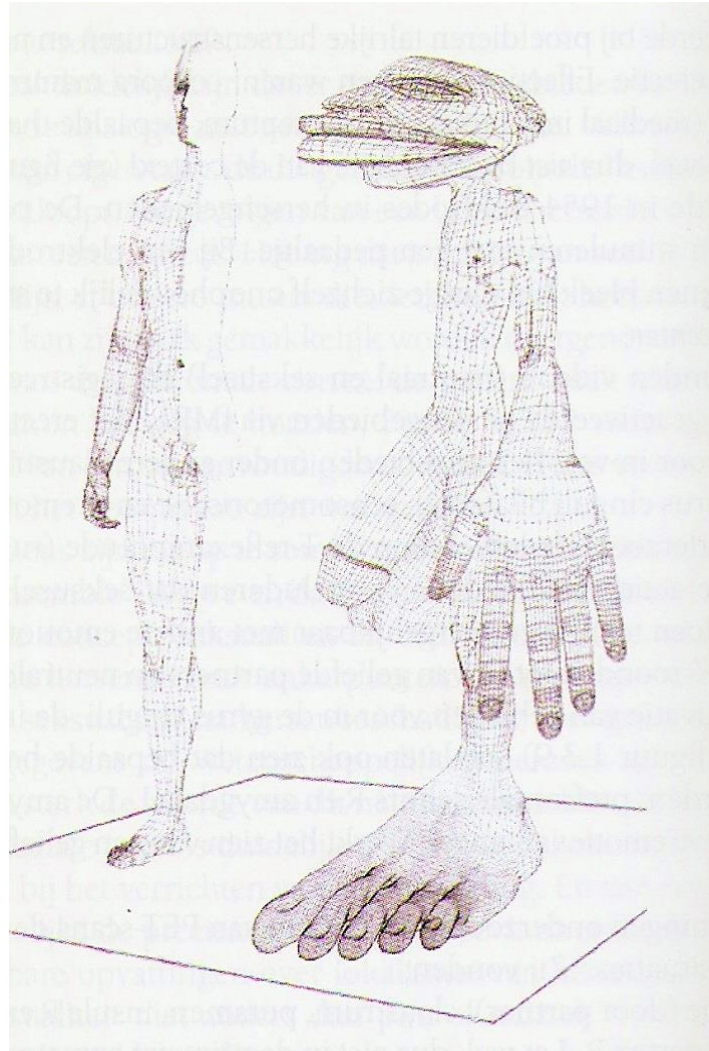
Uit: Gianotten, Meihuizen-de Regt, van Son-Schoones  
**Seksualiteit bij ziekte en lichamelijke beperking**  
Koninklijke van Gorcum, 2008 cartoon: Jan Zandstra



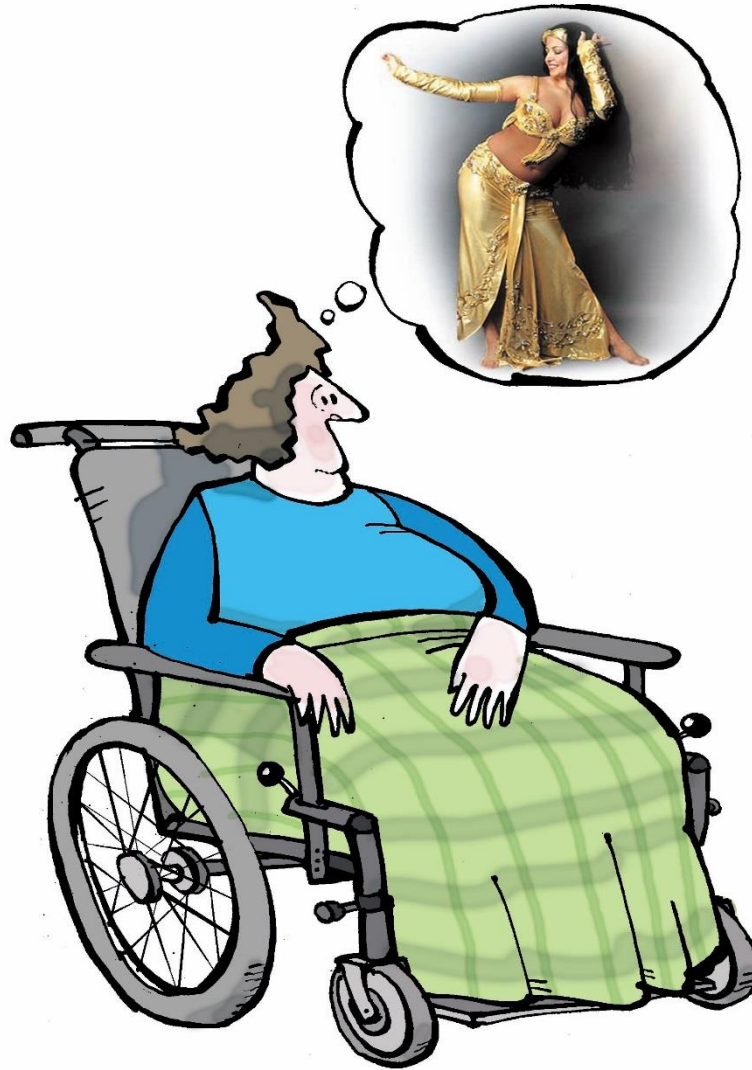
**MD's are also human beings...**



# Neurophysiology...



# Have an open mind on your perceptions and ideas







# Learn to see non-physical signs

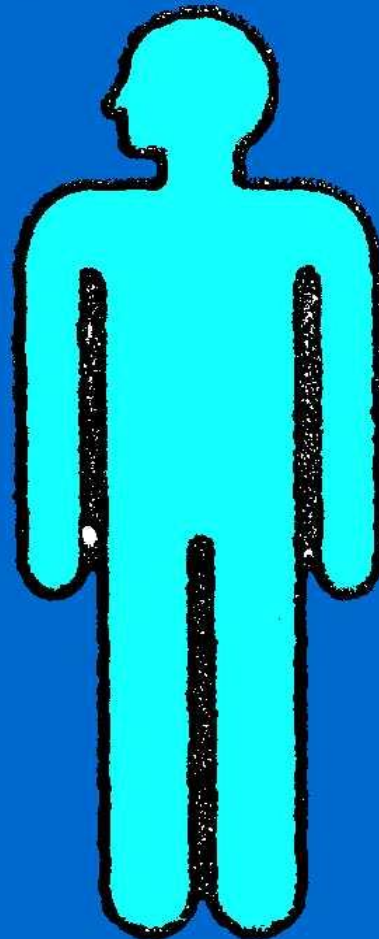
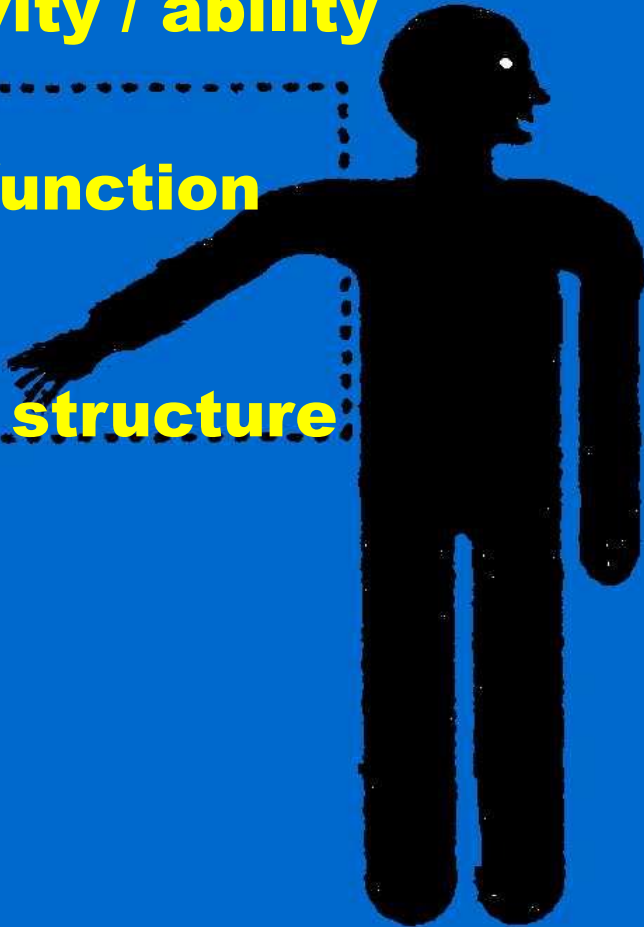


**participation**

**activity / ability**

**function**

**structure**





**DISEASE**

**pathology**

**STRUCTURE and FUNCTIONS**

**organ, body part;**

**→ cure**

**ACTIVITIES**

**individual, impairments;**

**→ care**

**PARTICIPATION**

**social position, disability**

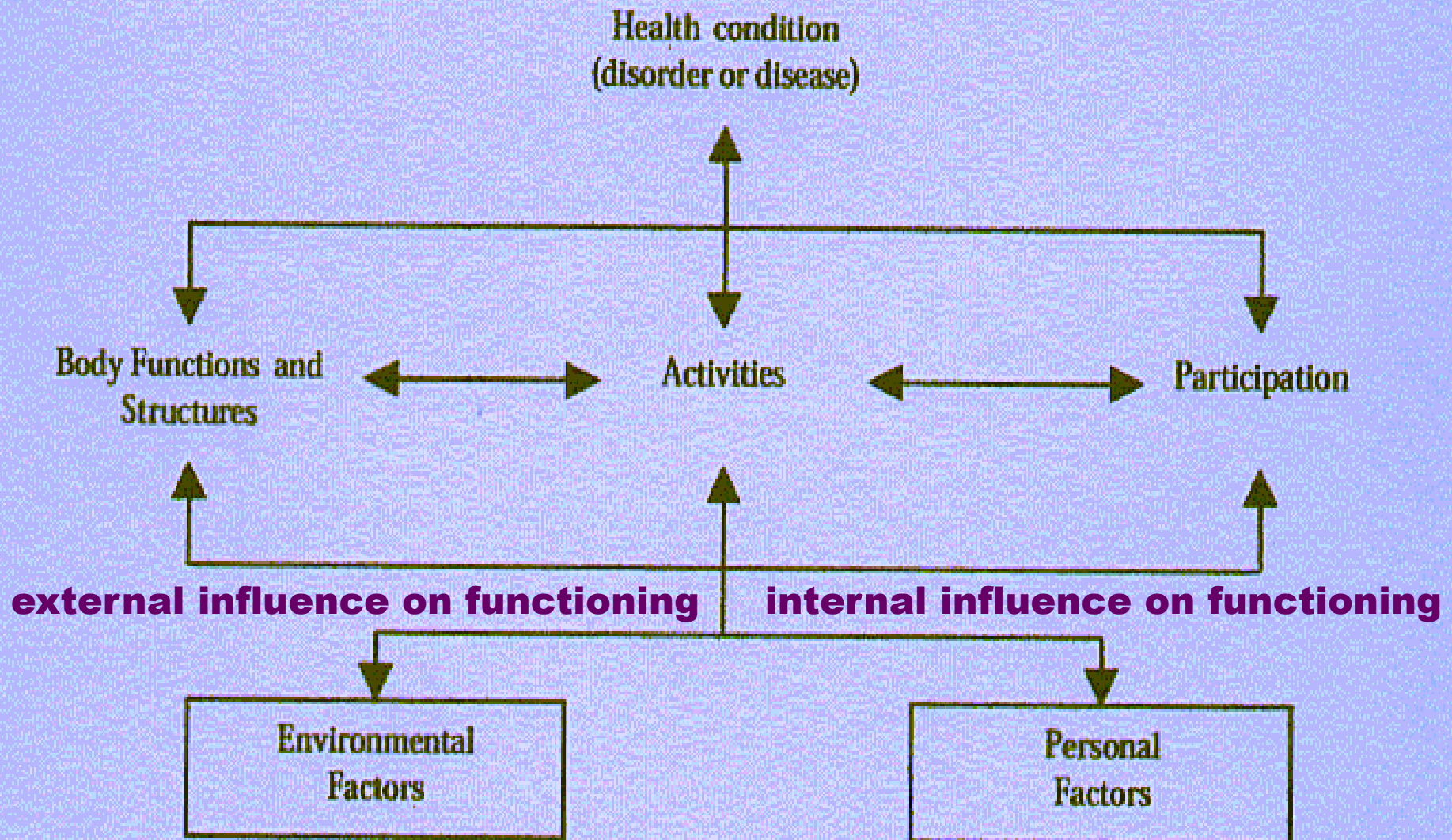
**education, legislation;**

**→ cope**



# Interactions between the components of ICF

**positive connotation**

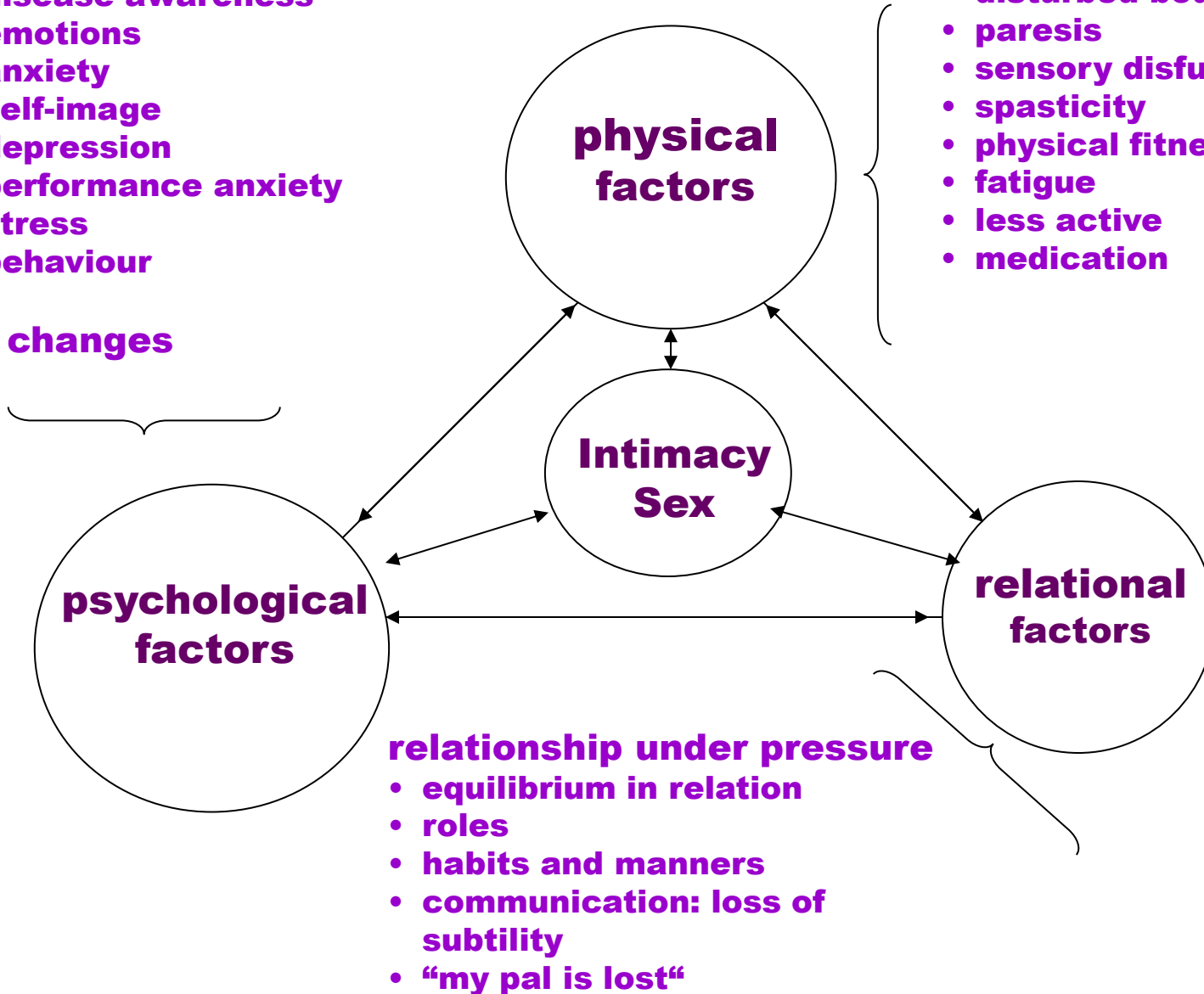


# AFTER ABI

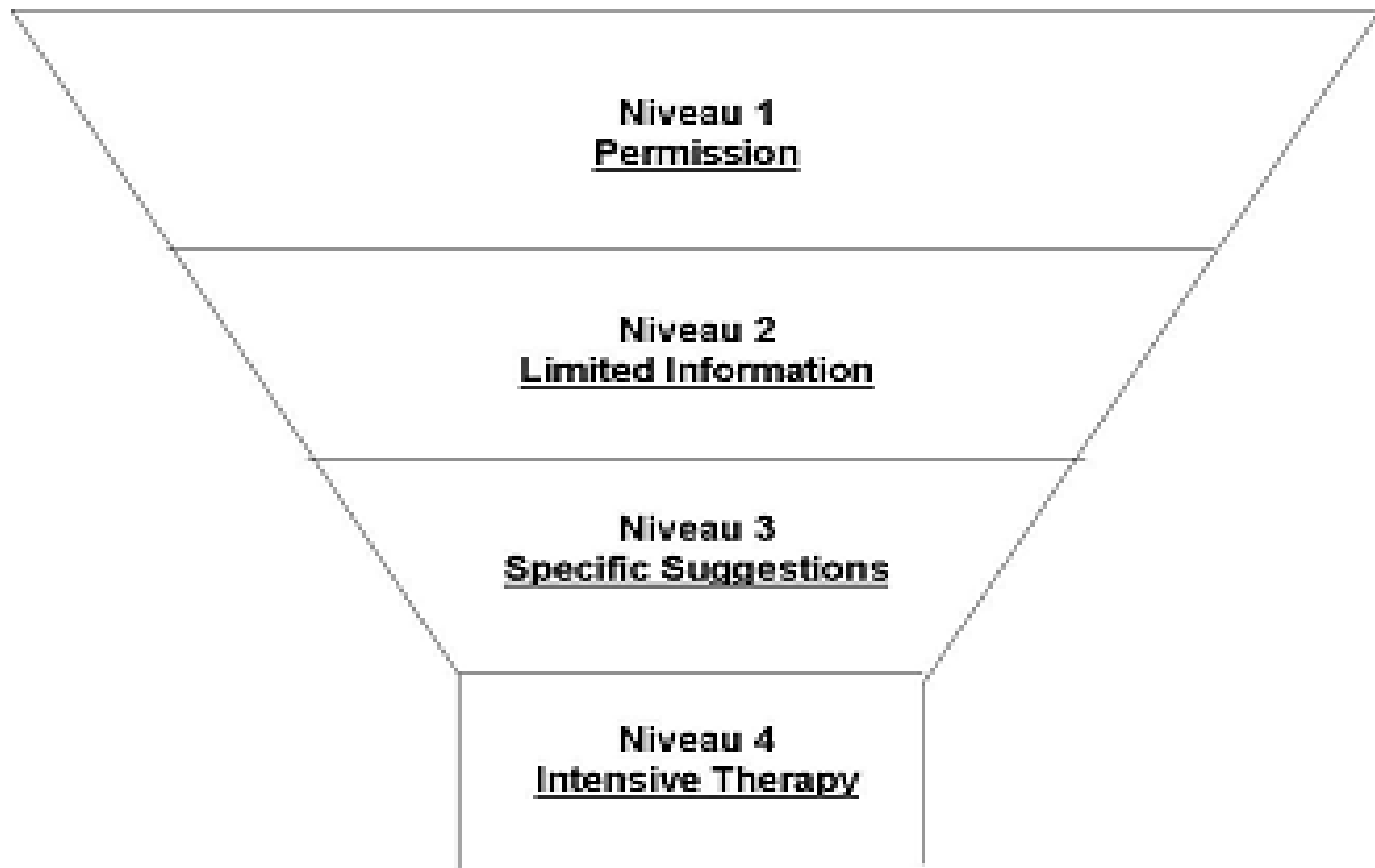
- cognition
- attention
- memory
- disease awareness
- emotions
- anxiety
- self-image
- depression
- performance anxiety
- stress
- behaviour

.... changes

- disturbed body integrity
- paresis
- sensory dysfunction
- spasticity
- physical fitness
- fatigue
- less active
- medication



# PISSIT model



# COUNSELLING

- **Rehabilitation team**
  - Members educated in **PLISSIT**
- **Primary focused on activity and participation, on body functions if needed**
- **Sex and intimacy are considered to be goals as walking or work**
- **Sexologist as consultant**
  - Nearby university hospital
  - In Rehabilitation Centre





# INTERVENTIONS

- **Prognosis ?**
  - **regressive / stationary / progressive**
- **Cure**
- **Care**
  - Compensation / learning new skills**
    - **Different positions and techniques**
    - **With devices / adaptations**
      - **Body-specific**
        - **Technical devices**
        - **Different positions and techniques**
        - **Medication (PDE-5 inhibitors; SSRI)**
      - **Not body-specific**
        - **Stimulatory environment (visual erotica)**
    - **Spouse, buddy, sex-worker, therapist (i.e. The Sessions)**
- **Cope**
  - How to take the loss?**
- **Self-directed, on request for help**



# AFTER ACUTE REHABILITATION

- **Follow-up outpatient clinic**
- **General practitioner**
- **Aids, devices and facilities**
  - *municipality, Services for the Disabled Act (WMO), personal budget, health care insurer*
- **Chronic care** *Exceptional Medical Expenses Act (AWBZ)*
  - **nursing homes, care for disabled people, home care housing, facilitator independent housing, day activities, focus**



# ROY

- **21 year old male with TBI (cycled against tree), 25 days coma; PTA 3 mn. lesions left occipital and pariëtal**
- **Post-acute in-patient rehabilitation 2 months, ambulatory 1 year**

## **Functional level:**

**S: slight hemiparesis right**

**A: independent with structure**

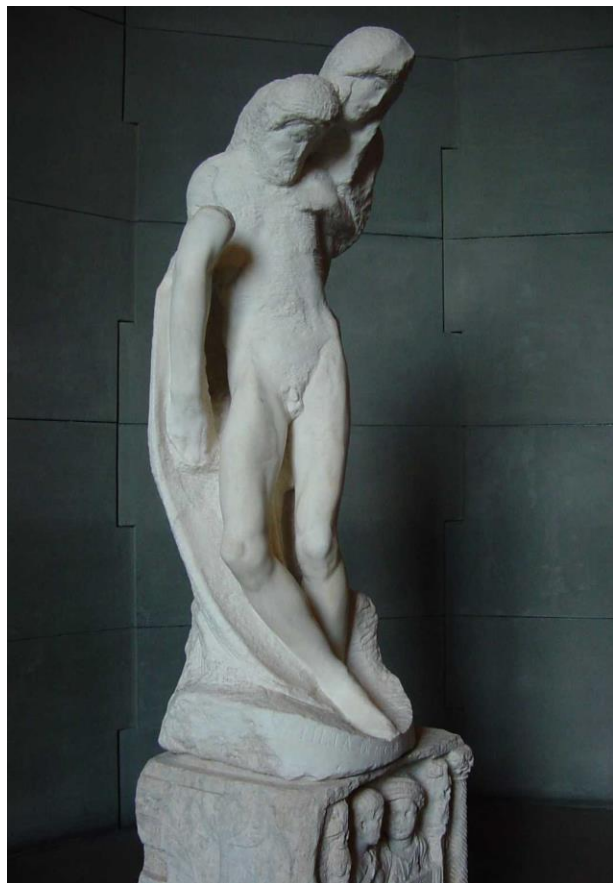
**M: lives with ouders (“sheltered”), not able to continue his training as car mechanic; safe to bike after specific training, not for car driving; in future sheltered living and working; personal relations: “one-night stand”**

**P: cognitive weak; impulsive-aggressive behaviour (medicatie); little awareness**

**C: language comprehension weak, wordfinding ↓; N IV paresis OS**



# **3 years after: rush to outpatient clinic**



**seksual intimidation at work!**

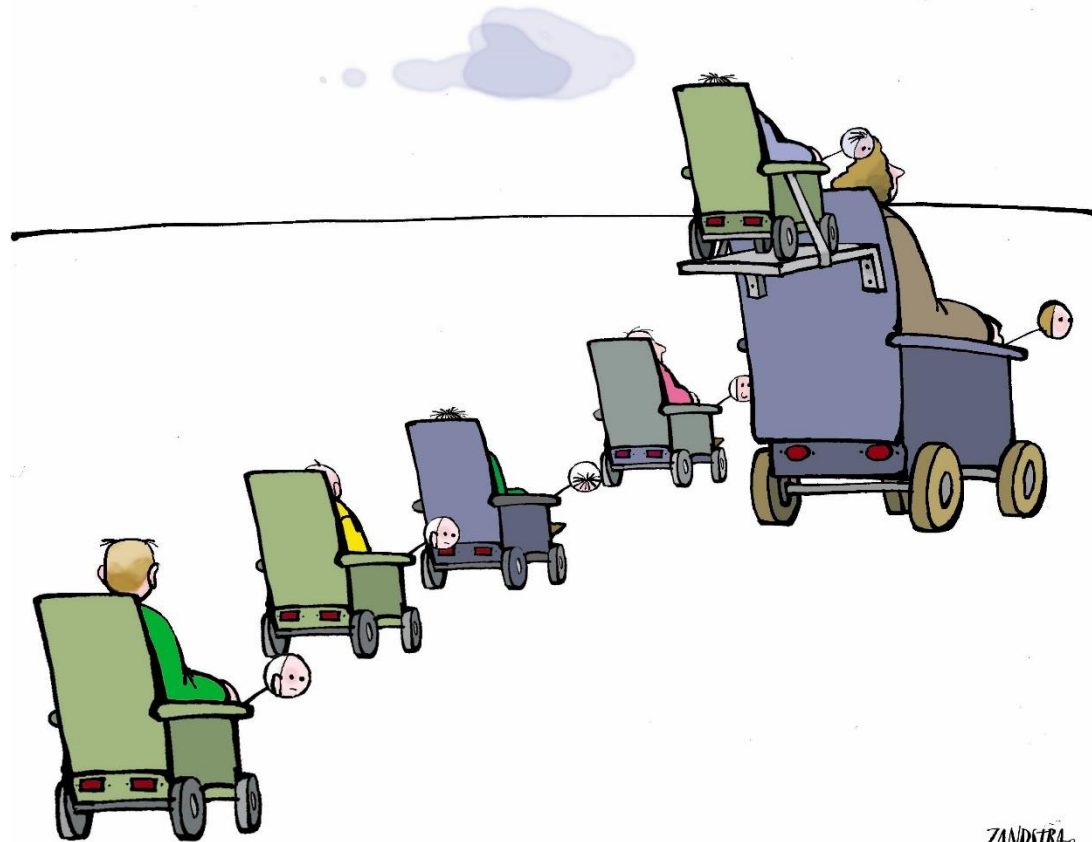
**→ panic, anxiety, “homophobic”**

**Request for help from guardians:**

- delusions?**
- psychiatric care needed?**



# PROCREATION



ZANDSTRA





# EXPLORATION

- **No delusions, no psychosis**
- **Do not discuss with him his fobia but stimulate him for in better social functioning, making friends**
- **Ideas on sex:**
  - **Changing partners, unprotected sex, refuses to use condoms****WHY?**



# A NEW PROBLEM!

**ejaculatio praecox**

**education**

**technical advices**

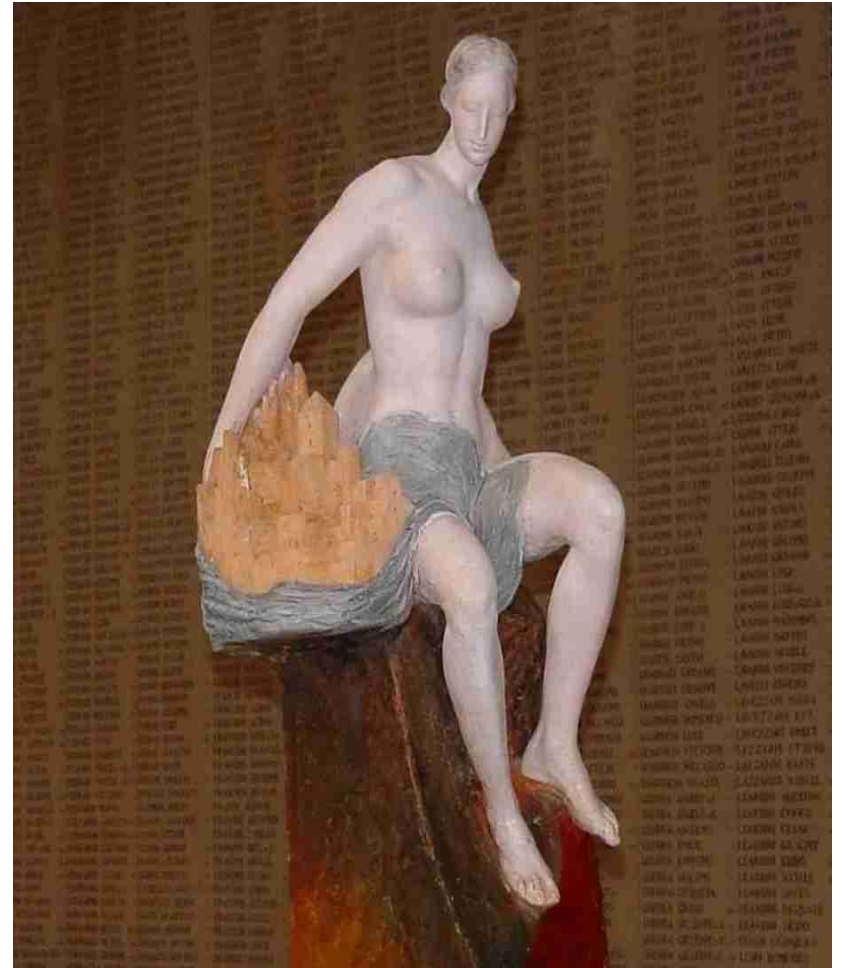
→ **medication: SSRI**

(It's ***THE*** Viagra for you!)

**use the side effect**

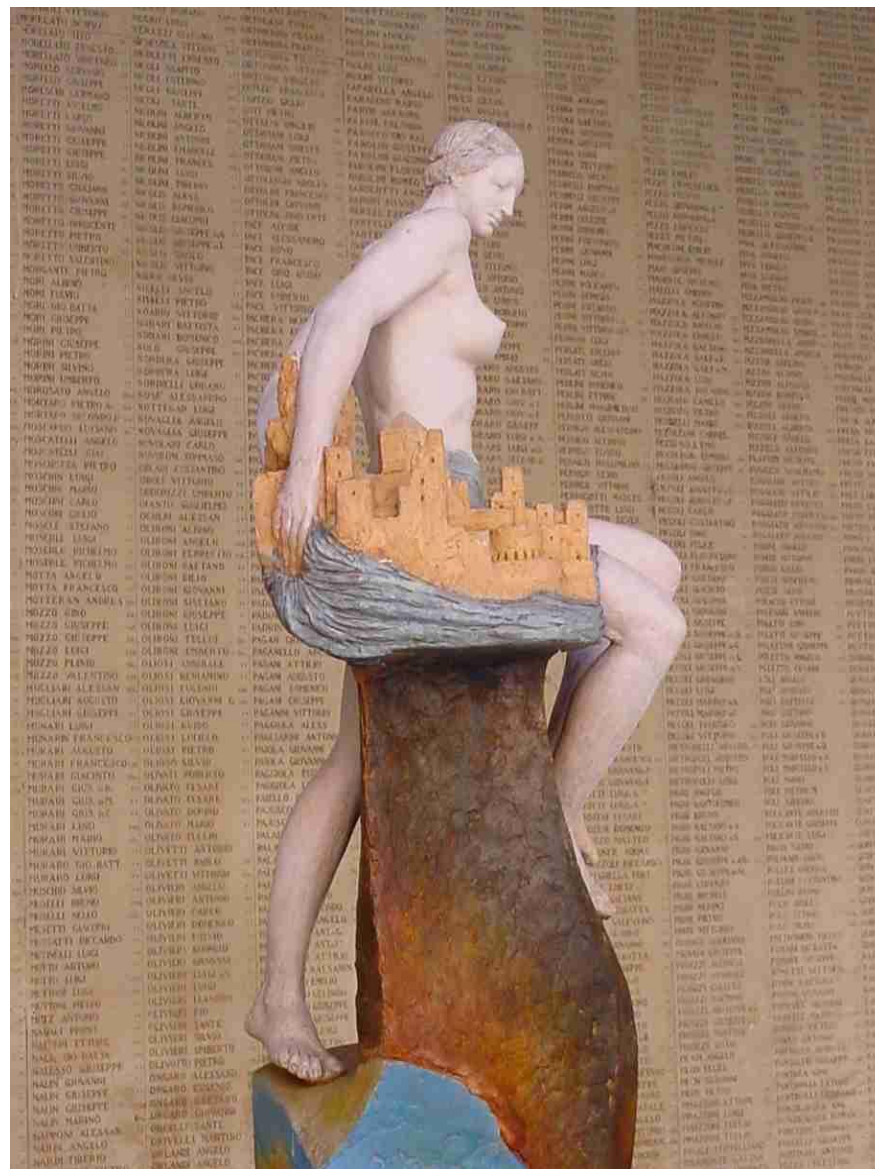
→ **more open to further  
neuropsychiatric  
evaluation**





**Keep looking al all sides....**





... to get the complete picture!





# QUESTIONS - DISCUSSION



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# REFERENCES

- **Gianotten WL et al. Seksualiteit bij ziekte en lichamelijke beperking. VanGorcum, 2008.**
- **ABC of sexual problems. BMJ 1998**

