

عنوان مقاله:

How Iranian Practitioners in Primary Health Care setting Can Provide Client's Sexual problems? A case report study

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خلاصه مقاله:

Aim: Providing sexual health care is a fundamental action, which is intended to promote the general quality of life. To achieve this aim, practitioners in primary health care setting should be qualified in terms of sexual health counseling and effective interventions. This case report was intended to introduce and explain the application of Ex-PLISSIT model, which can be applied by health care practitioners when sexual counseling. The Ex-PLISSIT model is an extended of Annon's PLISSIT model which its acronym determines four levels of intervention as Permission, Limited Information, Specific Suggestions, and Intensive Therapy. **Methods:** The case was a ۲۵ year-old married who declared that during the sexual encounter, she often did not experience orgasm. She also stated that ejaculation is occurred by stimulation of the Granfenberg spot (G-spot) as an erotic zone, which is located on the anterior wall of the vagina along the course of the urethra. The Ex-PLISSIT model was applied to resolve the client's sexual problem in the three sessions with two-week intervals. **Findings:** The first and second counseling sessions were focused on the permission and giving the limited information and specific suggestions to experience orgasm and correct the client's mindset about G-spot. During counseling sessions, the review and the reflection were carried out to increase the client's self-awareness. The third session focused on the other sexual skills training that client can apply to experience orgasm. Two weeks after the third session, client reflected that she experienced good orgasm and also she was interested to re-apply those suggestions in her sexual encounters with her husband. **Conclusion:** The Ex-PLISSIT can be a useful framework for practitioners in primary health care setting to meet and provide the sexual health care needs of clients.

کلمات کلیدی:

Ex-PLISSIT, Sexual health, G-spot, Women

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