



ABC of Sexual Function & Wellbeing

Thursday 10th October 2024

Royal College of Nursing, 20 Cavendish Square, London, W1G 0RN

This popular educational meeting offers an introduction to the latest information on the assessment and management of common sexual problems but is also useful to update and refresh current practice. Educational content is relevant to doctors, nurses, health advisers, psychologists, physiotherapists, sex and relationship therapists and other professionals with an interest in this dynamic field.

PROGRAMME

Time	Detail	Room
09:00	Registration opens; arrival tea and coffee served.	Council Room
09:30	Young people & sexuality today Sex, sexuality & mental health in young people - Prof. Kirstin Mitchell – <i>University of Glasgow</i> Harmful behaviour on and off-line for young people - Dr. Emily Setty - <i>University of Surrey</i>	Cowdray Hall
10:30	Everyone can take a trauma informed approach - Mike Yates	Cowdray Hall
11:00	Refreshment Break	Council Room
11:20	Menopause undressed; sex and the menopause - Dr. Jessica Gaddie - <i>Barts Health</i>	Cowdray Hall
11:50	Embracing anti-oppressive practices in sexual wellbeing management - Natasha Anderson-Foster	Cowdray Hall
12:15	A whistle-stop tour of ejaculatory dysregulation - Stuart Gibson	Cowdray Hall
12:45	Lunch Break	Council Room
13:30	Case-based workshop 1 <i>Delegates will be advised prior to attending the workshop they have been allocated.</i>	See below
14:20	Case-based workshop 2 <i>Delegates will be advised prior to attending the workshop they have been allocated.</i>	See below
15:05	Refreshment Break	Council Room

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15:25	Case-based workshop 3 <i>Delegates will be advised prior to attending the workshop they have been allocated.</i>	See below
16:15	Further Training in Sexual Problems - Dr. Kiersten Simmons - <i>University Hospitals Sussex NHS Foundation Trust</i>	Cowdray Hall
16:45	Closing remarks	Cowdray Hall

Workshops

Delegates will be advised prior to attending the workshops they have been allocated. Upon registering attendees will be asked to select your preferred 3 workshops. Please note that your preferred 3 workshops are not guaranteed.

Workshop	Facilitators	Room
Erectile dysfunction	Dr. Karl Hollows - <i>Midlands Partnership NHS Foundation Trust</i> Agnes Mosobela - <i>London North West University Healthcare NHS Trust</i>	TBC
Queering our approach to sexual dysfunction in marginalised groups	Christopher McCormack Phil Kelly	TBC
Medical and Physiotherapy management of women with sexual pain	Sarah Wolujewicz - <i>Cardiff & Vale University Health Board</i> Dr. Ali Mears - <i>ICHT</i>	TBC
Let's talk about sex – dispelling myths, sexual scripts & recognising bias	Dr. Naomi Sutton - <i>Rotherham Sexual Health Services</i>	TBC

Speakers & Facilitators

Speaker	Biography
Dr. Jessica Gaddie	Jess Gaddie is a SpR in GUM/ HIV living and working in East London. She has had a Female Sexual Wellbeing Clinic for the last 6 years and has also worked in Menopause Clinics within the Tower Hamlets Women's Health Hub. She has obtained the Menopause Care Professional Certificate, and is a diplomate with the Institute of Psychosexual Medicine. Jess is currently leading a mixed methods

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	<p>research project in the area of Vaginismus, and is author of a popular online open-source workbook for the management of Vaginismus. She is one of the group currently updating the sexual wellbeing section of the BHIVA Sexual and Reproductive Health guidelines.</p>
Dr. Karl Hollows	<p>Dr Karl Hollows is both a medical sexual health specialist and senior accredited COSRT psychosexual therapist. He passed the FECSM (Fellow of the European Committee of Sexual Medicine) examination in 2016 and became an EFS & ESSM Certified Psycho-Sexologist (ECPS) in 2020, becoming the first person in the UK to achieve both qualifications. He now works across two NHS Trusts leading their Psychosexual Medicine and Therapy Services. He has no private practice.</p> <p>Karl has woven education throughout his career with regard sexual and psychosexual health and speaks both locally and nationally. He holds honorary contracts with two UK universities and has taught on psychosexual therapy postgraduate courses for several years.</p> <p>In addition to the psychosexual work, Karl is clinical lead for the level 3 integrated sexual health service covering North Staffordshire and Stoke on Trent.</p>
Dr. Ali Mears	<p>Dr Ali Mears has been working as a Consultant in Sexual health in the Jefferiss Wing, St Mary's hospital, Imperial College Healthcare NHS Trust (ICHT) since 2007. She has a sub speciality interest in Sexual Function and is the lead clinician in the Jane Wadsworth Clinic. This is a multidisciplinary, dedicated service for all genders of adult patients with sexual difficulties. Anyone can be referred to this service, via their GP.</p> <p>She is a member of two BASHH (British Association of Sexual Health and HIV) special interest groups; Sexual Function & Wellbeing and Sexual Violence. She has a particular interest in Domestic Abuse (DA) and is currently the Clinical lead for the IRIS ADVISE pilot project managing DA/ SV disclosures in Sexual health. She sits on the Trust Harmful Practices steering group.</p> <p>She is a qualified Transformative Mediator and works in the ICHT Contact Mediation team. She is also a Schwartz round facilitator at ICHT.</p>
Professor. Kirstin Mitchell	<p>Based at the University of Glasgow, Kirstin Mitchell leads a programme of research on intimate relationships and health. Kirstin's current research focuses on sexual function and wellbeing. She is Co-Investigator on the Wellcome funded British National Survey of Sexual Attitudes and Lifestyles Survey</p>

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	<p>(Natsal-4) and leads an NIHR-funded trial to evaluate Equally Safe at School, a whole-school approach to sexual harassment for secondary students in Scotland. She co-leads work to define and build consensus on sexual wellbeing as a policy ambition for Scotland, and she co-chairs a task-force to monitor progress against the Scottish National Sexual Health strategy. She has designed several widely-used and translated brief measures for clinical and public health use, and is currently working on a novel measure of sexual wellbeing for adolescents. She is Editor of the Annual Review of Sex Research.</p>
Dr. Emily Setty	<p>Dr Emily Setty is a Senior Lecturer in Criminology at the University of Surrey. She conducts research directly with young people to explore and understand their perspectives on and experiences of sex and relationships. She addresses topics relating to consent and online sexual behaviours, with the aim of identifying the risks and challenges that young people face and how to intervene effectively to reduce harm and to enable them to have and experience healthy and positive relationships. She works with schools, police, local authorities, statutory and non-statutory children's services, as well as national and local policy makers, to translate research findings and evidence into best practice. Currently, Dr Setty is working with Surrey Police, the Department for Education and a variety of commercial and third-sector organisations to devise, implement and evaluate preventative and remedial interventions to tackle harmful sexual behaviour in schools.</p>
Dr. Kierstin Simmons	<p>Kiersten is a mixed methods women's health inequities researcher and a HIV/ sexual health physician. Her research interests are healthcare inequity, women's health, HIV/ sexual health, coastal community health, and implementation science. Working together with a very strong Patient Participant Involvement group, she is currently completing a PhD exploring access to Sexual Health and Sexual Wellbeing services for women aged 40-65 years in the most under-served areas of East Sussex.</p>

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Dr. Naomi Sutton	<p>Dr Naomi Sutton qualified in 2003 from Sheffield Medical School, completing her Membership of the Royal College of Physicians in 2006. She went on to train in Genito-Urinary Medicine gaining further accreditations in this speciality before taking up her consultant post at Rotherham Integrated Sexual Health Services in 2016.</p> <p>Always inquisitive about people and wanting to better understand the complexities of sexual problems, she developed a passion for psychosexual medicine, attending the ESSM School of Medicine in Budapest and going on to pass the FECSM exam (Fellow of the European Society of Sexual Medicine).</p> <p>Naomi is passionate about education and raising awareness of her speciality, both to other health care professionals and the public, appearing as the Doctor on the TV series 'The Sex Clinic' and 'Steph's Packed Lunch'. Naomi lectures locally and nationally with the primary aim of reducing stigma and enhancing patient experience by improving knowledge around all aspects of Sexual Health.</p>
Sarah Wolujewicz	<p>Sarah began her physiotherapy career in 2005 and currently leads the pelvic health physiotherapy team at Cardiff & Vale University Health Board. She previously worked in London where she led a large NHS team and worked at The Havelock Clinic, a multidisciplinary clinic for people with sex problems. Sarah treats patients with pelvic floor dysfunction including urinary and faecal incontinence, pelvic organ prolapse and chronic pelvic pain.</p> <p>She has completed a postgraduate certificate in physiotherapy in women's health at the University of Bradford and she is currently working towards completing a MSc in Advanced Clinical Practice (Pelvic Health). She is the physiotherapist representative on the BASHH SIG in Sexual Dysfunction and she is also a full member of the Pelvic, Obstetric and Gynaecological Physiotherapy specialist interest group. Sarah has presented at events for the public and healthcare professionals, and she has contributed to blogs and podcasts discussing the relationship between the pelvic floor muscles and 'good' sex.</p>

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