Let’s Talk About Sex
An Introduction to Sexual Health
Mini-Elective
Spring 2010

Course Dates: March 24, 31, April 7, 14
Wednesday evenings, 6:00-8:00 PM
(Light dinner served)

Maximum Students: 10-15

Class Year: MS1

Course Director: Antoine Douaihy, MD
Associate Professor of Psychiatry

Contact Information: Antoine Douaihy, MD
Associate Professor of Psychiatry
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Registration: Betsy Nero, Office of Medical Education
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Description:
This 4 session course is designed to introduce students to the wide variety of important topics in sexual health and the many ways it can impact a patient’s overall health. This mini-elective will provide the tools to understand basic sexual health needs of patients from different cultures, ages, and sexual orientations and to feel comfortable taking sexual histories from all patients. This interactive course will be taught using presentations, discussions, patient interviews, and mock sexual history-taking exercises. In becoming respectful and knowledgeable about the diversity of sexual behaviors, needs, and concerns of their patients, students will learn to foster positive, trusting doctor-patient relationships and be better equipped to promote healthy sexual behaviors.

Course Objectives:
• Identify the components of sexual health and explain its importance in a complete medical history.
• Discuss strategies to approach talking about sexual health and practice taking a sexual history on a mock-patient.
• Define the concepts of sexuality, gender identity, gender spectrum, and sexual orientation.
• Appreciate the importance of sexuality throughout the lifespan and explain the sexual health needs and concerns of adolescent and elderly patients.
• Identify ways in which culture or religion might affect a patient’s sexual health.
• Understand psychiatry’s current view of sexual identity, sexual disorders, and psychiatric comorbidities in sexual minority populations.

Requirements:
Attend and participate during the 4 course sessions.
Complete the pre-session readings.
Course Outline

Let’s Talk About Sex: An Introduction to Sexual Health

Course Director:
Antoine Douaihy, MD
Associate Professor of Psychiatry

Student Advisor:
Laura Taylor, MS2
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Faculty:
To be announced.

Course Objectives:
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- Discuss strategies to approach talking about sexual health and practice taking a sexual history on a mock-patient.
- Define the concepts of sexuality, gender identity, gender spectrum, and sexual orientation.
- Appreciate the importance of sexuality throughout the lifespan and explain the sexual health needs and concerns of adolescent and elderly patients.
- Identify ways in which culture or religion might affect a patient's sexual health.
- Understand psychiatry’s current view of sexual identity, sexual disorders, and psychiatric comorbidities in sexual minority populations.

Location:
All sessions, Scaife Hall, Rooms 426 A&B

Session 1: Introduction to Sexual Health
Wednesday March 24, 6-8:00 pm. (Light dinner will be served at all sessions)
Dr. Antoine Douaihy

In this session, we will cover the definition of sexual health and the different topics it encompasses, why sexual health is important to medical providers and our patients, how it applies to patient interactions. Dr. Douaihy will provide us with tips on taking a good sexual history and how we might address sexuality, sexual function, and sex-related topics with our patients. Students will then have the opportunity to practice taking a sexual history in a mock-patient interview.

Session 2: Gender and Sexual Orientation in Sexuality and Health
Wed., March 31, 6-8:00 pm.
Faculty TBA.

This evening will focus on defining and understanding the language of gender, gender identity, sexual orientation, and related concepts. We will learn about the special needs of, and health disparities that exist within, the LGBT populations. Students will also gain an introductory understanding of transgender medicine. The group will have the opportunity to interview a trans-patient and learn about their experience with the medical community.

Session 3: Sexuality Throughout the Lifespan
Wed., April 7, 6-8:00 pm.
Faculty TBA.

During this session, we will have experts in pediatric/adolescent medicine and a geriatrician who will lead discussions about sexuality in the young and old, patients with whom physicians are often reluctant to bring up sexuality. Topics to be covered include the sexual needs and concerns among adolescents and the elderly, strategies to approaching the discussion of sexuality with these patients, the about the de-
velopment of sexual identity and risky sexual behavior among adolescents.

Session 4 (Two parts): Culture, Religion, and Sexuality
The Psychiatric Perspective on Sexuality
Wed., April 14, 6-8:00 pm.
Faculty TBA

During this two-part session, we will begin by exploring the different ways sexuality and its expression are affected by culture and religion. We will also learn about current and historical perspectives in the field of psychiatry on sexuality. Topics in psychiatry will include the past/current/future DSM diagnoses of sexual function, gender identity, and sexual orientation, and comorbidities of addiction in sexual minority populations.