

## **Pre-conference NACS 2016**

### **“Improving sexual health – the role of physiotherapy”**

**Thursday, September 22<sup>nd</sup>, 2016**

**12.30–17.00**

**Näituse Str 2-112, Tartu, Estonia**

---

12.00–12.30	<b>Registration</b>
12.30–12.35	<b>Introduction</b> Dr. Paul Korrovits, NACS President, Estonia
12.35–13.00	<b>Sexual health – a professional challenge for physiotherapists</b> Kristina Areskoug Josefsson, Sweden
13.00–13.25	<b>How can physiotherapist guide men to promote their erectile function?</b> Helle Nygaard Gerbild, Denmark
13.25–13.50	<b>Erection and urinary problems after radical prostatectomy and their physiotherapeutical treatment.</b> Johanna Poolamets, Estonia
13.50–14.10	<b>Think – Pair – Share</b>
14.10–14.35	<b>Women with vaginal pain – the role of the physiotherapist.</b> Jette Falck Winding, Denmark
14.35–15.00	<b>Applying the current biopsychosocial model in treating the male patient with chronic pelvic pain.</b> Eeva-Liisa Sibul, Estonia
15.00–15.10	COFFEE BREAK
15.10–15.30	<b>Physiotherapists self-reported knowledge and education regarding meeting LGBTQ-patients.</b> Kristina Areskoug Josefsson, Sweden
15.30–15.50	<b>Think – Pair – Share</b>
15.50–16.00	<b>Validity and reliability of the "Sexual Health – Attitude Scale" questionnaire for health care students.</b> Helle Nygaard Gerbild, Denmark & Kristina Areskoug Josefsson,

---

---

	Sweden
--	--------

---

16.00–16.15	<b>Health care students' attitudes towards working with sexual health in their professional roles – survey of students at nursing, physiotherapy and occupational therapy programmes.</b>
	Kristina Areskoug Josefsson, Sweden

---

16.15–16.40	<b>Sexual health education – experiences, challenges and recommendations for physiotherapists.</b>
	Kristina Areskoug Josefsson, Sweden & Helle Nygaard Gerbild, Denmark

---

16.40–16.55	<b>Think – Pair – Share</b>
-------------	-----------------------------

---

16.55–17.00	<b>Take home message</b>
	Helle Nygaard Gerbild, Denmark & Kristina Areskoug Josefsson, Sweden

---

**Helle Nygaard Gerbild** works as assistant professor at the department of Physiotherapy, University College Lillebælt, Denmark. Helle is a physiotherapist, Master in sexology and Master in Health Science, and she has worked for several years in patients with urological and sexological problems. Her research concerns education and improvement of sexual health.

**Kristina Areskoug Josefsson** works as an assistant professor at Jönköping Academy for Improvement of Health and Welfare, Jönköping University, Sweden. Kristina is a physiotherapist, and she has worked for several years with chronic pain patients. Her research concerns communication, education and improvement of sexual health, especially in the field of rehabilitation.

**Johanna Poolamets** works as a physiotherapist in a company Biodesign O, Estonia. Johanna has a Bachelor degree in physiotherapy (Tartu Health Care College, Estonia) and a Bachelor degree in biology (Tartu University, Estonia). She has gained experience in physiotherapy while working with patients with neurological, gynecological, andrological problems already during her studies as well as now during her work.

**Eeva-Liisa Sibul** is a physical therapist at Sports Medicine and Rehabilitation Clinic of Tartu University Hospital, Estonia. She is working in the field of women's and men's health and with chronic pain patients. Her current research concerns male chronic pelvic pain. She is passionate about the physical therapists role in health promotion, patient education and empowerment.