

Promoting sexual health and wellbeing in older adults: findings from two rapid reviews



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What does evidence tell us about the sexual health **needs** of older people, and **how** these needs might be addressed?

**Review 1:
Needs**

**Review 2:
Interventions**



**Rapid umbrella reviews of
published systematic reviews**

**Review 1:
Needs (n=15)**

How older people define and view sex





Older patients felt that physicians should initiate and foster an open environment for discussion of sexual health.

Healthcare providers assumed that older patients would raise sexual health concerns if they had any.



Stereotypes of asexuality among older adults hindered discussion and sexual expression among older people.





















Staff demonstrated mixed attitudes and incomplete knowledge about older people's sexuality, which impacted their responses to it.



Older care home residents were concerned about a lack of privacy and being disallowed from expressing their sexuality.

Care home staff were concerned about maintaining safety of colleagues & residents, as well as the ethics of allowing/prohibiting sexual expression.

Review 2:
Interventions (n=12)

Outcome	Intervention Type			
	<i>Educational and behavioural interventions</i>	<i>Medicines, including pharmacological and complementary</i>	<i>Exercise-based interventions</i>	<i>Laser-based treatments</i>
<i>Sexual function</i>		 	 	  
<i>Sexual desire</i>				
<i>Sexual quality of life</i>			 	
<i>HIV coping</i>				
<i>HIV knowledge</i>	  			
<i>HIV prevention measures</i>	  			
<i>Professionals' attitudes / knowledge</i>	 			

Conclusions

Thank you

Integrated summary:
<https://tinyurl.com/mrxpvpj5>

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