

BÖLÜM 22

Yaşlılıkta Psikoseksüel Bozukluklar ve Profesyonel Yaklaşım

Gülseren KESKİN¹

Öğrenme Hedefleri

1. Yaşlı bireylerde cinselliğin tanımlanabilmesi
2. Yaşlanmaya ilişkin fiziksel değişikliklerin cinsellik üzerindeki etkisinin tanımlanabilmesi
3. Kadın yaşlılarda cinsellik ve cinsel işlev bozukları ile ilgili farkındalık kazanabilme
4. Erkek yaşlılarda cinsellik ve cinsel işlev bozukları ile ilgili farkındalık kazanabilme
5. Cinsel işlev bozukluğu ve tıbbi komorbiditeye ilişkin bilgi sahibi olabilme
6. Bilişsel bozukluğu olan yaşlılarda cinsellikle ilgili bilgi sahibi olabilme

Bölüm Başlıkları

Giriş

Cinsel Aktivitenin Tanımı

Yaşlanma ve Cinsellik

Yaşlanma ve Kadınlarda Cinsellik

Yaşlanma ve Kadın Cinsel Organ Değişiklikleri

Kadın Yaşlanması ve Cinsel Disfonksiyonlar

Yaşlanma ve Erkeklerde Cinsellik

Yaşlanma ve Erkek Cinsel Organ Değişiklikleri

Erkek Yaşlanması ve Cinsel Disfonksiyonlar

Yaşlılarda Seksüel Bozukluklara Profesyonel Yaklaşım

Sonuç

Örnek Vaka

Gözden Geçirme Soruları

¹ Prof. Dr. , Ege Üniversitesi Atatürk Sağlık Hizmetleri Meslek Yüksekokulu, gulseren.keskin@ege.edu.tr, ORCID iD: 0000-0002-5155-0948

5. 65 yaşında olan erkek hasta 10 yıldır hipertansiyon tanısı ile tedavi görmektedir. Son 1 yıldır cinsel ilişki isteğinin azaldığını, cinsel ilişki sırasında ağrı hissettiğini ve orgazm sorunları yaşadığını ifade etmiştir. Hastanın cinsel disfonksiyon nedenlerini değerlendirirken sağlık profesyonelinin aşağıdaki alanlardan hangisine bakması gerekmez?

- A. Hastanın beslenme örüntüsüne
- B. Hastanın testosteron düzeyine
- C. Prostat hiperplazisi varlığına
- D. Psikolojik sorunların varlığına
- E. Hastanın cinsel organlarındaki fizyolojik değişime

Cevap Anahtarı: 1 D, 2 C, 3 B, 4 C, 5 A

Kaynaklar

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