Sexual Expression of Nursing Home Residents

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Purpose: Living longer, baby boomers will need specialized care offered by nursing homes to manage chronic conditions. This review explores the knowledge, attitudes, and experiences towards older people’s sexuality and sexual expression in nursing homes – an important area of research to meet the needs of this emerging population.

Design: A primary search of the CINAHL and Pubmed databases and secondary inclusion of cited references covering the period January 2000 to November 2016 identified 12 relevant studies.

Methods: Using the PRISMA flow diagram of the screening process, data were extracted, summarized, compared, and risk of bias was assessed focusing on ethical considerations, sample size and sampling methods, validity and reliability of data collection instruments, participation, cooperation and response rate.

Findings: Research on the matter of sexuality and sexual expression in nursing homes is unexpectedly scant. The existing research demonstrates an overall disconnect between what residents want and the existing policies for sexual expression in nursing homes. Overall, sexual expression in older adults is recognized as a basic need that should be supported. Positive attitudes towards sexuality in nursing homes were correlated with a higher level of knowledge about older adults’ sexuality. In addition, positive predictors of attitudes towards sexuality in nursing homes were found to be: age, level of education, and years of experience. Barriers to addressing sexuality in the elderly are the lack of privacy and staff discomfort, which together represent common causes for loneliness and lack of intimacy in nursing homes.

Conclusions: Nursing research and practice need to shift their focus towards individual needs of nursing home residents to accommodate their values and expectations. Current policies regarding sexual expression in nursing homes need revision to satisfy the needs of baby boomers.

Clinical Relevance: Care providers must include a thorough assessment of sexual health of older adults living in nursing homes in the routine practice, and include sexual health in the treatment plan.

Keywords: attitudes, gerontology, geriatrics, institutionalized, intimacy, knowledge, long-term care, nursing home, older age, older people, resident, sexual expression, sexual health, sexual rights, sexuality.

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Title:
Sexual Expression of Nursing Home Residents

Abstract Describes:
Done Work/Project
Keywords:
Gerontology/Geriatrics, Sexual health and Sexual rights

References:


Abstract Summary:
In this systematic review of the literature, I found that research on the matter of sexuality and sexual expression in nursing homes is unexpectedly scant. But the research that did exist demonstrated an overall disconnect between what residents want and the existing policies for sexual expression in nursing homes.

Content Outline:
Abstract

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Professional Experience: I am a medical doctor from Venezuela, ECFMG certificate, currently enrolled in the Alternative Entry Ph.D. Program of the School of Nursing at the University of Texas at Austin. I have been accepted in the Psychiatric/Mental Health Nurse Practitioner starting this Fall semester 2017 at the same school.

Author Summary: As a medical doctor in Venezuela, I worked with patients in Internal Medicine service. Once becoming a registered nurse in Texas, I started working with patient with psychiatric and mental health needs in residential treatment center and acute care. Simultaneously, I have been fulfilling the demands of the Ph.D. program and will add to my academic load the Psychiatric/Mental Health Nurse Practitioner degree as well.