

Effect of Evidence-Based Nursing intervention on Quality of Sexual Function among Vaginal introitus laxity in Women.

Summary:

Vaginal laxity is a significant issue affect women, long-term physical and psychological consequences may occur, including loss of sensation and sexual dissatisfaction. An evidence-based nursing intervention as pelvic floor muscle exercises was effective in improving the quality of sexual function among women with vaginal laxity. This study aimed to evaluate the effect of the evidence-based nursing intervention on quality of sexual function among vaginal introitus laxity women. An intervention research design (time series) was adopted. A purposive sampling technique was used to recruit 60 women at gynecological outpatient and family planning clinics in Ain Shams Maternity Hospital. Four tools of data collection were used: Self-Administered Questionnaire, Female Sexual Function Index (FSFI), Female Sexual Distress (FSD-R), and Self-reported changing in sexuality post-intervention tool. Results: revealed that there were statistically significant improvements in the total (FSFI) mean score and the total (FSD-R) mean score after the intervention at ($P < 0.001$). In addition, women reported positive changing in their sexuality by the increase in the sexual activity, intercourse frequency, and satisfaction, and decreased the sexual difficulties. Conclusion: the Sexual function of women with vaginal introitus laxity was improved post 3 and 6 months of the intervention. This indicates that vaginal tightening with exercises had a positive effect on the sexual function in women. However, it will take a long period and need to give a good effect. Recommendation: Sexual relation counseling for the couples should be an integral part of the gynecological treatment in the hospitals especially for cases with sexual dysfunction.