

Start	End	Topic	Speakers
07:30	07:45	Bladder and sexual dysfunctions in spinal cord disease: Epidemiology and impact on quality of life	Michele Spinelli
07:45	08:00	Sexual counselling and decision making in the early phase after spinal cord disease	Marcalee Alexander
08:00	08:10	Bladder and sexual dysfunctions in men: Treatment strategies	Gianluca Sampogna
08:10	08:20	Bladder and sexual dysfunctions in women: Treatment strategies	Marcalee Alexander
08:20	08:35	Rehabilitation project for sex: Tips and tricks	Melina Longoni
08:35	08:45	Innovative solutions for sexual dysfunctions: The role of neurostimulation and neuromodulation	Gianluca Sampogna
08:45	09:00	Discussion	Michele Spinelli Marcalee Alexander Gianluca Sampogna Melina Longoni

Aims of Workshop

The aims and objectives of this workshop are to provide information about the multiple interactions between bladder and sex to healthcare professionals who work with people with spinal cord injury/disease to deliver the therapeutic tools to manage the relationship between the neurogenic bladder and sexual life, promoting self-determination and independence. In the different modules, a broad and complete vision of pressing issues (e.g., urinary incontinence may affect negatively sexual life, inappropriate bladder management may trigger episodes of autonomic dysreflexia and increased spasticity, dangerous sexual behavior may increase the risk for urinary tract infection) will expand and strengthen the knowledge to work with this population.

Educational Objectives

In case of spinal cord injury/disease, bladder and sexual life could be affected negatively, representing ones of the areas with the greatest impact on the quality of life of these people. Neurogenic bladder management is closely related to sexuality, which constitutes a key part of the personality. Sexuality in people with some disability condition has historically been made invisible, censored, genito-pathologized and denied, so it is time to commit ourselves to the real approach from the processes that enable and promote the enjoyment of a diverse and enjoyable sexuality. This workshop provides easy-to-use and powerful tools for addressing the interactions between bladder and sexual functions in the daily practice of the healthcare professionals.

Learning Objectives

To evaluate and improve the interactions between bladder and sexual functions in people with spinal cord injury/disease

Target Audience

Urology, Urogynaecology and Female & Functional Urology, Pure and Applied Science, Conservative Management

Advanced/Basic

Basic

Suggested Learning before Workshop Attendance

- 1) Consortium for Spinal Cord Medicine. Bladder management for adults with spinal cord injury: a clinical practice guideline for health-care providers. *J Spinal Cord Med.* 2006;29(5):527-73.
- 2) Alexander M. *Sexual Sustainability: A guide to having a great sex life with a spinal cord disorder.* Kindle Edition. 2020. Available online: <https://www.amazon.it/Sexual-Sustainability-having-disorder-English-ebook/dp/B077HT5YQH>
- 3) EAU Guidelines on Neuro-Urology. Available online: <https://uroweb.org/guidelines/neuro-urology>
- 4) Longoni M; Degano M. (2020) *Sexabilidad: Sexual empowerment, for people with disabilities- 1a ed adaptada.* - San Jerónimo Sur: Melina Longoni. Libro digital, PDF. Archivo Digital: descarga y online ISBN 978-987-86-8070-5. Available online: <https://mailchi.mp/5a0d210c3ac4/j7ls0xjyxg>
- 5) Alexander MS, Alexander CJ. Recommendations for discussing sexuality after spinal cord injury/dysfunction in children, adolescents, and adults. *J Spinal Cord Med.* 2007;30 Suppl 1(Suppl 1):S65-70. doi: 10.1080/10790268.2007.11753971.