"No sex please, we're women"

Susan Quilliam

Background
You would agree, surely, that we Journal readers are in the
sex business. Whether in the front line fighting sexually
transmitted infections or in the back room of academic
research, a huge part of our mission is to support women
patients in their sex lives.

There’s only one problem with that though. Many of
them don’t actually have a sex life. For while the tabloids
assert that everyone swings from the chandeliers every
night, in fact a huge proportion of our female client base,
even those who are partnered, are not making love
regularly. It’s difficult to track down a definitive statistic,
but it has been suggested that up to 35% of couples,
married and non-married, have ‘no sex’ or ‘very low sex’
relationships at some time in their lives.

Whatever the truth of those statistics, that figure sounds
about right to me. As an agony aunt for several
publications, I get letter after letter from ‘no sex’ women: the
mid-twenties reader in a long-term partnership whose
love life died a few years ago ... the four times mother
in her mid-thirties who has had sex only three times since
her first pregnancy ... the menopausal woman so desperate
through lack of desire that she feels life is at an end.

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And whilst on the surface the fact that a patient isn’t
having sex may seem to have nothing to do with her
clinician, I would argue that it does. The lack of sex may not
only be a symptom of underlying medical or psychological
problems for her or for her partner. It is also likely to cause
problems, impacting on her self-esteem, her stress levels,
her relationship satisfaction – and the ripples will spread out
to her family life, her working life and her general physical
and mental health. Bottom line: we need to be aware of the
possibility that a patient isn’t having sex at all – and to
remember that possibility in every consultation.

Is there a problem?
First and foremost though, how on earth can we tell? Few
patients’ opening gambit is: “Hi doctor, I’m not getting
enough!”. But as an initial sign, markers may be there in
every consultation.

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What are these signs? There may be overt statement,
albeit said with stuttering hesitation: “I’m not ... that is,
we’re not ... that is, things aren’t too good in the bedroom
department”. There may be oblique reference to “Chance
would be a fine thing”, muttered as the speculum goes in
during a cervical smear test. There may be anxious body
language when frequency of sexual activity is mentioned,
or there may be action – such as the pointed refusal of a
repeat prescription for the contraceptive pill.

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So, having looked for, and spotted, markers and signs,
how to open the door to discussion? We shouldn’t phrase
the crucial question in a way that makes either of us wince with
embarrassment, nor should we ask the question when the
woman still has her feet in stirrups! Also, on this issue as
much as on any other sexually linked theme, we must make
it clear that there’s no judgment involved. We must never
ever raise an eyebrow, cast a pitying look, or comment that
it’s only to be expected at ‘your age’ if a woman admits that,
actually, she’s not having any right now.

What now?
Having opened the door to discussion, what happens then
can, of course, go one of two ways. The fact is that many a
woman is perfectly happy with her ‘no sex’ status and
would regard any intervention as interference. If her own
desire has died then the whole thing may well become a
self-fulfilling prophecy: she doesn’t want sex, and so by
definition doesn’t want to get help, because then she would

Box 1: A ten-point strategy to use with ‘no sex’ patients

- Be aware of conditions that may signal the patient may not be
  having sex.
- Be alert to patient verbal and non-verbal attempts to confide.
- Approach the issue in a relaxed and non-judgmental manner. Take
  your lead from the patient and use her terminology where
  possible, but also phrase in a way that you are comfortable with,
  for example: “Are you and your partner having sex at the
  moment?” A phrase that could help to normalise the question
  could be: “I’m asking all my patients at the moment...”. Avoid
  wording such as “How often do you and your partner ...”, which
  presuppose that the patient is having sex and so makes it more
difficult for her to admit she isn’t.
- Review the medical history of the patient and her partner to
  identify any physiological causes: “Let’s look back at your
  health/medication since before these problems started happening?”. 
- Review possible lifestyle causes: “What do you do in a normal
day/week? How stressed do you feel?”
- Ask about recent emotional events: “Has your life changed
  recently? Did anything important happen in your life just before
  these problems started happening?”
- Ask about relationship issues: “How are you and your partner
  getting on right now? How were you getting on before you started
  having these problems?”
- Ask about specific sexual difficulties: “Was your sex life good
  before these problems started happening?”
- Refer on with confidence: “There is a way through this ... you
  need to get support from someone specially qualified in this area
  and may be showing signs of wanting to talk about that.
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be expected to have sex! Hence if a woman says that she’s happy with her situation, that’s the point at which the issue rapidly becomes none of our business. But if the floodgates open, and the patient can not only admit the problem but also requests our support to solve it, we can congratulate ourselves. Because, given that a 2000 survey\(^1\) of British women suggests that only 21% ever seek treatment for sexual problems, any improvement on that number should make us justly proud.

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But what to do with our patient’s admission, with her request for support? As with any purely medical diagnosis, the way forward is to find out what’s underpinning the problem. Most ‘no sex’ situations are a tangled knot of physiological and psychological issues. And whilst I’m not suggesting that we aim to solve ‘no sex’ problems, especially not single-handed, what we can do is usefully untangle that knot a little more by asking sympathetic questions, allowing the woman to talk, by reassuring and holding out hope of help.

Medical causes

The first line of exploration can be medical. This article is not the place to list out in full the possible medical causes for sexual problems, nor am I properly qualified to do so. But as a rough checklist, if a woman or her partner has undergone a medical event recently (particularly one that has affected sexual anatomy), if she has begun a new course of medication that can affect desire, if she has suffered mental illness, particularly depression, then these may well be contributory causes. Appropriate treatment – or a change of treatment – may help, as may specific medical support with problems such as vaginal dryness or hormonal imbalance.

Once strictly medical causes have been ruled out, the next step is to explore lifestyle causes. My postbag reflects with startling clarity the fact that overwork and stress take their toll in the bedroom. My own study, Women on Sex, further suggests that over 55% of women feel that pressure of work is affecting their sex life, and that for 75% of women the strain of bringing up children has dramatically reduced their rate of sexual activity. Plus, of course, all these things can lead to a dangerous reliance on the sort of lifestyle props that undermine sexual performance such as alcohol and drugs. So it’s worthwhile asking the patient questions designed to discover whether her lifestyle might possibly be causing problems, then prescribing appropriately or offering appropriate stress reduction or addiction support.

Emotional causes

So far, so good – our role is clear. But, for all the excellent basic counselling training that is now part of professional development, few of us will have been fully trained in sex therapy. So should we, at this stage, simply be showing our patients the door? I think not. The patient is here in the consulting room. They trust us enough to have begun to confide, possibly for the first time in their lives. So whilst I’m not suggesting that we muscle in and start ‘therapising’, I do think it’s useful to extend the conversation a little beyond the point where medical expertise is relevant.

So, first, has anything happened to affect the patient emotionally? Redundancy, bereavement, termination, an accident or attack: all these events can drain a patient’s confidence and their sexual energy. Second, what’s happening in the patient’s relationship? Unexpressed anger, an inability to be emotionally intimate, a specific triggering issue such as an infidelity: all these drive a wedge between couples and reduce their motivation to make love. Third, are there any specific practical issues around sexuality? Lack of sexual skill, ignorance of what pleases a partner, a tension around conflicting sexual demands: all these can render sex unrewarding and so make partners pull back.

How to refer

For all these causes there’s excellent referral help available (Box 1). Granted, sometimes it’s a hard choice for a patient to opt for sex or relationship therapy; to agree to explore their psychological problems, to accept that those problems are not necessarily going to be solved with a medical ‘fix’, is a big step.

But we can help them take that step. We can tell them about what’s on offer – self-help books, reputable websites, supportive helplines, face-to-face counselling (Box 2). We can not only talk them through the options but also give them the encouragement that will make them want to take up such resources. And, albeit given the very real constraints of health service resources, we can possibly
motivate them further by inviting them to come back in a couple of weeks to report on progress.

A final thought. If we are prepared to tackle the 'no sex' issue head on and spend just a little time with patients exploring the issues, then we're not just supporting them to get the help they need. We're also giving them the message that they deserve that help, that their sexuality matters, and that they don't simply have to accept their current 'no sex' status if they want to take action and change it. And actually, in 'no sex' situations, that message – above and beyond any other intervention we can offer – could just be the most useful thing of all.

References

Editor's Note

VIEW FROM PRIMARY CARE

PBC: practice-based commissioning or privatisation becoming commonplace?

Jenny Talia

Reform and restructuring

Here we go again, more market reform of the National Health Service (NHS). As if we haven't had enough of the expensive bureaucracy and inequities of general practitioner (GP) fund-holding in the 1990s. And this time they are serious about putting GPs in the driving seat to commission health care services for their community; apparently, this is to enable frontline clinicians to engage in the process of commissioning.

Call me stupid but I thought the whole point of professional executive committees (PEC) in primary care trusts (PCTs) was to 'engage the frontline' and 'shift the balance of power'. If the Government really wanted to strengthen this engagement then it is the role and function of the PEC in the PCT that needs to be strengthened.

GPs might be very good at arguing for their own and their patients' interests, but the experience of fund-holding makes me fear my peers might not necessarily see the 'big picture' to manage the health economy. This time round, you would think a framework would be set for priority setting and resource allocation. Apparently not. All the guidance on PBC from the Department of Health speak of vague aspirations without stipulating any rules or regulations to ensure the process adheres to a framework that addresses the nation's health priorities. Even the primary care organisations – restructured and very downsized by then – would only have control at arm's length; just like the 'high trust and light touch' approach with the Quality and Outcomes Framework (QOF).

The input from a public health practitioner would be paramount to ensure the commissioning process considers the dimensions of equity, cost effectiveness and patient choice. Otherwise services that have public health functions, like most of sexual and reproductive health services, would be seen as less deserving compared with others that offer quick fixes such as operations and therapies. Actually, the contracting and commissioning would be a very small part of PBC; what matters more is the priority setting for resource allocation and the subsequent performance management and outcomes monitoring of contracted services.

The truth and the economics

But here is the real but sinister agenda: this is privatisation of the NHS dressed up in the mantras of 'promoting clinical engagement' and 'patient choice'. Of course, there is nothing wrong with trying to improve efficiency, standards, access and choice, but is creating competition in a health care market the solution?

From a health economist's perspective, the NHS is a monopoly. A technically or economically inefficient monopolist cannot be driven out of business; without competition, the monopolist has no incentive to improve efficiency or improve quality. Introducing competition might encourage firms to improve their products; in this case, better and more responsive health care services. However, a firm doesn't want to reap the same profits as its competitors, so it operates in ingenious ways to get ahead, and in doing so eventually becomes a monopolist. This is the question they are afraid to ask the public: would you prefer a monopolist that is motivated by altruism or one that is driven by profit?

The American nightmare, not a dream

It is becoming clear that Iraq is not the only casualty of the Bush–Blair collaboration: the NHS is under threat. After many trips to the USA, our Prime Minister is brainwashed into thinking the American health care system is what we need. If the Prime Minister really likes it so much, he should stay there. What does the USA have to teach us? The American health care system has the worst population coverage where the poor, black and unemployed are most disadvantaged; it has the highest per capita spending on health and yet no better health outcome than the UK; and its teenage pregnancy rate is the highest in the Western world. Even the French, despite their claim to have the 'best health care system in the world', are looking across the Channel to see how we manage to contain health care costs.

PBC and increasing competition are not the solutions to cost effectiveness, choice and quality in a publicly funded health system. The Prime Minister has learnt, rather belatedly, that there is potential for distorted priorities in a popularist agenda such as the 48-hour access. After this reform, the winners would be politicians and shareholders of private companies and the real losers would be the consumers. If they get their way, you could walk into any GP surgery in the country and demand a speedy hernia or varicose vein operation from a choice list of ten hospitals; but try to get the rates of teenage conceptions and chlamydia down? Forget it.
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