

3rd World Congress on

MIDWIFERY AND WOMEN'S HEALTH

November 13-14, 2017 | London, UK

Women sexual experience after having mastectomy

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Mastectomy has proved to be reducing the mortality risk of breast cancer. At the same time, however, it may lower women self-confidence since it relates to femininity and body image which in turn will affect their sexual life. On the other hand, sexuality is one crucial factor of sexual life needed to defend survivor's physical function and psychology to fight against cancer. This study aims to explore women sexual experience after having mastectomy. It is a qualitative study using phenomenological approach. Data collecting was carried out from July to August 2017 on mastectomy patients from two hospitals at Siloam and Hermina Hospitals in Tangerang District. Purposive sampling was used in sample selection. Samples in this study were women who had mastectomy at least three months after surgery. Thorough interviews were held, involving 20 women. Data verification was done using triangulation method. Findings of the study described the women sexual passion, desire, and pleasure as well as orgasm when having sexual intercourse; women psychology when having sexual intercourse; and changing of mindset on sex. Husbands play a big part in women sexual experience after having mastectomy. Health personnel need to facilitate husbands' involvement in making efforts to increase women quality of life after having mastectomy.

Biography

Erna Juliana Simatupang is a Midwife Lecturer, Practitioner and Writer. She completed her Master's degree in Reproduction Health from Universitas Indonesia. Currently, she works at Sekolah Tinggi Ilmu Kesehatan Bina Permata Medika, Tangerang. She has published several books and papers both nationally and internationally.

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