What Is Sexual And Reproductive Health Promotion? What Are Sexual Health Issues? How Sexual And Reproductive Health Status Can Be Improved?

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Abstract: Paper discusses the sexual and reproductive health issues which are common and important strategies to improve the sexual health status. In reproductive health, markers demonstrated generally high maternal and newborn mortality rates, a high and rising rate of sexually transmitted diseases and high premature birth rates in the low commonness of preventative use. Inside this lopsided weight of sick health certain populace gatherings are at specific danger. To start with and of most noteworthy worry among these gatherings is the teenagers. A huge extent of the prompted premature births in the youthful gathering; the expansion in sexually transmitted disease (STDs) influences the gathering to an expensive degree (1, 2 and 3). Undesirable pregnancy is normal, with its chaperon dangers of actuated fetus removed and obstetric confusions. There is a high rate of viciousness against the ladies, including rape. Ladies in creating nations and financially burdened ladies in the urban areas of some modern countries endure the most astounding rates of complexities from pregnancy, sexually transmitted sicknesses, and reproductive diseases. Absence of access to complete reproductive consideration is the principle reason that such a large number of ladies endure and kick the bucket. Men additionally experience the ill effects of reproductive health issues, most strikingly from sexually transmitted infections. However, the number and extent of the dangers are far more noteworthy for ladies for various reasons (2, 4 and 6).

Keywords: Sexual & reproductive health, health promotion, sex education, sexual health issues and sexual health improvement strategies.

Introduction

Reproductive health is a condition of complete physical, mental, and social prosperity and not simply the nonappearance of ailment, in all matters identified with the reproductive framework and to its capacities. Reproductive health addresses the human sexuality and reproductive procedures, capacities and framework at all phases of life and infers that individuals can have a dependable, fulfilling and safe sexual coexistence and that they have the ability to recreate and the opportunity to choose if, when and how regularly to do as such (5 & 6). Men and ladies have the privilege to be educated and have an entry to sheltered, compelling, moderate and satisfactory strategies for their decision in the direction of richness which is not illegal. Reproductive health is deep rooted, starting even before ladies and men achieve sexual development (5).

What is sexual and reproductive health promotion?

In spite of the call for general access to reproductive health, sexual and reproductive health was precluded from the Millennium Development Goals and stays ignored. Risky sex is the second most critical danger element for handicap and passing on the planet's poorest groups and the 9th most imperative in creating nations (7). Sexual and reproductive health promotion is the enabling people to have safe sex life without fear of disease reproduce with freedom, safe maternal and infant during pregnancy, access to information And family planning methods and minimizes gynecological disease and risk throughout all stages of life (2).

Fig1: World Health Organization about Human Sexual health; Internet source: www.who.int

What are sexual and reproductive health issues?

Health needs of ladies can be extensively characterized under four classes.

- First, ladies have particular health needs identified with the sexual and reproductive capacity.
- Second, ladies have an elaborate reproductive framework that is defenseless against brokenness or illness.
- Third, ladies are liable to the same maladies of other body frameworks that can influence men.
- Fourth, since ladies are ladies, they are liable for social illnesses which effect on their physical, mental or social health.
- Illustrations incorporate female genital mutilation, sexual misuse and aggressive behavior at home (7).

There are several basic sexual & reproductive issues, which could be overcome through proper strategy and masses education. These are lack of comprehensive sexuality instructions, fertility problems, unintended pregnancies,
abortion, maternal deaths, and lack of family planning etc. (8).

Fig2: Sexual and Reproductive Health Internet source: www.globalhealthstrategies.com

1. Lack of comprehensive sexuality instruction
Each youngster will one day have groundbreaking choices to make about their sexual and reproductive health. However, explore demonstrates that larger part of young people do not have the information required to settle on those choices capably, resulting in sexually transmitted contaminations and unintended pregnancies. Comprehensive sexuality training empowers youngsters to settle on educated choices about their sexuality & health (9).

2. Fertility issues
33% of infertility cases are from male side, 33% is identified with female fertility issues, and the rest is because of elements including both accomplices or to unexplained causes. Some time, there's a hereditary purpose behind male infertility that could be passed down to the youngsters. Common female infertility causes are problem with ovulation, endometrial issues, poor egg features, and polycystic ovarian syndrome (10, 11).

Fig3: Male and female infertility issues Internet source: www.healthyfuturesva.com

3. Unintended Pregnancies
Pregnancy that is either undesirable or confounded. Mostly result of not utilizing contraception, conflict or mistake in compelling prophylactic techniques. It is connected with an expanded danger of issues for the mother and child. For instance, ladies with an unintended pregnancy could postpone pre-birth mind that may influence the health of the child. This could affect future reproductive life of the women (6).

Fig4: Unintended pregnancy outcome Internet source: www.missvietnam.info.vn

4. Sexual behavior and use of contraceptives
Sexual conduct and prophylactic learning is not in the interest of countless nations. The outcomes exhibit that generally in sub-Saharan Africa and the greater part different locations in the world, the hole between age at first sexual intercourse and age at first marriage has expanded crosswise over age companions. In Sub-Saharan Africa, current preventative use is higher among sexually dynamic, unmarried teenagers than it is among hitched adolescents, while in Latin America and the Caribbean, current use levels are higher among wedded youngsters. The outcomes additionally demonstrate that youths are unrealistic to utilize a prophylactic the first occasion when they engage in sexual relations and are more probable than more established ladies to encounter a preventative disappointment (12, 13).

5. Birth and abortion rate
Birth rate is generally the predominant variable in deciding the rate of populace development. 8.7 births/1,000 populace this rate results in around 4.3 births each second. In 2012, 699,202 legitimate affected premature births were accounted to Centre for Disease Control and Prevention (CDC) from 49 reporting territories. The fetus removal rate for 2012 was 13.2 premature births for each 1,000 ladies matured 15–44 years, and the fetus removal proportion was 210 premature births for each 1,000 live births. Abortions are not healthy; negatively affect the future births (14,15).

6. Maternal death and disability
Maternal health is an essential human right, Averting Maternal Death & Disability (AMDD) works with accomplices worldwide to fortify new thinking and create proof based answers for enhancing maternal and infant survival. 800 women die every day from pregnancy or childbirth related causes. It is estimated that 289,000 women died of pregnancy or childbirth related causes in 2013 (15).

7. Lack of Family planning
Family arranging permits couples to expect and accomplish their sought number of kids, dispersing and timing of their births. A lady's capacity to space and cut off her pregnancies directly affects her health, prosperity and additionally on the result of every pregnancy (9).

8. Irregular Antenatal care visits
Antenatal care (ANC) gives suppliers the chance to acquaint ladies with the health framework, advance healthy practices amid pregnancy and the baby blue period, recognize and treat health issues and bring issues to light of peril signs that may emerge all through pregnancy. Internationally, 81% of ladies get some type of ANC, with 75% of ladies in the Africa locale and 76% in the South-East Asia area going to no less than one antenatal visit. In rural areas this percentage is very low resulting in various pregnancy complications (16).

9. Prevalence of Sexual Transmitted Disease
Young people ages 15-24 represent 20 million new instances of STDs each year. Today, 4/10 sexually dynamic youngsters young ladies had STDs that can bring about infertility and even death. However, rates of HIV are low among teenagers, guys make up more than 80 percent of HIV findings among 13-to 19-year-old (17).
Strategies for improving sexual and reproductive health

1. Prevention/diagnosis/treatment

The Global system has two parts: specialized and backing. The specialized substance of the system manages techniques to advance. Healthy sexual conduct, defensive boundary strategies and the updating of observing and assessment of STD control programs. Sexually transmitted disease centers provide free, classified testing and determination for STDs and HIV. Family specialists/general professionals provide free, secret testing and finding for STDs and HIV. Testing is done secretly which implies that the customer's name is kept confidential.\(^{18,19}\)

2. Contraceptive services

General Medical professionals can give counseling with respect to contraception alternatives, and direction in choosing the best choice for every patient. The different types of contraception condoms, prophylactic pills, nearing, an intrauterine gadget or implant and intrauterine gadgets can likewise be embedded by general professionals on location. Preventative pill should be endorsed by a specialist and obtained at a scientific expert.\(^{12,13}\)

![Fig5: Different types of contraceptives Internet source: www.funbuzztime.com](image)

3. Antenatal, perinatal and postpartum care

A comprehensive, preparing program, in view of the standards, is currently being offered all through the European districts. Program based on Antenatal, Perinatal and Postpartum Care. They give a creative model of confirmation based touchy nurture the future direction of perinatal arrangement producers and parental figures around the world.\(^{16}\)

4. Sex education programs

Research has recognized very successful sex training and HIV aversion programs that influence various practices and accomplish positive health ways. Behavioral results have included postponing the start of sex and lessening the recurrence of sex, the quantity of new accomplices, and the occurrence of unprotected sex, and expanding the utilization of condoms and contraception among sexually dynamic participants. Long-term ways have included lower STDs and pregnancy rates.\(^{9}\)

![Fig7: Sex Education Programs Internet source: www.lubbockonline.com](image)

5. Youth development and promotion of protective factors

Youth improvement is particularly essential for youngsters who have next to zero backing from their families. All forms of protective factors for sexual health must be promoted and encouraged among the young population. Youth improvement techniques resulted in prevention of STDs and regulate pregnancy anticipation programs.\(^{12,13}\)

6. Safe Parenthood activities

Parenthood support activities, comprehensive sexuality training, a therapeutically precise educational programs and classroom encounter that furnishes with constructive messages about sex and sexuality. Promote all efforts to give safe parenthood.

Evaluation and monitoring of strategies

Observation and assessment is about gathering information and converting into vital data so it can be utilized to settle educated choices for project administration and change. The efficacy of particular program is determined.

Conclusion and recommendations

Poor sexual and reproductive health can impact anyone. People are affected in different courses, at different periods of their lives. Sexual and reproductive health promotion practices should hope to propel a straightforward forward society. Health promotion practices approved in the national and neighborhood level should be implemented, and have shared focuses and objectives. Diverse activities, for instance, evaluation of the sufficiency of health promotion activities and obtainment of prophylactic information, are still a work in advancement. Sexual and reproductive health correlates certain values of the society that’s the reason of scatter statistical data on it.

- Each couple should have a comprehensive sexual instructions before going for sexual relation
- There should be safe sex education promotion by social workers especially in the rural areas where they lack most of information
- Antenatal visits to healthcare facility for recommended period of time
- Complete genetic screening of the fetus to detect any abnormality
- Reduce the unintended pregnancies by using proper protective techniques
- Educate the community on safe sex that will reduce the number of abortions and birth rate
- There should be proper diagnostic investigations of the fetus about position and expected date of delivery, this will reduce the maternal and child mortality
- Educate the people about family planning methods and benefits

References


**Author Profile**

Author 1 received M.D degree in the profession of General Medicine from International Higher School of Medicine (International University of Kyrgyzstan) in 2013. He joined two years program called Membership of College of Physicians and Surgeons in Healthcare System Management (MCPS-HCSM) at College of Physicians and Surgeons Pakistan in 2016 and now working on thesis to accomplish the MCPS-HCSM degree.