



“Because he’s worth it”

Experiences from Järva Men’s Clinic

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Background

- Few prevention interventions aimed at adult men
- Limited healthcare services for men
- Norms of masculinity and male invulnerability as obstacle
- Need for knowledge



Järva Men's Clinic

- Collaboration between Stockholm County Council and City of Stockholm
- Locally situated
- Easy accessible
- Focus on men's needs
- Combining disease prevention, health education and health promotion



Aim

- Prevent the spread of STIs and HIV
- Increase knowledge about male sexuality, anatomy and physiology
- Enable men to increase their control over and improve their sexual health



Target group

- Men over 23 years in Stockholm region
- 70 % of the visitors with non-Swedish background
- Average age: 33 years
- 20 % men how have sex with men



Ways of working

- Male staff: nurses, social worker, GP
- Clinical work: examination, testing, treatment
- Psychosocial counselling
- Outreach work, sexuality education
- Internet based health information



Clinical visits

- 1 700 visits during 2007
- 50 % STIs/HIV problems, symptoms or worry
- 50 % erectile dysfunction, premature ejaculation or other questions concerning anatomy/physiology
- Drop in service



Psychosocial counselling

- Relationship problems
- Sexual identity
- Lack of sexual desire
- Concerns about anatomy and physiology
- Difficulties with condom use



Condom discussion

- Focus on individual problem
- 10 minutes
- Aims to improve technique



Outreach work

- Program for students at “Swedish for immigrants” schools
- Collaboration with immigrant organisations
- Open TV channel





VISITORS

Condom discussion - improve your condom use in 10 mins!
Book an appointment when you visit us.

SCHOOLS,
ASSOCIATIONS, ETC.
SCHOOLS, ASSOCIATIONS, ETC.

We provide education and lectures.

We provide individual solutions.

[Contact us!](#)



Welcome to Järva Men's Clinic

We are a sex and sexual matters clinic for men.

If you are worried, you can test to see if you have a sexually transmitted disease or HIV. You can also book an appointment if there is anything about your penis that you wonder about or have a problem with.

You can get help with sexual problems such as premature ejaculation, problems with erection, or other difficulties that are associated with your sex life.



All staff-members working at the clinic are male. We have broad experience in sexology and are subject to professional

CONTACT INFORMATION



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Lessons learned

- Difficult to find qualified male staff
- It takes time to get known and accepted
- Clinical experience used in health education
- Outreach activities motivates men to use the clinic's services



Lessons learned

- Visitors satisfied with the service and staff
- Male staff important for some visitors and not so important for others
- Increased awareness of risky behaviour and importance of condom use
- Greater tendency to test for STIs

Lessons learned

- “Swedish for immigrants” schools a good setting for sexuality education
- Combination of clinical activities, health education and health promotion seem to increase men’s possibilities to take responsibility for their sexual health
- Difficulties to integrate the men’s clinic in the health care structure

