

# **Management of Subfertility General Practitioner's Role**

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## ○ Defining Infertility

Infertility is a disease of the reproductive system that impairs the ability to perform the basic function of reproduction. Any part of the reproductive process can be affected, including

- Production of healthy eggs and sperm
- The openness of the fallopian tubes (must be unblocked to allow passage of the sperm to reach the egg)
- The ability of the sperm to fertilize the egg
- The ability of the fertilized egg to implant in the uterus
- The health or quality of the embryo
- The women's hormonal environment

*In general, infertility is defined as the inability to conceive after 1 year of regular, unprotected intercourse if a woman is under age 35 or 6 months if the woman is over age 35*

## ○ Role of GP

- About one in seven couples are experiencing difficulties in conceiving a child and seek help at some stage in their lives. Even though there is no increase in the prevalence of infertility, there seems to be a trend towards more patients seeking help with infertility problems. Many couples who face fertility problems end up with stress, anxiety and depression
- **The General Practitioners should give adequate time and privacy during consultations to discuss the various psycho social aspects in marriage and sexual relationships and sexual transmitted infections.**

**One in four couples may seek advice about infertility from their GP.** The GP needs to decide about the referral of infertility couples to secondary care. Even after the referral to specialists, the GPs are expected to provide continuous support for these couples. This place the primary care service at the heart of all issues related to infertility  
The aim of the study is to understand the effective management of infertility in general practice.

