

“Let’s talk about Sex”- A prospective audit of a Nurse Practitioner-Led Sexual Health and Erectile Dysfunction (SHED) clinic

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Introduction

- Sexual dysfunction is often under-appreciated and under diagnosed, particularly in cancer populations.
- A gap analysis identified considerable unmet sexual health need amongst our patients
- 2013- NP Sexual health clinic implemented for men with erectile dysfunction
- The SHED clinic aims to provide comprehensive care to men and their partners experiencing sexual health issues

Aims

- Examine and describe the demographics of new patients accessing this service in a twelve month period
- To identify and refine expansion of this service

Methods

A prospective audit of hospital datasets and records for new patients who attended the SHED clinic between November 2013 to November 2014.

Results

- 69 new patients attended the clinic during the study period
- Most had a diagnosis of prostate cancer (93%)
- Most patients attended alone (74%)
- Information and Pde5i were the main interventions given to patients attending this clinic

Patient characteristics

Characteristics	n	%
Age		
M (SD)	62.2 (7.5)	
Range	37 - 77	
Referral source		
Consultant	57	83
Nurse co-ordinator	9	13
GP	1	1
Rural	1	1
Self	1	1
Geographical region		
Metropolitan	39	57
Rural	30	43
Attendees		
Patient	51	74
Wife	14	20
Partner	2	3
Patient + Interpreter	1	1
Son	1	1
Sexual history		
Good	40	58
Diminishing	25	36
n/a	4	6
Diagnosis		
Prostate	64	93
Colorectal	2	3
Haematology	2	3
Head & Neck	1	1
Intervention		
Information	30	43
PDE5i	29	42
ICI	7	10
nil	3	4



Conclusions

- Sexuality should be included in standard cancer care
- SHED clinic role delivers a valuable and responsive service for patients and their partners at Peter Mac
- This audit highlighted minimal access to SHED clinic by non urological patients suggesting the need to refine and expand access to the clinic
- Future research is needed to evaluate the short and long term psycho social effects of the SHED clinic

References & Acknowledgments

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Peter Mac is Australia's only public hospital solely dedicated to cancer and home to the largest cancer research group in Australia.