

Patient Name:

D.O.B:

MRN:

## SCI SEXUALITY CONSULT FORM

Many people with spinal cord injuries have questions about sexuality and sexual function. If that is something you'd be interested in we'd love to discuss it with you further. To help us address questions you may have we invite you to let us know what topics you are interested in. Feel free to mark any topics you are interested in and answer any questions you'd like to!

**Can we help you by sharing information about your injury with you? Yes / No**

### **Contraindications and Safety**

- Autonomic dysreflexia
- Medications
- Spasticity

### **Sexual Anatomy and Sexual Response**

- Genitalia/ Erogenous zones
  - o Erections / erectile dysfunction
  - o Prostate stimulation
- Respiratory system / endurance
- Arousal / Orgasms
- Sensation / skin integrity
- Pain and Pain Management
- Incontinence

### **Sexual activities with yourself**

- Masturbation
  - o Lubrication
  - o Learning your own body / sensation / erogenous zones
  - o Toys
    - Adaptations

### **Sexual activities with others**

- Communication
- Positioning
  - o Wedges / bed furniture
  - o Wheelchair sex
  - o Using swings / lifts

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**Safe sex**

- Birth control
- SIT prevention

**Reproduction**

- Ejaculation
- Fertility

Would you prefer a male or female to talk about sex or is there someone on the staff you're already comfortable speaking with?

What are you hoping to learn about or do?

Do you have anyone else in your life that you'd like to be part of this conversation?

Are you sexually active?

Were you sexually active prior to your injury?