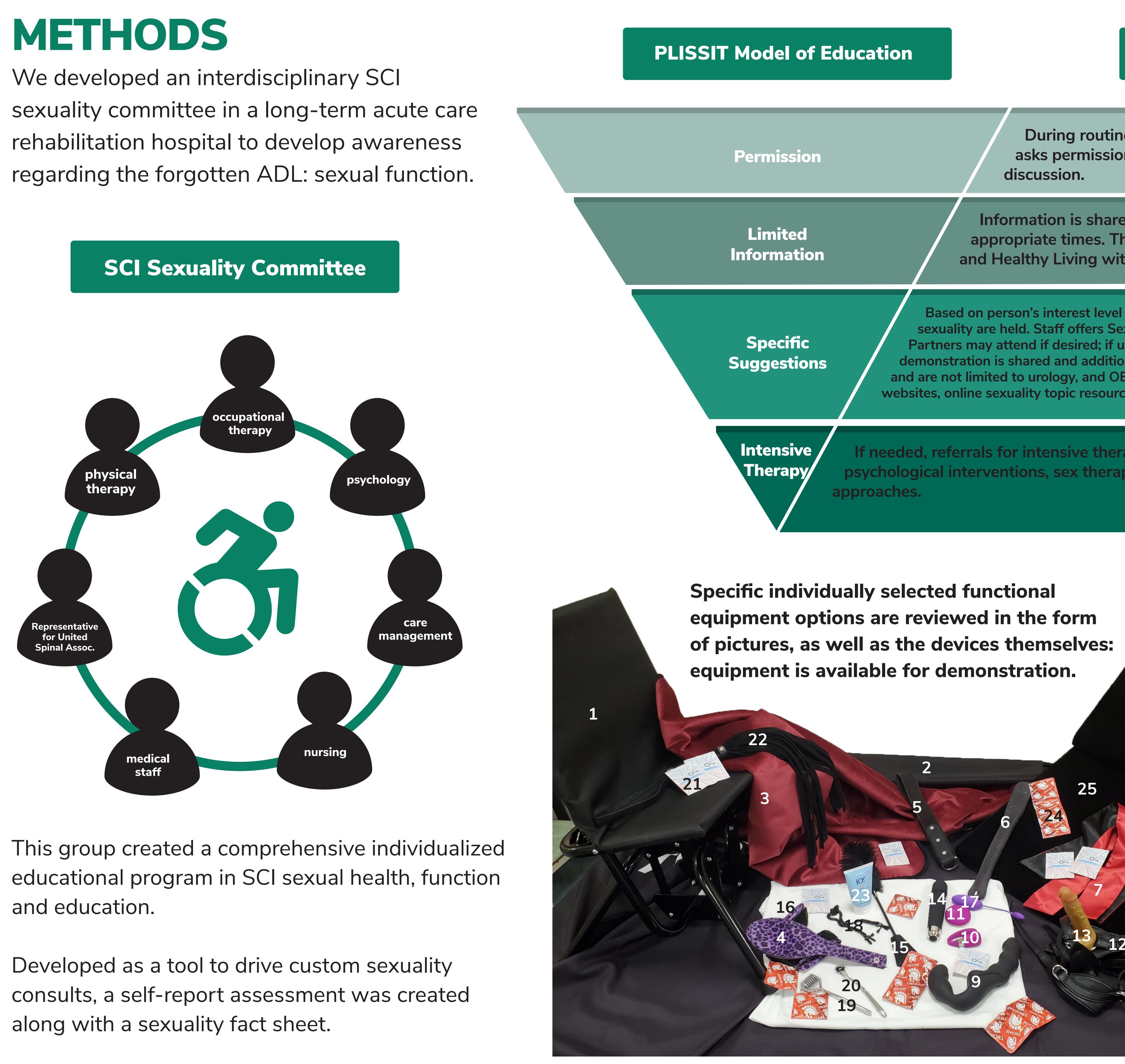


INTRODUCTION

People with spinal cord injury/dysfunction (SCI) have questions regarding sexuality and sexual functioning after SCI. While education is clearly recognized as an important part of a rehabilitation program, there is a distinct need for education regarding sexuality after SCI in the acute inpatient and outpatient rehabilitation setting. While the timing for sexual education is individualized, it is important that there be support, general and specific education customized to the person served. An interdisciplinary approach was developed at Gaylord Hospital to offer people with SCI, and their partners, information tailored to their needs, interests and questions.

Topics include but are not limited to those most impacted by an SCI:

- Sexuality
- Sexual arousal
- Orgasms
- Fertility
- Anatomy
- Relationships
- Level of injury related to sexual function



and education.

Sexuality function: The forgotten ADL: An interdisciplinary approach in SCI rehabilitation

David Rosenblum MD, Timothy Kilbride PT, DPT

Affiliations: Gaylord Specialty Healthcare, Wallingford, CT 06492

Gaylord Implementation

During routine care, sexuality may be mentioned. Staff asks permission to share information and welcomes the discussion.

Information is shared by SCI staff members at appropriate times. This includes the SCI Education Series and Healthy Living with an SCI book.

Based on person's interest level and specific needs, conversations about sexuality are held. Staff offers Sexuality Consultation with selected staff is held. Partners may attend if desired; if useful for patient's specific situation, product demonstration is shared and additional resources may be offered. These include and are not limited to urology, and OB/GYN consults, community resources, product websites, online sexuality topic resources, support groups, peers, and conselors.

If needed, referrals for intensive therapy which may include psychological interventions, sex therapy and/or biomedical

26

12

Sample of Devices

- Swing chair Bench
- Lush Throw
- Romance Paddle
- Belt Flogger
- Crop
- Silk Scarf
- Vibrator with Male Attachment
- Strapless Strap-on Dildo
- **10.** Remote Controlled Vibrator 10
- **11.** Controller for Vibrator
- 12. Strap On Harness
- 13. Penis Dildo
- 14. Personal Massager **15.** Feather Tickler
- **16.** Romance Cuffs
- 17. Egg Vibrator
- **18.** Adjustable Nipple Clamps **19.** Wartenberg Pinwheels
- 20. Wartenberg Pinwheels
- 21. Sex Toy Cleaner
- 22. Leather flogger
- 23. Personal lubricant
- 24. Condoms
- 25. Wedges
- 26. Wedges

RESULTS

An interdisciplinary SCI sexuality committee was created, in the rehabilitation setting for both inpatient and outpatients, to develop a comprehensive and individualized educational program in SCI sexual health education that is based on the PLISSIT model.

Additional resources may include urology, OB/GYN consults, community resources, including product websites, online sexuality topics, support groups, peers, and counselors.

Evaluation of this educational program, focused on outcomes such as patient/partner satisfaction with the consultation and their assessment of the usefulness of the program.

CONCLUSION

People with SCI are uniquely invited to include their partners and caregivers, if they would like, as the consultation focuses on individualized education for both partners. It offers specific individualized suggestions, demonstrations and resources regarding devices/equipment available for positioning-as well as adaptive equipment designed to enhance ones sexual experience in the setting of the challenges of SCI. This goal directed SCI sexuality education series, incorporating both traditional education as well as private specific discussions with the patients clinical staff, was created and implemented by the rehabilitation team.

The authors would like to thank Diana Pernigotti for assisting with poster development.



FUTURE PLAN

REFERENCES

Rodger S, Bench S. Education provision for patients following spinal cord injury. B J Nurs. 2019. March 28(6):377-381 Rodger S; Evaluating sexual function for patients with spinal cord injury. B J Nurs 2019 Vol 28 # 21

Alexander MS, alexander CJ. Recommendations for discussing sexuality after SCI dysfunction in children, adolescent and adults. J Spinal Cord Med 2007:30:565-70

New PW, Seddom M, Redpath C et al. Recommendations for spinal rehabilitation professionals regarding sexual education needs and preferences of people with spinal

