

DISCLOSURES

- W. Yuen: None.
- Dr R. Flannigan: Industry: Boston Scientific (educational grant and speaking honoraria), Paladin labs (speaking honoraria), Acerus (advisory board)

We are also very grateful for the philanthropic donations made by individuals to the PCSC Program.



Prostate Cancer
Supportive Care

Sexual Rehabilitation Recommendations for Prostate Cancer Survivors and their Partners from a Biopsychosocial Prostate Cancer Supportive Care Program

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RESULTS

Top SHRAP items post-treatment

1. Penile re
2. Pleasure
3. PDE5 inh
4. Clinical c
5. Vacuum
6. Intracave



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Date: _____ Appointment #: _____

Patient label

The abbreviated Sexual Health Rehabilitation Action Plan (SHRAP) includes:

- 1. Confirmation with family doctor around the safety of taking PDE5 inhibitors with current medical history and medication profile
- 2. Cialis 5mg daily for penile rehabilitation
- 3. Combining short acting PDE5 inhibitors (Viagra, Levitra, Staxyn) with Cialis 5mg to strengthen erection for sexual play
- 4. Cialis 20mg for sexual play (hold daily Cialis 5mg for 36 hours)
- 5. On demand PDE5 inhibitors
- 6. Review Vacuum Pump Erection Device (VED)
- 7. Consult with VED advisor prn
- 8. Review intracavernosal injections
- 9. Inform of progress with injections
- 10. Manage priapism prn
- 11. Review intraurethral gel
- 12. Review Elator (penile brace)
- 13. Penile massage/stimulation
- 14. Create a minimum three erections per week for penile rehabilitation
- 15. Orgasmic guidelines
- 16. Climacturia and/or urine leakage guidelines during sexual play
- 17. Pleasure focused versus goal directed sexual activity
- 18. Dedicated time to be sexual
- 19. Simmering for arousal
- 20. Sexual aids
- 21. Sensate Focus
- 22. Pelvic Floor exercises
- 23. Possible referral to PCSC Pelvic Floor Clinic
- 24. Referral to PCSC Program's Pelvic Floor Clinic
- 25. Referral to PCSC Program's Exercise Clinic
- 26. Couples Intimacy Workshop prn
- 27. PCSC Clinical Counsellor prn
- 28. Enrollment into PCSC Program prn
- 29. Detailed customized SHRAP has been provided to your patient

PCSC Program: Sexual Health Service

Comments:

Samples provided:

Prescriptions provided:

Referrals:

Arrangements have been made for a follow-up clinic/phone appointment on

Arrangements have been for you to attend the Intracavernosal Injection Clinic on

CLINICAL AND SCIENTIFIC RELEVANCE

The SHRAP is designed to provide biopsychosocial recommendations to patients and their partners from the time of diagnosis onwards:

- It is known that psychosocial strategies are additive to biomedical interventions in optimal rehabilitation of prostate cancer survivors and their partners
- The SHRAP is a standardized tool and revised based on interprofessional input
- New prostate cancer survivorship programs should consider a tool like the SHRAP which integrates biopsychosocial techniques into sexual rehabilitation

THANK YOU

QUESTIONS?