

6. Sexual Health and Fertility

6.1 STANDARD: Individuals and their appropriate family member(s) or partner(s) will be offered age specific education and counseling regarding medical and psychosocial issues related to sexual health and function after an SCI.

Minimum Requirements:

- Facility has a process to assess/educate re: sexual health in SCI- “Who says what when?”
- Maintain an open discussion and provide access to education about sex in both formal and informal settings throughout the treatment continuum
- Care providers may offer referral to the appropriate rehabilitation professional in collaboration with the medical provider

Recommended Resources:

- PVA Consumer Guide Sexuality and Reproductive Health for Adults with Spinal Cord Injury: What You Should Know* available for free download <http://tinyurl.com/kfnvtby>
- PVA Clinical Practice Guideline Sexuality and Reproductive Health in Adults with Spinal Cord Injury* available for free download <http://tinyurl.com/mnmwhfv>
- Christopher and Dana Reeve Foundation Paralysis Resource Guide pp. 188-197 <http://tinyurl.com/m5w3yo3>

Additional Resources:

- Dr. Stan Ducharme www.stanleyducharme.com
- Mitchell S. Tepper, PhD, MPH <http://mitchelltepper.com>

6.2 STANDARD: Care providers will be able to identify common physical and emotional challenges related to sexual functioning and provide appropriate intervention, resources, and/or referrals.

Minimum Requirements:

- Care providers will offer general information and resources on the impact of SCI on sexual functioning, as well as safety considerations e.g., autonomic dysreflexia
- Provide individualized recommendations and/or referral for diagnosis and treatment of sexual health challenges/dysfunction in SCI

Recommended Resources:

- PVA Consumer Guide Sexuality and Reproductive Health for Adults with Spinal Cord Injury: What You Should Know* available for free download <http://tinyurl.com/kfnvtby>
- PVA Clinical Practice Guideline Sexuality and Reproductive Health in Adults with Spinal Cord Injury* available for free download <http://tinyurl.com/mnmwhfv>
- Christopher and Dana Reeve Foundation Paralysis Resource Guide pp. 188-197 <http://tinyurl.com/mt68yr5>
- University of Alabama InfoSheets:
 - Sexual Function for Men with SCI <http://tinyurl.com/cbg92ot>

THIS TOOL DOES NOT PROVIDE MEDICAL ADVICE. It is intended for informational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment. Never ignore professional medical advice in seeking treatment because of something you have read in the Toolkit. If you think you may have a medical emergency, immediately dial 911.

- Sexuality for Women with Spinal Cord Injury <http://tinyurl.com/l28pouk>

Additional Resources:

- Dr. Stan Ducharme www.stanleyducharme.com
- Mitchell S. Tepper, PhD, MPH <http://mitchelltepper.com>

6.3 STANDARD: Individuals and their appropriate family members or partner will be offered information and resources to help educate them on fertility options.

Minimum Requirements:

- Appropriate care providers will provide general information and resources re: reproductive health and fertility
- Provide medical referrals to people interested in further options

Recommended Resources:

- PVA Consumer Guide Sexuality and Reproductive Health for Adults with Spinal Cord Injury: What You Should Know* available for free download <http://tinyurl.com/kfnvtby>
- PVA Clinical Practice Guideline Sexuality and Reproductive Health in Adults with Spinal Cord Injury* available for free download <http://tinyurl.com/mnmwhfv>
- Christopher and Dana Reeve Foundation Paralysis Resource Guide pp. 188-197 <http://tinyurl.com/mt68yr5>
- Miami Project- Male Fertility Following Spinal Cord Injury: A Guide For Patients <http://tinyurl.com/l7p8zvj>

* To access, Adobe must be installed on your device

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