

General Approach to Discussion with Patients

PLISSIT Model (Jack Anon)

Permission Giving - give patients permission to raise sexual concerns

Limited Information - provide limited information about the sexual concern raised

Specific Suggestions - offer suggestions and guidance on management

Intensive Therapy - refer to specialist and/ or therapist

Questions to ask your patients:

- a) Are you sexually active with: men, women, both or other?
- b) Giving permission to patients to discuss their concerns:
 - *During a periodic health exam*
"Many people have sexual concerns; I wonder what concerns you might have? "
 - *When reviewing patients' medical history and/ or medications:*
"Many people with [diabetes, HTN, CAD, etc] have sexual concerns. What concerns might you have?"

General Approach

- Demographics: age, sex/ gender, partner(s)
- Biopsychosocial approach
 - Medical - Endocrine, Vascular, Neurologic, Medications and Substance use.
 - Psychological factors for each partner (Including: Screen for trauma/ abuse)
 - Relational Issues
- Sexual Function screen
 - Desire, Arousal, Orgasm, Pain
 - Lifelong vs. Acquired, Situational vs. Global

Treatments

NOTE: this is not an exhaustive list. It is meant only to provide a general overview of potential treatment options, not to direct management of sexual concerns.

Male

- Medical
 - Desire - Hormonal therapies (testosterone)
 - Arousal - PDE5i, IC injections, Pumps and Prostheses
 - PE - SSRIs, TCAs, PDE5i
- Psychological/Relational - consider Individual and/ or Relational therapy

Female

- Medical
 - Desire - Flibanserin, Bupropion, Prasterone; Post-Menopausal: Testosterone,
 - Arousal - Flibanserin, Bupropion, Prasterone; Post-Menopausal: Testosterone,
 - Orgasm - Flibanserin, Bupropion, Prasterone; Post-Menopausal: Testosterone,
- Psychological/Relational - consider individual and/ or relational therapy

Physician Resources

- Association of Sex Therapists of Ontario (ASTO)
<https://www.bestco.info/>
- Sex Information and Education Council of Canada (SIECCAN)
<https://www.sieccan.org/shapehub>
- The International Society for the Study of Women's Sexual Health (ISSWSH)
<https://www.isswsh.org/>
- The International Society for Sexual Medicine (ISSM)
<https://www.issm.info/>
- Pflag Canada (LGBTQ+ resources)
<https://pflagcanada.ca/resources/>
- Society for Sex Therapy and Research (SSTAR)
<https://sstarnet.org/>
- Canadian Menopause Society
<https://www.canadianmenopausesociety.org/>
- World Professional Association for Transgender Health (WPATH)
<https://wpath.org/>
- Sherbourne Health
<https://sherbourne.on.ca/>

HUMAN SEXUALITY

Suggested Readings

BOOKS ABOUT FEMALE SEXUALITY

- *For Yourself* - Lonnie Barbach
- *Becoming Orgasmic* - Julie Heiman and Joseph LoPiccolo
- *Sex Without Pain: A Self-Treatment Guide To The Sex Life You Deserve* - Heather Jeffcoat
- *The Vagina Bible* - Dr. Jen Gunter
- *Better Sex Through Mindfulness* - Lori Brotto

BOOKS ABOUT MALE SEXUALITY

- *Contemporary Male Sexuality: Confronting Myths and Promoting Change* - Barry McCarthy
- *Male Sexual Awareness: Increasing Sexual Satisfaction* - Barry McCarthy
- *Coping With ED: How To Regain Confidence And Enjoy Great Sex* - Barry McCarthy
- *Coping with Premature Ejaculation: How to Overcome PE, Please Your Partner, and Have Great Sex* - Michael E. Metz and Barry McCarthy

BOOKS ABOUT LGBTQIA+

- *Trans Sex: Clinical Approaches to Trans Sexualities and Erotic Embodiments* - Lucie Fielding
- *Asexuality: A Brief Introduction* - Asexualityarchive.com
- *Life Isn't Binary* - Alex Iantaffi and Meg-John Barker
- *The Whole Lesbian Sex Book* - Felice Newman
- *The Joy Of Gay Sex* - Edmund White and Charles Siverstein

BOOKS ABOUT SEX AND DISABILITY

- *The Ultimate Guide to Sex and Disability* - Miriam Kaufman, Cory Silverberg, and Fran Odette

BOOKS ABOUT SEXUALITY/ RELATIONSHIPS

- *The Seven Principles for Making Marriage Work* - John M Gottman and Nan Silver
- *Mating in Captivity* - Esther Perel
- *Rekindling Desire* - Barry McCarthy and Emily McCarthy

AGING AND SEXUALITY

- *The Menopause Manifesto* - Dr. Jen Gunter
- *Sexuality And Aging* - Peggy Kleinplatz and Walter Bouman

BOOKS FOR PROFESSIONALS

- *The Penis Book: A Doctor's Complete Guide To The Penis* - Aaron Splitz
- *The Textbook Of Clinical Sexual Medicine* - Waguih W. IsHak
- *Comprehensive Textbook of Sexual Medicine* - Nilamadhab Kar and Gopal C. Kar
- *Sexual Medicine In Primary Care* - Marjorie A. Bowman and William L. Maurice