

# Maximising Sexual Wellbeing | Prostate Cancer

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'Talking about sex after prostate cancer':  
e-learning resource for healthcare professionals (HP)  
[Resource 1]

Engagement, Assessment, Support and  
Sing-posting resource [EASSi]  
[Resource 2]

Online self-management resource for  
people living with prostate cancer  
[Resource 3]

## What is it?

*e-learning resource:*

- Increases awareness of **sexual care needs** and HP role
- Promotes **routine** sexual care engagement
- Provides language, structure and content to guide conversations around sexual wellbeing and prostate cancer
- Introduces EASSi framework [Resource 2]
- Takes 60-minutes to complete and can be used as information resource

## What is it?

*Tablet-based programme delivered in clinical area:*

- Facilitates routine sexual care discussions with all men (and partners) who are living prostate cancer
- Designed to normalise sexual issues
- Provides brief, personalised information and support based on treatment and relationship status
- Sign-posts to appropriate resources (e.g. Online self-management support programme [Resource 3], ED clinics, Prostate Cancer UK)

## What is it?

*Online programme:*

- Provides personalised self-management strategies (based on treatment, relationship status, sexual orientation) to help improve sexual wellbeing after prostate cancer
- Includes support for partners/single/young/black men and those receiving palliative care
- Includes videos from men, partners & HP's
- Can be accessed pre-treatment, post-treatment and beyond
- Can also be used as an information resource
- Adapted from TrueNTH US Sexual Recovery Programme and modified for a UK population

## Who is it for?

- HP's who provide routine support for men and their partners living with prostate cancer. For example, nurses, doctors, allied health professionals.

## Who is it for?

- HP's who provide routine support for men and their partners living with prostate cancer
- For use in clinical setting (primary and secondary)

## Who is it for?

- For men (and partners) who are seeking support and education regarding sexual wellbeing following treatment for prostate cancer. The online resource will be undertaken in the person's home.

