



Originator: Inpatient Therapy
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Stakeholders: Therapy, Psychology, Nursing, Administration, Physician
Folder: Provision of Care

Pursuant to [WAC 246-320-141\(6\)-\(8\)](#), if St. Luke's makes changes or additions to this policy, St. Luke's must submit a copy of the changed or added policy to the Washington Department of Health within thirty days after the hospital approves the changes or additions. St. Luke's must submit the updated policy to the following email address: HospitalPolicies@doh.wa.gov. See DOH Website, <https://www.doh.wa.gov/DataandStatisticalReports/HealthcareinWashington/HospitalandPatientData/HospitalPolicies>. Any updated policies must also be posted on St. Luke's website. See <https://www.st-lukes.org/Patients-and-Visitors/Hospital-Policies/Hospital-Policies---Notices/>. Please submit the updated policy to INHS's Marketing and Communication Department.

SEXUALITY AND REPRODUCTIVE HEALTH

POLICY:

Sexual and reproductive health issues will be addressed in a patient centered and patient driven way by the interdisciplinary team as needed to meet the individual and educational needs of the patient.

PROCEDURE:

1. The opportunity for education and discussion focusing on sexuality, family planning, reproductive health, consent and sexually transmitted diseases will be provided in individual sessions for each patient and spouse/partner by their M.D. and/or psychologist. As appropriate to the patient's particular situation, and if the patient is receptive to additional information, books and videotapes may be used.
2. Staff is encouraged to manage questions regarding sexuality as appropriate and to refer the patient and spouse/partner to their M.D. and/or psychologist for specific information. All staff will be educated on sexuality issues to maximize their knowledge and comfort.
3. Psychological counseling will be offered to the patient and spouse/family/partner, if appropriate, in order to address intimacy/relationship concerns, etc.
4. Patients and their spouse/family/partner will be provided appropriate levels of education regarding sexuality issues. Whenever possible, education will be tailored to account for the patient/family's values, and accommodate for primary language and/or learning style.
5. Privacy will be assured for couples while at St. Luke's Rehabilitation Institute.
6. Training in bladder and bowel issues related to sexuality will be conducted by their M.D. and/or nurse if applicable. Please refer to Patient Teaching Manual.
7. Education regarding sexuality will be included in program specific manuals and/or education series.
8. Patients and their families will be empowered to advocate for themselves in the medical system as needed, including sexual health concerns.

PROCEDURE FOR SPINAL CORD DYSFUNCTION:

1. Sexual and reproductive education will be included in the Yes You Can book that each inpatient and outpatient with spinal cord dysfunction will be provided, including informational and local medical resources for additional information as indicated. Whenever possible, information will be made available in the patient's primary language.
2. Sexual and reproductive education, including the impact of spinal cord dysfunction on relationships, sexual desire, and physical/sexual response will be included in the group and/or one-on-one classes provided to all in-patients with spinal cord dysfunction.
3. When an inpatient needs or requests additional, more detailed or personal education, the attending physician may request a consultation by the SCI program medical director to provide one-on-one education with the patient.
4. Outpatients identified as having more detailed or personal education needs may be referred for an outpatient appointment with the SCI program medical director or SCI outpatient clinic to obtain additional one-on-one education.
5. Intimacy and relationship issues will be addressed by the psychologist. Automatic psychology referral is done for all inpatients with spinal cord dysfunction, and for outpatients, they may be referred by therapy staff to the psychologist by asking for an order from the referring physician for psychology consultation and treatment.
6. When appropriate, opportunities for intimacy for the patient and their partner will be made available during rehabilitation.
7. Listing of additional resources in the community to whom patients may be referred will be listed in program specific education materials. Whenever possible, medical referrals (e.g., urology, OB/GYN, sexual counseling) will be coordinated for and/or with the patient, and education about advocacy in the medical system will be provided as indicated.