

## Quick Guide

EASSi is a framework for healthcare professionals to guide routine, brief sexual care discussions with patients (and partners) living with cancer.

### Engage

#### Why Engage?

Sexual dysfunction is a major problem for patients (and partners) and is often not addressed.

#### How to Engage?

- Take the lead
- Normalise the conversation
- **Explain** you are going to have a brief conversation about sex and cancer

### Assess

#### Why Assess?

A basic assessment is needed to provide tailored support (based on type of cancer, treatment and relationship status).

#### How to Assess?

- **Ask** about ...
- Type of Cancer  
Type of treatment  
Stage of Treatment  
Relationship status

### Support

#### Why Support?

- There are many sexual side-effects of each treatment.
- Patients need to know how treatment will affect their sex life.
- There are things that can be done to help
- You are ideally placed

#### How to Support?

- Provide basic information about what sexual challenges may be expected (based on treatment)
  - Acknowledge sex life will change
  - Give brief advice on ...
- What can be done  
Widening understanding of sex  
The need to have patience and persistence

### Signposting

#### Why Signpost?

After providing basic support you then need to signpost to specialist services/resources.

#### How to Signpost?

- Point towards...
- Online resources
- Referral to physiotherapy, psychological therapist or counsellor, ED or Continence clinics