Barriers to Psychosexual Care

Cultural norms that support silence around sexual topics may hinder patients from seeking help or initiating communication with providers [1]. There is a need for a pathway managing sexual concerns with cancer survivors. Treatment is optimised when it is targeted towards a survivor’s physical needs but also their relationship status and their experience of self-efficacy. More intensive intervention such as couples counselling also helps in sexual rehabilitation [1]. If survivors are single, older, widowed, or divorced it can also be easy to assume that potency is no longer required [1]. Assumptions cannot be made; psychosexual support should be offered to the majority of patients.

Reference