Sexuality and Body Image In Colorectal Cancer Patients

Vicky Beban STN., M.N (Clinical). CNS – Stomaltherapy HVDHB
What?

- Colorectal cancer patients experience long term problems with sexuality and body image
- Health professionals have multiple barriers in dealing with these concerns.
Why?

- Identified as a problem associated with CRC survivorship

- Studies have found that a stoma, even post reversal is associated with difficulty with sexual adjustment.
When?

- During the time of active treatment
- Rapport
- Regular appointments.
How?

- Address the issue, e.g. “Has the surgeon advised you there may be problems with your sexual function after your surgery?”
- Follow on with “is this a concern for you”
- Provides an opportunity for patient to talk
• Awareness of other methods available e.g. injection, vacuum method.

• Useful for men

• Use of dilators
pooping is a lot like sex, we all do it but no one wants to talk about it
Resolve leakage issues

“If you’re looking for your patient with the bowel problem, I think he went that way.”
How (with a stoma)

- Empty it before going to bed or change it if it is a colostomy bag.
- Play music
- Reassure patient and partner they can’t do any harm to the stoma
- Wear a pouch cover or special underwear available online.
- Men sometimes tape the bag up to stop it flapping about.
Solution

- Difficult
- Health system is squeezed
- Environment tends to be more task orientated
- Less continuity of care.
We cant solve it but we have the opportunity to acknowledge to our patients there may be problems
References
