Title of Activity: “Let’s Talk about Sex”; discussing and managing sexual problems in spinal cord injured individuals

Identified Gaps: Currently there is very little education patients with SCI receive on sexual health and adjustment

Speaker Names and Credentials: Marika Hess, MD, Assistant Chief, SCI Service, VA Boston Healthcare, Elizabeth Tammaro, BSN, RN, CRRN
SCI Outpatient Clinic, VA Boston Healthcare, Krysta Kingsbury OTR/L, ATP, Occupational Therapist, Boston Healthcare System

Target Audience: □ Beginner □ Intermediate □ Advanced □ All Levels

Purpose/Goal: (write as an outcome/objective statement, e.g. "The purpose of this activity is to enable the learner to….." or “At the conclusion of this activity, participants will be able to…”)

<table>
<thead>
<tr>
<th>OBJECTIVES</th>
<th>CONTENT (Topics)</th>
<th>TIME FRAME</th>
<th>PRESENTER</th>
<th>TEACHING METHODS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Learner will be able to describe how spinal cord injury affects sexual function</td>
<td>Review: physiology of sexual response - in men - in women</td>
<td>15</td>
<td>Marika Hess, MD</td>
<td>Lecture and slide presentation</td>
</tr>
<tr>
<td>2. Learner will be able to describe interdisciplinary approach to sexual health issues after spinal cord injury</td>
<td>Review - Barriers to sexual functioning in SCI - Physiological changes that occur after SCI - Best practice approach to optimizing sexual function after SCI</td>
<td>35</td>
<td>Marika Hess, MD, E. Tammaro, BSN, RN, CRRN, Krysta Kingsbury, OTR/L, ATP</td>
<td>Lecture and slide presentation</td>
</tr>
<tr>
<td>3. Learner will be better prepared to address and implement strategies to optimize sexual health with persons with spinal cord injuries</td>
<td>Review - Pharmacological therapy - Rehabilitation and nursing interventions</td>
<td>25</td>
<td>Marika Hess, MD, E. Tammaro, BSN, RN, CRRN, Krysta Kingsbury, OTR/L, ATP</td>
<td>Lecture and slide presentation</td>
</tr>
</tbody>
</table>

Total Minutes 75 divided by 60 = ______ contact hour(s) *(total to be completed by BRH staff)*

Content for this educational activity was chosen from:

Information available from the following organization/web site (organization must use current available evidence within past 5 - 7 years as resource for readers; may be published or unpublished content; examples – Agency for Healthcare Research and Quality, Centers for Disease Control, National Institutes of Health):
Information available through peer-reviewed journal/resource (reference should be within past 5 – 7 years):


Expert resource (individual, organization, educational institution) (book, article, web site):

Textbook reference:

Other:

Completed By: Name and Credentials  Marika Hess, MD, E. Tammaro BSN, RN, CRRN, Krysta Kingsbury OTR/L,ATP

Date  7/8/16

Nurse Planner/CME Coordinator Signature

Signature

An “X” in the box below serves as the electronic signature of the Nurse Planner completing this Educational Planning Tool and attests to the accuracy of the information given above.

☐ Electronic Signature (Required)  Date ________________