

# COSY coPD and Sexuality

## Let's start the communication!\*

### Important:

Ask EVERYONE, irrespective of their age, gender, the severity of their COPD or their sexual orientation, about limitations in their sex lives and how motivated they are to change the situation. Record the extent of the limitation (at least once a year).

### Introduction: Raising the issue and requesting permission to discuss it

"We haven't spoken about your sexuality yet, have we?"

I understand, and other people affected by COPD report, that coughing, mucus and shortness of breath can result in limitations that may have a negative impact on sexuality. Perhaps this is the same for you.

Is there anything else standing in the way of you enjoying a fulfilling sex life?"

"Would you like to talk to me about it?"

### Record the limitation

«On a scale of 0-10, to what extent is your sex life limited (0 = not at all, 1-3 = slightly, 4-7 = fairly, 8-10 = severely) by your ...

<div style="border: 1px solid black; border-radius: 50%; width: 40px; height: 40px; margin: 0 auto; display: flex; align-items: center; justify-content: center;"> <div style="border: 1px solid black; border-radius: 50%; width: 20px; height: 20px; margin: 0 auto; display: flex; align-items: center; justify-content: center;"> <b>Level</b> 1                 </div> </div>	<p>... COPD symptoms: shortness of breath, coughing, mucus?"</p>	<p><b>Motivation</b> to take action</p> <p>On a scale of 0-10</p>
<div style="border: 1px solid black; border-radius: 50%; width: 40px; height: 40px; margin: 0 auto; display: flex; align-items: center; justify-content: center;"> <div style="border: 1px solid black; border-radius: 50%; width: 20px; height: 20px; margin: 0 auto; display: flex; align-items: center; justify-content: center;"> <b>Level</b> 2                 </div> </div>	<p>... general physical limitations?" (e.g. musculoskeletal pain, decompensated cardio-vascular disease, incontinence, sexual limitations)</p>	<p><b>Motivation</b> to take action</p> <p>On a scale of 0-10</p>
<div style="border: 1px solid black; border-radius: 50%; width: 40px; height: 40px; margin: 0 auto; display: flex; align-items: center; justify-content: center;"> <div style="border: 1px solid black; border-radius: 50%; width: 20px; height: 20px; margin: 0 auto; display: flex; align-items: center; justify-content: center;"> <b>Level</b> 3                 </div> </div>	<p>... external stress factors?" (e.g. psycho-social problems, relationship difficulties, stress in your personal life and/or workplace, fear)*</p>	<p><b>Motivation</b> to take action</p> <p>On a scale of 0-10</p>
<div style="border: 1px solid black; border-radius: 50%; width: 40px; height: 40px; margin: 0 auto; display: flex; align-items: center; justify-content: center;"> <div style="border: 1px solid black; border-radius: 50%; width: 20px; height: 20px; margin: 0 auto; display: flex; align-items: center; justify-content: center;"> <b>Level</b> 4                 </div> </div>	<p>... self-image?" (e.g. attractiveness, shame, inhibitions)*</p>	<p><b>Motivation</b> to take action</p> <p>On a scale of 0-10</p>

\* For specific support in using this leaflet, refer to COSY: Communication leaflet guidance



# COSY

## Level 1

Limitations in sex life due to COPD symptoms: shortness of breath, coughing, mucus

	1-3 slightly limited	4-7 fairly limited	8-10 severely limited
<b>Strategy</b> 	Develop and maintain relationship Give autonomy Provide information	Develop and maintain relationship Give autonomy Focus Gather existing knowledge and resources Advise, support	Develop and maintain relationship Give autonomy Focus Gather existing knowledge and resources Advise, support
<b>Action</b>	Offer help in case anything changes	Focus on specific symptoms and problems	Focus on specific symptoms and issues
<b>Questions</b>	"Can I give you some information?"  "Is it ok if I return to this issue at our next appointment or would you prefer to approach me?"	"What causes your limitations? Can you describe how you are affected by shortness of breath, coughing and mucus in your everyday life?  Is this a new situation? Has anything changed?  Is there anything that helps in your everyday life?"	"What causes your limitations? Can you describe how you are affected by shortness of breath, coughing and mucus in your everyday life?  Is this a new situation? Has anything changed?  Is there anything that helps you in your everyday life?"
<b>Customised interventions and options</b>	As necessary	Propose specific activities e.g. inhalation, breathing and coughing techniques, pursed-lip breathing or easier positions, oxygen, etc.	Propose specific activities e.g. inhalation, breathing and coughing techniques, pursed-lip breathing or easier position, oxygen, etc.
<b>Offer coaching as part of the "Living Well with COPD" programme</b>	Refer to the self-management programme "Living Well with COPD"  <a href="http://www.lungenliga.ch/copdcoaching">www.lungenliga.ch/copdcoaching</a>	Provide the "Living Well with COPD" handbook  Point out the relevant pages  (Self-directed study, start counselling or delegate)	Provide the "Living Well with COPD" handbook  Point out the relevant pages  (Self-directed study, begin counselling or delegate)  Identify the degree of urgency and take the lead, initiate pharmaceutical and non-pharmaceutical therapy, make adjustments
<b>Planning and proactive guidance</b>	Record your joint decisions	Follow-up appointments/telephone Check: Get in touch after three months or as agreed.	Follow-up consultations/telephone according to urgency Link with other professionals and specialists

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