



Let's talk about sex(ual) health, expression, side effects and intimacy on Limehouse Ward
Saxonnorse, Rachel, Kate, Dr Bamfo, Inthuja, Eugene, Simba, Gbenga. With support from Day and Luke



Life QI Code: 115067

Breaking the taboo around the 'S' word

Aim

Our aim is for patient's (and staff) to become more confident to talk about matters that are sexual in nature. To better meet these needs and prepare patient's for forming and maintaining relationships on discharge in doing so.

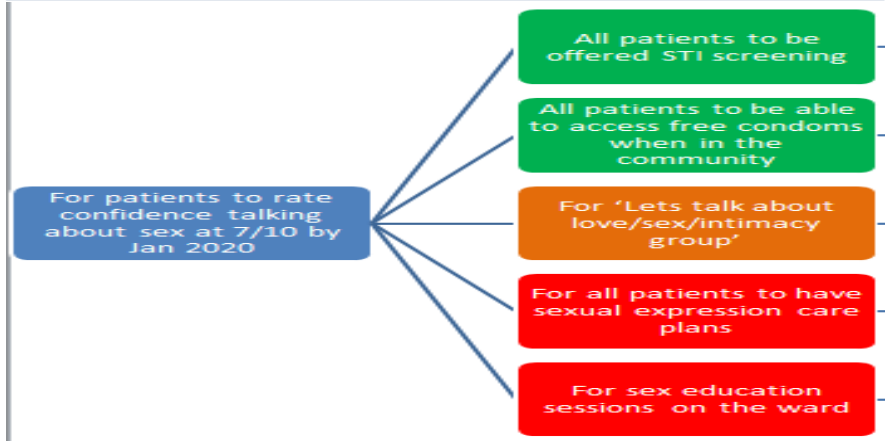
How did you involve service users and carers in this work?

Saxonnorse was the inspiration for the project, is a key stakeholder and fills the gap between between staff and patients. He has fully embraced the project from the start.

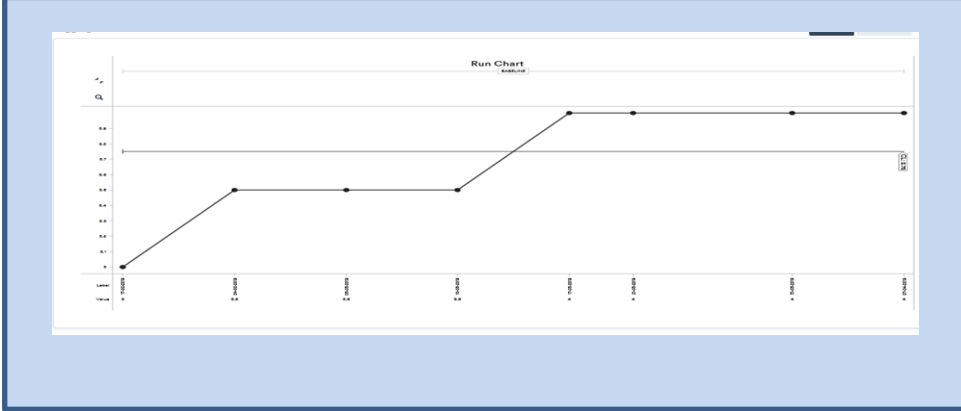
Tests of Change

12/16 patients have had STI testing. All patients will be signed up to a scheme so that they can access condoms in the community. The next and probably most influential intervention will be a 'Lets talk about love, sex and intimacy' group that will start discussions on key topics related to love, sex and intimacy.

Driver diagram



Data



Learning and what next?

We have learnt that staff feel ill equipped to start conversations about sexual needs and therefore these often go unmet. As well as interventions aimed at improving patients confidence which are measured weekly, we have also planned staff training and regular discussions about the project and concerns. Many patients have embraced the project and we look forward to seeing if we reach our target of improving confidence to talk about sex to 7/10 from 3/10 by 2020 and then disseminating this work across the trust.