

Sexual Health and Cancer Roadmap for Referrals

Mental Health Providers

- Specifically welcome individuals and couples with sexual health problems who have been impacted by cancer.
- Only offices that responded to our calls are listed.

Organization (alphabetical)	For appointments call	Contact info	Accepts insurance?	Serve un-insured?	Welcome LGBTQ clients: Official non-discrimination policy/word of mouth?	Religious affiliation?	Notes
New Opportunities	(755)777-7777	Head RN:	Welcome donations; low-cost; Sliding fee scale	Y	Y	N	Also have offices in surrounding counties
Plaines Area Mental Health	(877)792-2999	Clinical Supervisor:	Y	Y	Y	N	Telehealth counseling available.

SW=Social Worker

Pelvic Floor Physical Therapists

- Some PTs have additional education and/or certification in pelvic floor physical therapy.

Organization	For appointments call	Contact, type of pelvic health certification beyond PT	Welcome LGBTQ clients: Official non-discrimination policy/word of mouth?	Treat pelvic pain: females only/ males only/ both	Prostatectomy pre-habilitation?	Vaginal dilator instruction/support	Notes
St. Anthony Regional Hospital	(712)722-2222	Director: PT:	Y	Y - Both	Y	Y	
Greene County Medical Center	(515)555-5555	PT: PT:	Y	Y - Female	Y	Y	

PT=Physical Therapist
DPT=Doctor of Physical Therapy

Physical Therapists

- Some PTs do not have a focus on pelvic floor/pelvic pain/sexual health, but welcome people impacted by cancer who have other post-treatment problems that limit function, range of motion, or ability to exercise. These can affect health, energy level, and body image.

Organization	For appointments call	Contact	Focus on cancer and rehabilitation? (eg: lymphedema treatment)	Welcome LGBTQ clients: Official non-discrimination policy/word of mouth?	Notes
Regional Hospital		Director: PT	Y	Y	Lymphedema treatment
Crawford County Memorial Hospital		DPT:	Y	Y	Lymphedema treatment. Also provide pain (such as shoulder and back pain) or weakness issues associated with chemotherapy or radiation.

Ostomy Experts

- Some ostomy experts are more comfortable than others in providing sexual health advise.

Organization	For appointments call	Contact	Welcomes couples?	Welcomes sexual health concerns?	Welcome LGBTQ clients?	Notes
Regional Hospital	(712)794-5901	Janell Schoenfeld	Y	Y	Y	Requires referral from physician.

Gynecologists, Family Practice, and Advanced Practice Professionals (APPs)

- Not all providers perform pain-focused pelvic exams.
- A pain-focused pelvic exam is recommended before referral to PT for pelvic floor and/or sexual health problems.

Organization	For appointments call	Contact	Performs pain-focused pelvic exam?	Performs wet mount?	Welcome LGBTQ clients?	Notes
Cancer Center			N	N	Y	Oncology Nurse Navigator with interest in sexual health
Menopause and Sexual Health Clinic					Y (provides hormonal care for transgender clients)	Various provider availability with different skills

Gynecologic Oncologist

- Some gyn-oncologists have a special interest or additional training in sexual health.

Organization	For appointments call	Contact	Welcomes couples?	Welcomes sexual health concerns?	Welcome LGBTQ clients?	Surgical treatment of vaginal stenosis?	Notes
UIHC Gyn Oncology	(333) 333-3333		Y	Y	Y	Y (in collaboration with gynurologist)	Collaborator in All of Me sexual health pilot study

Urogynecologist

- Do they accept referrals for surgical management of post Radiation Therapy vaginal stenosis?

Organization	For appointments call	Contact	Surgical treatment of vaginal stenosis?	Welcome LGBTQ clients?	Notes
Cancer Center			Y	Y	Collaborator in All of Me sexual health pilot study

Urologists

Organization	For appointments call	Contact	Prostatectomy Pre-habilitation?	Radical prostatectomy?	Notes

Spiritual Services

- Some providers of spiritual services are particularly welcoming of people or couples impacted by cancer who have sexual health problems.

Organization	For appointments call	Contact	Will visit patient in the hospital?	Will see outpatients?	Notes
			Y	Y	Will see as inpatient. Will see as outpatient if you are a patient.

Cancer Support Groups

- Some cancer support groups routinely include sexual health content.

Organization	For Register	Contact	Name/topic (eg: breast cancer)	Males only/ Females only/ Both welcome	Partner welcome?	Professionally led?	Notes

This list is a work in progress and was created in collaboration with All of Me Iowa, an educational project funded by the Iowa Cancer Consortium www.allofmeiowa.org. It will need to be updated annually. Please share additional resources and any challenges with referrals with Jessica Borkowski, RN, BSN, OCN (JBorkowski@stanthonyhospital.org).