

# Dissemination and Implementation of the Clinical Guidelines for Sexual Health and Prostate Cancer – Updates

ISSM & Movember Session  
ANZUNS/USANZ Annual Meeting  
March 1, 2026



# Welcome



Kath Schubach  
RN, BSc Nurs, MN (Nurse  
Prac) PhD Candidate



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RN, DipAppSci Nurs



# Disclosure

- Presentation on behalf of ISSM & Movember Partnership
- Reviewer of Guidelines



# Collaboration ISSM & Movember

Designed to help clinicians translate the Guidelines for Sexual Health Care for the Prostate Cancer Patient into everyday practice providing a multi-dimensional program that includes **webinars**, **workshops**, and a **toolkit** to support real-world implementation.



Visit: [www.issmmovember.com](http://www.issmmovember.com)

## Our Offerings and Resources

The ISSM & Movember partnership brings the vision and mission to life through expert-led lectures, interactive workshops, and innovative educational offerings. Explore our programs and discover how we're making an impact.



Toolkit



Workshops



Webinars

Expert videos providing key insights on the Guidelines, offering practical strategies for addressing sexual health in prostate cancer care.

[More info](#)

## What Do Experts Say?

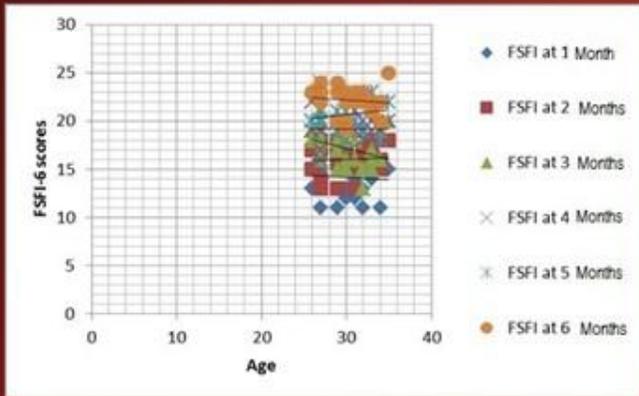


[Show all videos](#) →

# THE JOURNAL OF SEXUAL MEDICINE

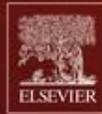
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Asia Pacific Society for Sexual Medicine (APSSM); European Society for Sexual Medicine (ESSM); Latin American Society for Sexual Medicine (SLAMS); Middle East Society for Sexual Medicine (MESSM); Sexual Medicine Society of North America (SMSNA); South Asian Society for Sexual Medicine (SASSM); International Society for the Study of Women's Sexual Health (ISSWSH)



## THE JOURNAL OF SEXUAL MEDICINE

ORIGINAL RESEARCH & REVIEWS

### ONCOLOGY

## Guidelines for Sexual Health Care for Prostate Cancer Patients: Recommendations of an International Panel

[Check for updates](#)

Daniela Wittmann, PhD, MSW,<sup>1</sup> Akanksha Mehta, MD,<sup>2</sup> Eilis McCaughan, PhD, RN,<sup>3</sup> Martha Faraday, PhD,<sup>4</sup> Ashley Duby, MS,<sup>1</sup> Andrew Matthew, PhD,<sup>5</sup> Luca Incrocci, MD,<sup>6</sup> Arthur Burnett, MD,<sup>7</sup> Christian J. Nelson, PhD,<sup>8</sup> Stacy Elliott, MD,<sup>9</sup> Bridget F. Koontz, MD,<sup>10</sup> Sharon L. Bober, PhD,<sup>11</sup> Deborah McLeod, PhD,<sup>12</sup> Paolo Capogrosso, MD,<sup>13</sup> Tet Yap, MD,<sup>14</sup> Celestia Higano, MD,<sup>15</sup> Stacy Loeb, MD,<sup>16</sup> Emily Capellari, MLIS,<sup>17</sup> Michael Glodé, MD,<sup>18</sup> Heather Goltz, PhD, MSW,<sup>19</sup> Doug Howell,<sup>20</sup> Michael Kirby, MD,<sup>21</sup> Nelson Bennett, MD,<sup>22</sup> Landon Trost, MD,<sup>23,24</sup> Phillip Odiyo Ouma, MS,<sup>25</sup> Run Wang, MD,<sup>26,27</sup> Carolyn Salter, MD,<sup>28</sup> Ted A. Skolarus, MD, MPH,<sup>1,29</sup> John McPhail,<sup>30</sup> Susan McPhail,<sup>30</sup> Jan Brandon,<sup>31</sup> Laurel L. Northouse, PhD, RN,<sup>32</sup> Kellie Paich, MPH,<sup>33</sup> Craig E. Pollack, MD, MHS,<sup>34</sup> Jen Shifferd, MPT,<sup>35</sup> Kim Erickson, PT,<sup>35</sup> and John P. Mulhall, MD<sup>36</sup>



# External Peer Reviewers

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Martha Tara Lee, D.H.S.

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B. R. Simon Rosser, PhD,  
MPH, LP  
Lawrence Jenkins, MD  
William West, Lived  
Experience

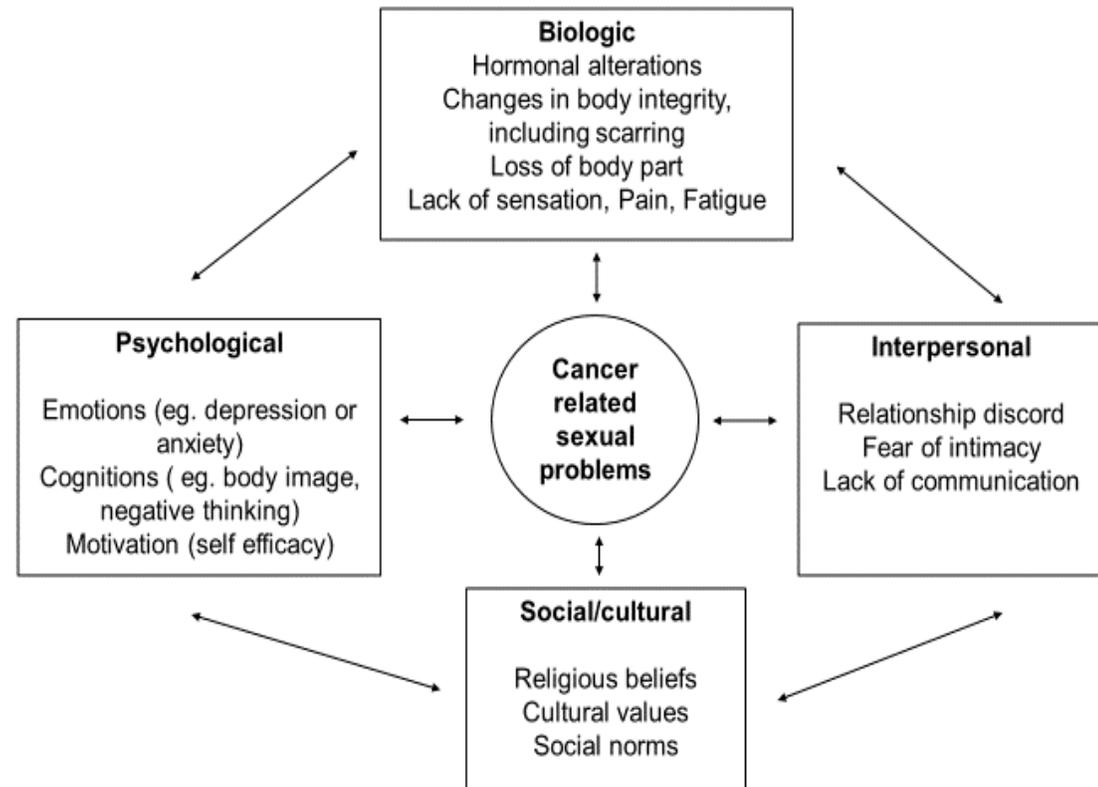
## AUSTRIA

Elfriede Greimel, PhD.



# Theoretical Model of the Impact of Cancer on Sexuality

## Theoretical Model and Guiding Principles



Bober & Varella, Cancer, 2012



# Guideline Sections

- I: Counseling Patients about the Impact of Prostate Cancer Therapies on the Biopsychosocial Aspects of Sexuality (3 statements)
- II: Counseling Patients on the Impact of Individual Prostate Cancer Therapies on Sexual Function (13 statements)
- III: Assessment of Sexual Dysfunction and Sexual Distress (4 statements)
- IV: Lifestyle Modification (1 statement)
- V: Psychosexual Treatment (6 statements)
- VI: Biomedical Treatment (15 statements)
- VII: Lifestyle Modification (1 statements)
- VIII: Clinician Education (1 statement)
- IX: Healthcare Programs and Systems (3 statements)



# Guiding Principles

- 1) The healthcare provider plays an active role in routinely addressing sexual concerns in prostate cancer survivorship.
- 2) Sexuality and sexual recovery are multi-dimensional.
- 3) The role of grief and mourning in couples' recovery of sexual intimacy has emerged as a path towards a new sexual paradigm despite sexual dysfunction.
- 4) Men rarely return to baseline sexual function after prostate cancer treatment.
- 5) Including the partner in sexual health counseling, if both partners agree, is preferable when men are partnered.
- 6) Support by a multidisciplinary team of healthcare providers is needed to best assist support men and their partners who desire to recover sexual intimacy after prostate cancer therapy.



These are the first **sexual health** guidelines that have been developed for the care of cancer patients.



# Statement 1

## Guidelines for Sexual Health Care for Prostate Cancer Patients: Recommendations of an International Panel

A clinician-initiated discussion should be conducted with the patient and the partner (if partnered and culturally appropriate) about realistic expectations of the impact of prostate cancer therapy on the patient's sexual function, the partner's sexual experience, and the couples' sexual relationship. The clinician should promote openness and inclusivity, consider cultural context, and tailor counseling to the specific needs of patients who are heterosexual, gay, bisexual, identify as men who have sex with men, transgender women and gender non-conforming individuals. (*Strong Recommendation; Evidence Strength Grade C*).

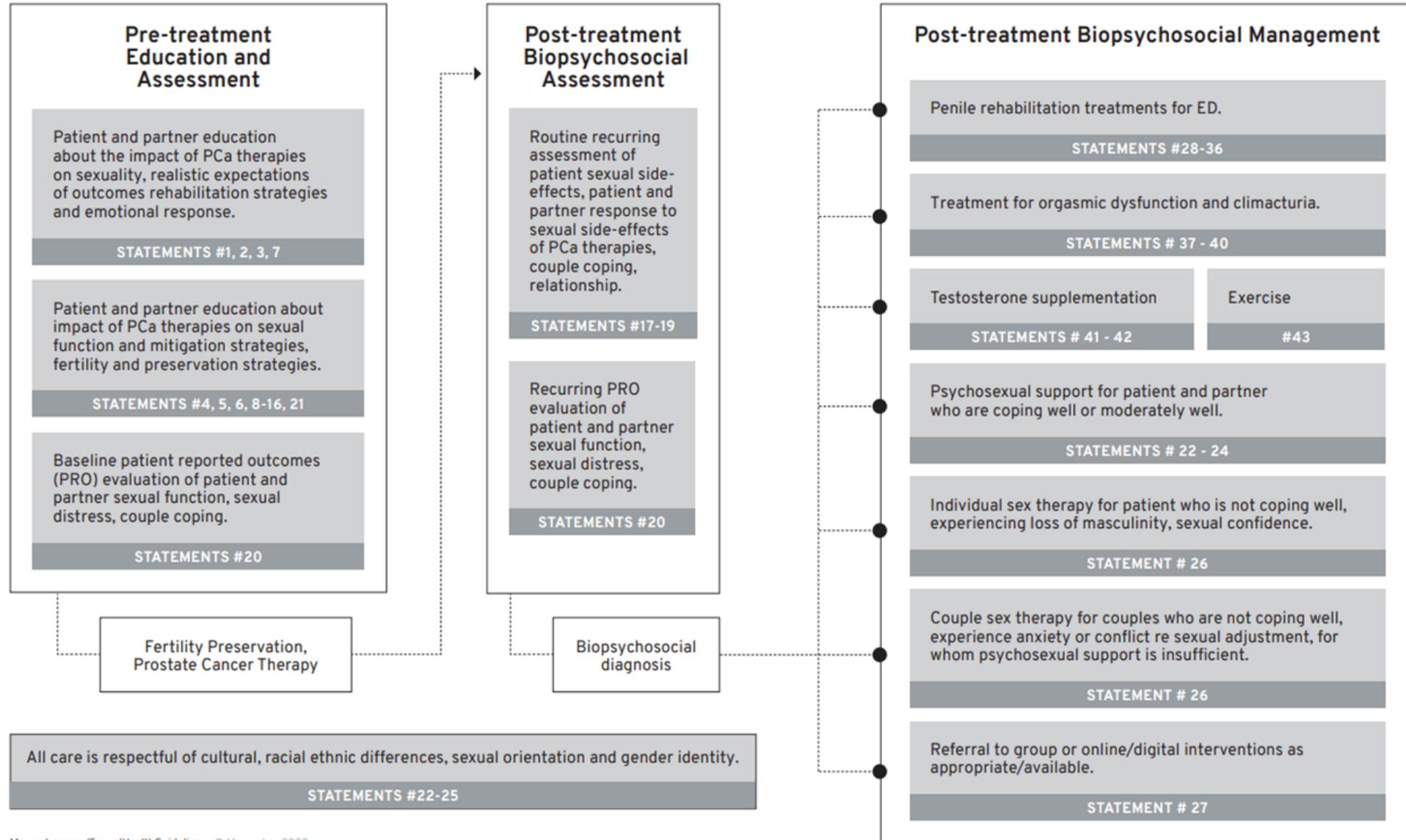
Wittmann D, Mehta A, McCaughan E, Faraday M, Duby A, Matthew A, Incrocci L, Burnett A, Nelson CJ, Elliott S, Koontz BF, Bober SL, McLeod D, Capogrosso P, Yap T, Higano C, Loeb S, Capellari E, Glodé M, Goltz H, Howell D, Kirby M, Bennett N, Trost L, Odiyo Ouma P, Wang R, Salter C, Skolarus TA, McPhail J, McPhail S, Brandon J, Northouse LL, Paich K, Pollack CE, Shifferd J, Erickson K, Mulhall JP.

Guidelines for Sexual Health Care for Prostate Cancer Patients: Recommendations of an International Panel. *J Sex Med* 2022;19:1655–1669



# SUMMARY OF GUIDELINES STATEMENTS

## Sexual Health Care for Prostate Cancer Patients



# ISSM & MOVEMBER Collaboration

## Website & Resource Hub

Visit us at:  
[www.issmmovember.com](http://www.issmmovember.com)

The screenshot displays the website's header with the ISSM and MOVEMBER logos, navigation links for About, Library, Courses and Events, and Contact, along with a Show Videos button and a notification bell. The main content area features a section titled "Our Offerings and Resources" with a descriptive paragraph and three interactive cards for Workshops, Webinars, and Expert Videos. Below this is a section titled "What Do Experts Say?" featuring three video thumbnails with titles like "Impact of Prostate Cancer", "Course of Sexual Function", and "Partners of Prostate Cancer", and a "Show all videos" button.

ISSM | MOVEMBER | About | Library | Courses and Events | Contact | Show Videos |

### Our Offerings and Resources

The ISSM & Movember partnership brings the vision and mission to life through expert-led lectures, interactive workshops, and innovative educational offerings. Explore our programs and discover how we're making an impact.

- Toolkit to help integrate clinical guidelines into prostate cancer care  
[More info](#)
- Workshops
- Webinars
- Expert Videos

### What Do Experts Say?

- Impact of Prostate Cancer**  
ISSM International Society for Sexual M...
- Course of Sexual Function**  
ISSM International Society for Sexual M...
- Partners of Prostate Cancer**  
ISSM International Society for Sexual M...

[Show all videos →](#)

# www.issmmovember.com

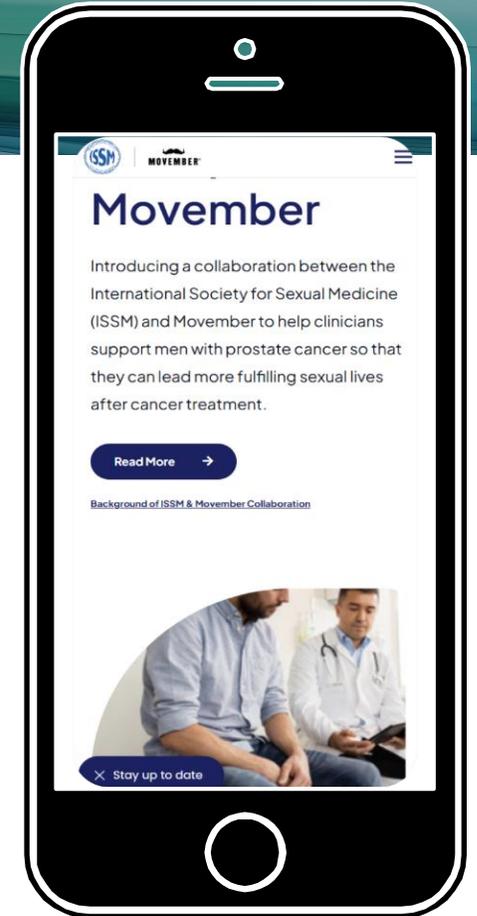
## Key Features

A mobile-friendly, **easy-to-navigate** experience

- Educational **webinars**, short **videos**, and a clinical **toolkit**
- **Downloadable patient resources** focused on sexual recovery
- Content available in **English** currently

## Why It Matters

- Centralized access to guideline-based resources, tailored for real-world clinical use
- Aims to improve patient outcomes by supporting sexual health across the continuum of prostate cancer care



# Target audience

- Multidisciplinary prostate cancer care teams
- Nurses, mental health professionals, and rehabilitation specialists
- Oncologists (urologic, radiation, medical) & primary care providers
- Sexual medicine experts and sex therapists



# Toolkit for Healthcare Professionals

The toolkit is expected to launch soon and will be available via [www.issmmovember.com](http://www.issmmovember.com), ensuring easy access from any device.

## **Purpose:**

- To equip clinicians in prostate cancer care with practical tools to improve communication around sexual health, with a focus on openness, inclusivity, and guideline-based care.

## **What's Included:**

- Exemplar Video Series: Five clinician and patient role-play videos with pre- and post-prostate cancer treatment guidance on sexual health care
- Clinician Slide Deck and a Clinician Checklist
- Fact Sheets
- Sample Scripts



# In-Person Workshops

## Purpose

Deliver hands-on workshops before select medical conferences to build real-world communication skills for prostate cancer care, focusing on empathy, inclusivity, and confidence in addressing sexual health.

## Workshop Format

- Small group role-play with structured feedback
- Video-based communication training using the 5As Framework (Ask, Advise, Assess, Assist, Arrange)
- Inclusive scenarios addressing underserved populations



**Our Offerings and Resources**

The ISSM & Movember partnership brings the vision and mission to life through expert-led lectures, interactive workshops, and innovative educational offerings. Explore our programs and discover how we're making an impact.

- Toolkit**: For clinicians seeking advanced, guideline-based training, we offer in-person workshops at major (sexual medicine) meetings worldwide. [More info](#)
- Webinars**
- Expert Videos**



# Webinars

## Purpose

The webinar series is designed to support healthcare professionals involved in the care of prostate cancer patients – including urologists, oncologists, radiation therapists, nurses, psychologists, and other team members – in addressing sexual health as a routine part of care.

## Free access, no registration fees

The free online sessions provide practical tools, real-life patient scenarios, and inclusive strategies to help clinicians feel more confident in initiating conversations about sexual health across different treatment phases, care settings, and patient backgrounds.



April 1, 2026

### Webinar – Cultural Sensitivity in Asking the Question

Alan Shindel, Daniela Wittmann & Sandrine Atallah

Discussing sexual health can be challenging, especially when cultural norms influence how openly patients feel they can speak. This webinar explores how to navigate these conversations with sensitivity and respect, ensuring that discussions are both effective and culturally appropriate.



June 11, 2026

### Webinar – Sexual Orientation and Gender Identity

Chris Nelson, Daniela Wittmann & Maurice Garcia

Ensuring an inclusive and affirming environment is essential when discussing sexual health with LGBTQIA+ patients. This webinar focuses on strategies to create safe spaces where patients feel comfortable sharing their concerns without fear of judgment.

Register for the webinars at  
[www.issmmovember.com](http://www.issmmovember.com)



# Conference Sessions

Check out the Events Calendar at  
[www.issmmovember.com](http://www.issmmovember.com)



February 25, 2026

## Workshop Sexual Health Care for the Prostate Cancer Patient at the 27th World Meeting on Sexual Medicine

Porto, Portugal

Join a committed group of clinicians working to improve sexual health care for prostate cancer patients. Gain practical skills and guidance to confidently support patients and their partners.



February 26, 2026 - 11:30 am - 12:30 pm

## Session at the 27th World Meeting of Sexual Medicine (WMSM)

Porto, Portugal

Joint ISSM/ESSM & Movember Session.



March 1, 2026 - 2:30 pm - 2:50 pm

## Session at the USANZ/ANZUNS Annual Meeting

Melbourne, Australia

Dissemination and Implementation of the Clinical Guidelines for Sexual Health and Prostate Cancer - Updates, a joint collaboration with ISSM & Movember



March 13, 2026 - March 16, 2026

## Session at EAU 2026

London, United Kingdom

Prostate cancer survivorship and sexuality: a session in collaboration with the ISSM/ESSM & Movember session.



April 1, 2026 - 6:00 pm - 7:00 pm

## Webinar - Cultural Sensitivity in Asking the Question

This webinar demonstrates the importance of tailoring the conversation to cultural norms. Emphasizing the importance of including partners in discussions where appropriate, respecting tailor sexual health conversations to respect and align with diverse cultural backgrounds.



June 10, 2026 - June 12, 2026

## Session at the AOSW Annual Conference

Portland, Oregon

Optimizing Sexual Recovery of Prostate Cancer Patients and their Partners: Implementing the International Guidelines for Sexual Health Care after Prostate Cancer Treatment in Oncology Social Work Practice, a joint ISSM...

# Implementation of the Clinical Guidelines for Sexual Health and Prostate Cancer



**Donna Cowan**  
RN, DipAppSci Nurs

Movember, Director Implementation Programs-Cancer



# Implementation and Movember

## Prostate Cancer Portfolio Aims

- 1) Improve prostate cancer mortality** and reduce the number of people progressing to, and dying from, lethal prostate cancer
- 2) Improve quality of life** through driving the delivery of consistent, personalised cancer care that reduces variation in treatment and outcomes, and reduces the number of people experiencing severe and bothersome long-term side effects

## Sexual Health and Wellbeing Initiative Aim

Address and improve sexual health outcomes for those with prostate cancer and their partners



# Global Approach

UNITED KINGDOM  
CANADA  
AUSTRALIA  
NEW ZEALAND

UNITED STATES OF AMERICA  
IRELAND  
FRANCE  
DENMARK

## WHAT DOES SEXUAL DYSFUNCTION LOOK LIKE?

Erectile and ejaculatory issues

No or dry orgasms

Loss of penis length and girth

Incontinence

Loss of libido



"I don't feel like a man"

Increased suicide ideation

Relationship breakdowns

Depression/ anxiety

What's the point of starting if I can't finish?

Loss of self esteem



## MEETING AN UNMET NEED:

Clinical Guidelines for Sexual Health and Prostate Cancer: 47 recommendations on bio-psycho-social care! Easy! Right?

## THE NEW CHALLENGE:

To be able to implement 47 ways to support men and their partners with their prostate-cancer related sexual health, you need them to be talking about it.

You need them to be asking the question:

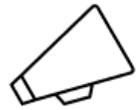
**"Is sex and intimacy important to you?"**



# Is sex and intimacy important to you?

## THE TOOLS

Increase awareness & uptake of the guidelines:



Dissemination



ISSM Movember partnership



Conference presentations

Clinician Education



Short video series & webinars  
(tailored education for specific topics  
e.g. radiation therapy, LGBTQIA+)



Physician toolkit – checklists and guides for asking the question



Advanced skills workshop

Staged Education for Allied Health



Education for 'all', 'many' 'some' and 'few' (Movember Learning)

The informed patient



Improved patient education (True North)



# Clinical Guideline and Movember Sexual Health & Wellbeing Initiative

**26,368+**

New cases of PCa in AU annually in 2024

**275,442+**

Men living with or beyond PCa in 2020

\*AIHW



**4,334**

men were diagnosed with prostate cancer during 2022 in New Zealand.

**19,014**

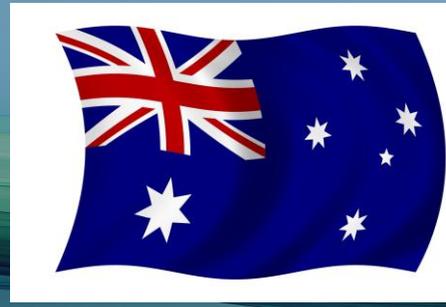
men were living with or beyond prostate cancer in 2022 in New Zealand

**>80%**

Men with prostate cancer will experience sexual dysfunction



# What have we learned?



- WHAT THE EXPERTS TOLD US – OUTCOMES OF THE AUSTRALIAN CONVENING (JANUARY 2025)

**THE GOAL:** To understand how to improve access to sexual health care in accordance with the SHW guidelines for more Australians with prostate cancer.

## WHERE WE NEED TO FOCUS:



Staged approach to  
**workforce training**



Increased **dissemination**  
of **patient education**  
and material



**Care coordination** between  
treating physicians,  
primary care and allied  
health



Improve sexual health care  
through **primary care**  
**physicians**



Patients with **advanced stage**  
**prostate cancer** are an  
overlooked group



# Clinical Guidelines for Sexual Healthcare and Prostate Cancer



## Staged approach to workforce training

1. Andrew Matthew at APCC (August 2025)
2. SexFICC (Sep 2024-Dec 2026)
3. AGPAL – \*unsuccessful grant application (Aug 2025 -Nov 2025)
4. [ISSM Workshop at COSA-IPOS](#) (Sept -Nov 2025)
5. Chris Nelson – GU Cast (Nov 2025)



## INVENTORY

SHAReT

ISSM:  
raising  
awareness

ISSM: developing  
resources for  
clinicians

ISSM:  
clinician  
training

TrueNTH SHW  
patient  
resources

## Convening (Jan 2025) Outputs

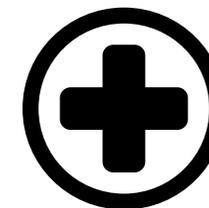


### Dissemination patient education materials

1. Andrew Matthews at APCC 2025 – links to ISSM & TN (Aug 2025)



### Care coordination



### Improving access & agency for Sexual Healthcare through primary care

1. AGPAL – unsuccessful grant application (Aug 2025-Nov 2025)



Australian Sexual Health Advisory Group – June 2025

Creating Champions  
Sep – Dec 2025



### Sexual healthcare and advanced prostate cancer

1. Andrew Matthews at APCC 2025 (Aug 2025)

# What have we learned?



- WHAT THE EXPERTS TOLD US – OUTCOMES OF THE AOTEAROA NZ CONVENING (FEBRUARY 2025)

**THE GOAL:** To understand how to improve access to sexual health care in accordance with the SHW guidelines for more New Zealanders with prostate cancer

## WHERE WE NEED TO FOCUS:



Accredit sexual health training and make it **accessible** for more health care providers along the entire **patient pathway**



Localise **PCA resources** for **NZ patients** including checklists, standardized/consistent content



Develop a **referral pathway** or network to connect sexual healthcare and other



Identify **local champions** for opportunities based in NZ



Educating men has to start **earlier** (30-50 years) to encourage emotional safety e.g. through **public campaigns**

# What have we learned?



- WHAT THE EXPERTS TOLD US – THEMES THAT CAME UP IN THE AOTEAROA NZ CONVENING (FEB 2025)

## COMMUNICATION BETWEEN PATIENT AND HEALTHCARE PROVIDER



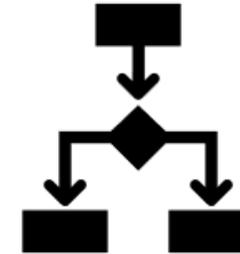
- No **shared language** to discuss sexual function **between clinicians and patients**.
- **Assumptions** made about sexual identity and activity are a barrier to care.

## ATTITUDES TOWARDS SEX



- Sex is **not important** to New Zealanders.
- New Zealanders (of PCa age) are **apathetic towards sex**.
- There is an attitude of ‘acceptance’ and ‘stoicism’ towards loss of sexual function and they don’t actively chase or want care.

## TREATMENT DECISION MAKING



- Patients would **refuse treatment** or **avoid treatment** if they knew about sexual health impacts.
- Assumptions made about **partner and their interest** in sex/sexual health.

THESE THEMES  
ARE BEING  
VALIDATED  
WITH PATIENTS  
AND  
PARTNERS IN  
AOTEAROA  
NEW ZEALAND





# Clinical Guidelines for Sexual Healthcare and Prostate Cancer

**INVENTORY**

SHAReT

ISSM:  
raising  
awareness

ISSM: developing  
resources for  
clinicians

ISSM:  
clinician  
training

TrueNTH SHW  
patient  
resources

## Convening (Feb 2025) Outputs

Aotearoa New Zealand Sexual Health  
Advisory Group – June 2025



Creating Champions  
Sep – Dec 2025



## Movember Focus Group – Sexual Health and Prostate Cancer

**COMMUNICATION WITH YOUR  
HEALTHCARE PROVIDERS**

**ATTITUDES TOWARDS SEX & SEXUAL  
HEALTH**

**TREATMENT DECISION MAKING**

# Next Steps



**Incorporating  
people with  
lived experience**

**Developing a  
Community of  
Practice**

**GLOBAL**

**Developing a  
Nursing & Allied  
Health Training  
Course**

**ALL  
MANY  
SOME  
FEW**



**Granting System  
to Embed  
Clinician  
Training into  
Healthcare  
Systems**

\*All co-design with consultation from Advisory and Working Groups and intended population



# Key Takeaways

- Patient first
- Just ask the question:  
***Is sex and intimacy important to you?***
- We have the tools
- Nurses are pivotal in delivering and promoting these guidelines
- Easy access to guidelines via ISSM & Movember
- Encourage colleagues to access and familiarise guidelines for dissemination and implementation into practice

Scan the QR code



# Help Shape the Future of Sexual Health Care in Prostate Cancer!

Take this quick survey to help us understand how we can improve sexual health care for prostate cancer patients and their partners worldwide.

**Scan the QR code to participate. Thank you!**



Thank you!



Scan the QR code



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