

For further information about this service contact:

We are concerned with the quality of care to clients and the service we offer to referrers. We would value any comments you have to make about the psychosexual service.

Please write in the first instance to:

Psychosexual Clinic Lead
Kings Brook Clinic
5 St Johns Street
Bedford
MK42 0AH

Or by secure email to:
ccs.icash-bedford-kingsbrook-pst@nhs.net



Psychosexual Referral Preparation Guidelines

Bedford Borough and Central Bedfordshire



Working in partnership with Terrence Higgins Trust.

If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

To find out how we use what we know about you (Privacy Notice) or how to access our buildings (AccessAble), please visit www.cambscommunityservices.nhs.uk and follow the links or please contact us.



If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: ccs-tr.pals@nhs.net.

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.



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SPECIAL REQUIREMENTS

Upon referral, it will be helpful for us to know if the patient has any special requirements relating to language (e.g. needs an interpreter), hearing, mobility, sexual orientation, learning difficulty, etc.

REFERRAL PAPERWORK

Please email ccs.icash-bedford-kingsbrook-pst@nhs.net for any initial enquiries. The referral form includes our referral criteria and can be found at the following link: <https://www.icash.nhs.uk/professionals>.

Completed forms should be returned to:
ccs.icash-bedford-kingsbrook-pst@nhs.net with a brief email cover note.
Once received, this will be acknowledged by email reply.

Please contact the Psychosexual Service with any queries or for advice on referrals on 01234 244126.

PSYCHIATRIC PROBLEMS

If the sexual problems form a small part of the larger psychiatric picture, then the patient is best referred to a psychiatric team. It is difficult to undertake psychosexual counselling if the patient needs treatment for a psychiatric illness, as therapy may make them feel worse. However, if the patient is stabilised and can reflect on personal issues, a psychosexual therapy referral may be appropriate.

SEXUAL OFFENDERS

Bedfordshire Probation Service may be able to offer advice regarding treatment options concerning this group of individuals. We are not commissioned to work with this group.

VULNERABLE ADULTS

- Discussion with a therapist is advised and if under a care plan a copy will be required.
- We are unable to offer basic sexual relationship guidance

POINTS TO CONSIDER BEFORE REFFERAL

RELATIONSHIP PROBLEMS

Although we often work with couples, this clinic is not designed to offer marriage guidance counselling. RELATE offers a service in this area and will also work with psychosexual problems using a behavioural approach. Alternatively, a self-referral for a private contract with a College of Sexual and Relationship Therapists (COSRT) registered counsellor may help.

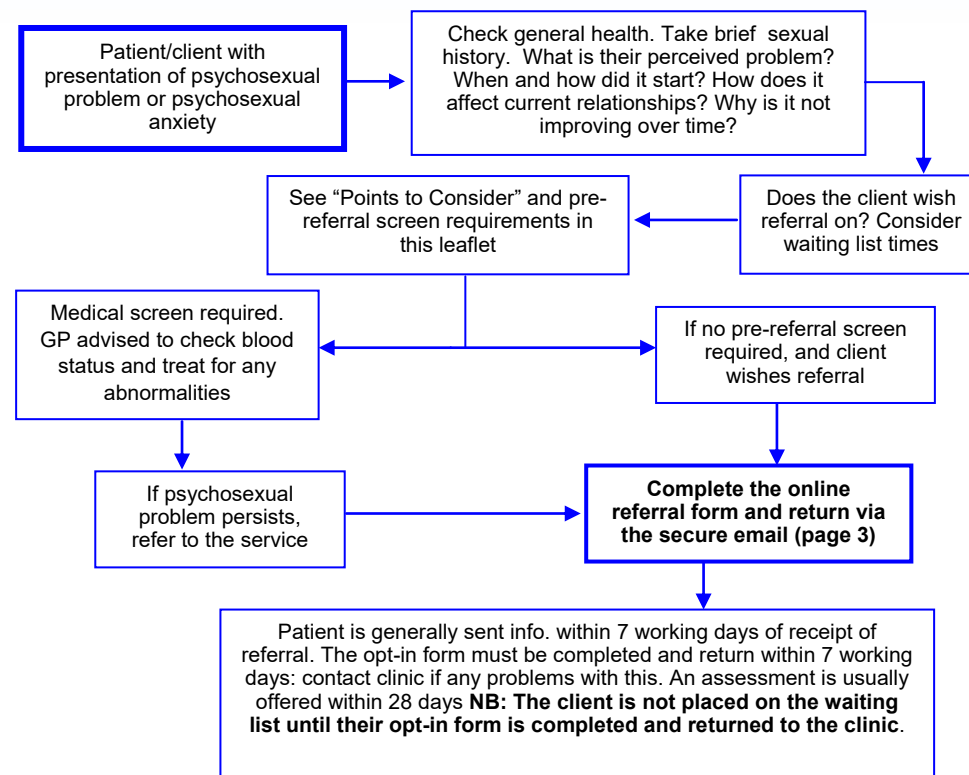
MEDICAL ONWARD REFERRAL

- Sexual dysfunction such as ED, non-ejaculation, genital pain may require further medical investigation over and above those given in 'Pre-referral screen.'
- **Peyronie's Disease management or indicated circumcision** can impact erectile function-Bedford or Luton & Dunstable Hospital: GU Medicine.
- **Treatment interventions for ED if the person does not wish to engage** with psychosexual therapy-Bedford or Luton & Dunstable Hospital:
Andrology Clinic for injection, intra-urethral or vacuum device interventions.
- **Vulvodynia, Vaginismus, Chronic Pelvic** for further investigation of pain conditions as indicated-Bedford or L&D Hospital: Consultant Gynaecology (in-house vaginismus support available at Bedford Hosp.)
- **Ongoing vulval skin conditions** - Bedford or Luton & Dunstable Hospital: Consultant Gynae Dermatology.
- **Non-STI related genital skin conditions**-Bedford or Luton & Dunstable Hospital: Consultant Dermatology

If other medical problems are identified, it would be helpful to address those issues before a referral to our clinic. However, psychosexual problems may arise as a response to a diagnosis of a major or chronic medical problem or infection and it may then be appropriate to refer to us for psychosexual counselling in tandem with medical care.

GUIDELINES FOR PRE-REFERRAL SCREEN

REFERRAL PATHWAY



Our therapists abide by a professional code of conduct laid down by the British Association of Counselling and Psychotherapy (BACP) or the College of Sexual and Relationship Therapists (COSRT).

WHO CAN REFER?

Referrals are received from GPs, hospital consultants and any registered health/social care practitioner for clients/patients aged 16 and above living in the Central Bedfordshire or Bedford Borough.

Self-referral is only to enable particularly vulnerable clients to access the service and it is only after discussion between a therapist and the individual that it may be accepted. Please contact us to discuss any referral as required.

GUIDELINES FOR PRE-REFERRAL SCREEN

MALE PATIENTS

<i>Description of psychosexual problem</i>	<i>GUIDELINES FOR PRE-REFERRAL SCREEN</i>
Erectile failure	<ul style="list-style-type: none"> • A résumé of the relevant medical history, with details about medicines, drug and alcohol intake including anabolic steroid use. • Check BP, vascular status of lower limbs and full Coronary Artery Disease assessment • Also check thyroid function, haemoglobin, urea and electrolytes, follicular stimulating hormone, fasting blood sugar, prolactin, free testosterone and morning lipid profile. Treat for any abnormalities. • [If aged 50+, prostate specific antigen (PSA) and digital rectal examination (DRE)].
Delayed ejaculation	Please check as for erectile failure.
Premature/ rapid ejaculation	Nothing to check.
Secondary anorgasmia	Please tell us about current medication.
Loss of sexual desire	Please check thyroid function, testosterone, haemoglobin and random blood sugar and inform us of current medication.
Sexual abuse/ sexual assault (recent or historic)	Please check for the acceptability of a female therapist.

MALE OR FEMALE PATIENTS

Sexual problems related to HIV or other STIs	Please give details of the sexual difficulty.
Gender Incongruence	We offer an early support contract of therapy for those considering what to do about their gender incongruence. It is not part of the formal GI pathway. When requesting GIC referral this should be made by their GP.
Sexual offending	The service is not designed to treat sexual offenders.

GUIDELINES FOR PRE-REFERRAL SCREEN (cont'd)

FEMALE PATIENTS

<i>DESCRIPTION OF PSYCHOSEXUAL PROBLEM</i>	<i>GUIDELINES FOR PRE-REFERRAL SCREEN</i>
Vaginismus	If it appears that the problem is psychological, then there is no need for pre-referral screen. If further medical investigation is required, please refer to a hospital gynaecology consultant.
Dyspareunia	Refer after excluding infection, gynaecological causes and other physical problems.
Anorgasmia (primary and secondary)	Please check thyroid function tests, haemoglobin and random blood sugar before referral. Please also tell us about medications.
Loss of libido	As for anorgasmia, and also serum prolactin, FSH + LH and testosterone.
Sexual abuse/ sexual assault (recent or historic)	As therapists in the clinic are female, please check that the patient is comfortable with this.