

The WISH Clinic

You have been referred to the Wellness, Intimacy and Sexual Health (WISH) Clinic. Cancer and its treatments can cause emotional and physical changes affecting your sexual health. The WISH Clinic offers support to help you manage these changes and improve your sexual health.

You will have appointments with a nurse practitioner and a social worker. Your first appointment will be with a nurse practitioner. The focus of this appointment will be on your physical symptoms. Appointments with a social worker will focus on emotional changes affecting your sexual health. You decide if you want your spouse or partner to attend these appointments with you. Currently, the WISH Clinic is only seeing women receiving care and treatment for a gynecological or anal cancer.

This handout offers information on what to expect at your WISH Clinic appointments. You will receive an email with the dates and times of your appointments. The first email includes a questionnaire for you to complete. If you don't use email, the questionnaire will be mailed to you. It is important you complete the questionnaire for your appointment with the nurse practitioner.

Call the clerk at 905-576-8711 extension 34472 if:

- You do not receive an email within 1 week of receiving this handout.
- You need to cancel or change appointment.

Appointment with a nurse practitioner

Your appointment with a nurse practitioner will be scheduled as a video or an in-person appointment at the cancer centre. Expect this appointment to be about 1 to 1 ½ hours in length.

You will be scheduled for an in-person appointment if the nurse practitioner needs to complete a physical exam of your abdomen, pelvis and vaginal area.

You will be scheduled for a video appointment if the nurse practitioner does not need to complete a physical exam. We will send you an email with information on how to join and participate in a video appointment.

During your appointment, the nurse practitioner will:

- Review your answers to the new patient questionnaire we emailed you.
- Work with you to develop a personal care plan to manage the physical (body) changes affecting your sexual health.

How to prepare for your appointment:

- Complete the new patient questionnaire we sent you.
- Make a list of your questions and concerns.
- Have a list of your medications and how you are taking them (how much and how often). Include any over the counter medications or supplements you are taking.

You may be given a second appointment with the nurse practitioner. You will also be given an appointment with a social worker.

Appointment with the social worker

This appointment will be a video appointment. You will receive an email with information on how to join and participate in a video appointment.

Expect this appointment to be about 1 hour long. Before this appointment, the social worker will review your answers on the questionnaire you completed. Together, you will talk about the emotional changes affecting your sexual health. Have a list of your questions and concerns with you. The social worker will work with you to develop a personal care plan to manage the emotional changes affecting your sexual health. You may have 1 to 6 appointments with a social worker. This will be decided by you and the social worker.

Any information you share with the nurse practitioner and social worker remains confidential. Information is only shared with your healthcare team if needed to support your care and treatment.

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