

## In the Mood? KDQOL and Sexual Functioning

The KDQOL allows the interdisciplinary team to understand the impact of kidney disease on daily life. Examples of this include:

- \*the ability to work around the house
- \*energy to travel
- \*the effect of fluid and diet limits
- \*stress and/or anxiety
- \*self-image
- \*sexual functioning

When a patient provides feedback on the KDQOL with problems in sexual functioning, what steps can we take to help our patients have a healthier sex life?

For female patients

Strength training and aerobic exercise

Assess for hormonal changes that need to be addressed

Topical creams or lubricants

Assess for the need of oral medications (hormones, etc)

Review of medications and side effects with patients and physicians for alternatives if necessary

For male patients:

Assess for low testosterone and address for decreased libido

Erectile dysfunction - medication may be needed

Assessment of penile blood flow

Strength training

For both female and male patients:

Encourage communication between the patient and partner

Ensure adequate dialysis

Address anemia issues

Encourage binder adherence to address calciphylaxis of body parts

Asses for and treat depression

Review vascular access placement locations

Assess and control co-morbid conditions such as diabetes, thyroid issues

Communication, energy and self-image all play into sexual health.