

PLISSIT: A sexuality assessment and intervention tool

Developed in the mid-1970s and still used today, Annon's PLISSIT model is a tool for both assessing and managing a patient's sexuality concerns. PLISSIT is an acronym for the following:

P: Permission. Mention sexuality changes while also addressing cancer-related changes. This gives your patient *permission* to think about the two together, which legitimizes the topic.

LI: Limited information. Give the patient *limited information* about the sexuality changes that can stem from treatment.

SS: Specific suggestions. Make *specific suggestions* that address sexual dysfunction. For instance, if the patient complains of vaginal dryness, suggest she use a vaginal lubricant.

IT: Intensive therapy. If the patient needs more *intensive therapy* than you can provide, refer her to a psychologist, psychiatrist, or social worker.