

Let's Talk About Sex: An Introduction to the OPISI® Assessment



Rebecca Keating, OTD/S, CNS, Sergio Sandoval, OTD, OTR/L, CHT,
and Erén Rojas-Hernandez, OTR/L
West Coast University – Center for Graduate Studies



Description of Site

Spooner PT is an outpatient hand and physical therapy clinic with several locations throughout the Phoenix, Arizona valley. This capstone was completed at three sites within the Valley.

Summary of Needs Assessment

A needs assessment was conducted at the Ahwatukee location which established the absence of information and education surrounding sexual activity.

- Lack of discussion on sexual activity
- Lack of discussion regarding pain and sexual activity post injury/accident
- Lack of addressing mental health

Key Points of Literature Review

Western ideologies dictate a significant amount of occupational therapy (OT) principles and literature due to its origins (McGrath & Sakellariou, 2015).

There has been a clear gap between ideology and clinical practice (Lepage et al., 2020).

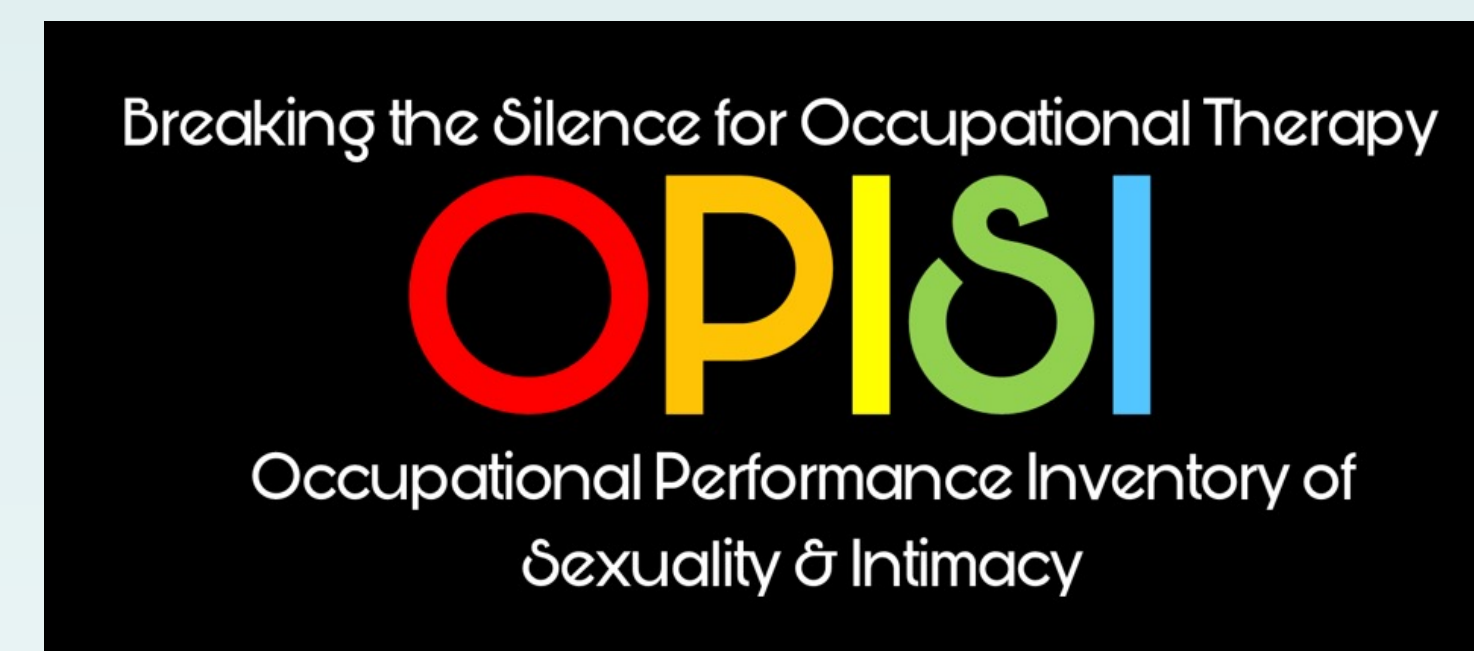
A lack of education in post-professional programs for students and new graduates (Eglseder & Webb, 2017).

Learning Objectives

1. Increase knowledge by piloting the OPISI® assessment with clients in an outpatient ambulatory clinic.
2. Advance clinical knowledge by creating a “toolbox” for clinicians to utilize when addressing sexual activity and mental health.
3. Enhance their interprofessional skills and help to advocate and promote addressing sexuality with clients.

Project Description

To train clinicians on utilization of the Occupational Performance Inventory of Sexuality and Intimacy (OPISI®) and to promote addressing sexual activity in an outpatient therapy setting.



A pre- and post-survey was provided to physical and occupational therapists testing their knowledge, comfortability, and confidence levels of addressing sexual activity and administration of the OPISI® assessment.

Five clinicians attended the program and completed the surveys. Utilizing the resource online tool SurveyPlanet, data was gathered and processed into bar graphs.

The program would be considered successful if at least one of the following were met:

- Comfortability, knowledge, and confidence rose with discussing sexual activity
- Clinicians understanding of how to administer, score, and interpret score of OPISI® assessment rose

Program Outcomes

The in-service program was evaluated to be a success as all clinicians improved in at least one area of:

- Sexual activity discussions
- Familiarity of the OPISI®

Program Outcomes



Pre-survey indications :
• Some clinicians were comfortable with discussing sexuality but unfamiliar with the OPISI®

Post-survey indications:

- Clinicians improved in familiarity of the OPISI®
- Those initially uncomfortable with discussing sexuality increased after in-service



Deliverable Products

The following were deliverables distributed to Spooner PT locations throughout the Valley:

- Quick clinician guide to the OPISI® assessment
- Directory of resources tied to the OPISI® screener
- Mental health and peer support group handout locations, both physical and virtual

Occupational Performance Inventory of Sexuality and Intimacy (OPISI) --- Sexuality Resource Directory for Phoenix Valley



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