

Sexual and Cardiovascular Health: Factors Influencing on the Quality of Sexual Life of Coronary Heart Disease Patients – A Narrative Review [Response to Letter]

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Dear editor

Thank you for the opportunity to comment on the letter to the editor in response to our article entitled: Sexual and cardiovascular health: factors influencing the quality of sexual life of coronary heart disease patients – a narrative review, published in Vasc Health Risk Manag.¹ The authors of the letter to the editor appreciate the importance of the issues raised in our article and at the same time draw attention to the special role of mid-level staff in sex education in the context of optimal care for cardiac patients. Guided by the perspective of the well-being of cardiology patients, they emphasise the need to include a structured form of sex education addressed to this patient population in comprehensive care standards. At the same time, they report on the barriers and difficulties in achieving this goal. In their opinion, the main limitations result from the lack of clearly defined responsibilities for nursing staff in this regard, insufficient training, ethical concerns and systemic barriers. In practice, the lack of clear guidelines boils down to maintaining a lack of interest, neglect or disregard for the sexuality of cardiac patients. As evidenced by the letter cited above and the observations of the authors of the manuscript, nursing staff seem to be the most appropriate professional group to engage in interactions on the subject of sexuality and to adapt to the new reality of people after acute cardiac events. Both the available literature and the authors' experience indicate that patients trust nursing staff and are significantly less reluctant to discuss their sexual health issues with nurses than with doctors. Due to the specific nature of their work, nursing staff theoretically have all the tools they need to improve the well-being and quality of life of their patients. It seems extremely important to develop a structured form of sex education dedicated to cardiology patients, including the female population, tailored to the needs and capabilities of the patient and their healthy partner in potential sexual interaction, based on the current Princeton Consensus Guidelines. Striving to fulfill this need and to overcome the real barriers to its fulfilment is not only in the interest of cardiac patients, but also of the entire community of healthcare professionals and people of good will. Nursing staff should be able to rely on the support of the entire interdisciplinary team involved in the broadly understood treatment of the patient.

The issue of sexual health in cardiac patients is a global problem that falls within the scope of public health and requires urgent solutions, not only because of its individual dimension but also because of its socio-economic implications.

Disclosure

The authors report no conflicts of interest in this communication.

Reference

1. Teixeira S, Delgado B, Alves P.; Nurses Bridging Silence on Sexual Health in Cardiac Care: A commentary on Piegza 2, et al. Sexual and cardiovascular health: factors influencing on the quality of 3 sexual life of coronary heart disease patients – a narrative review. *Vasc Health Risk Manag.* 2025:51–60.

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