Barriers and Promoting Strategies to Sexual Health Assessment for Patients with Coronary Artery Diseases in Nursing Practice: A Literature Review
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### Background
Sexual health is an important and integral part of human health. Patients often voice their concerns regarding their sexual health after experiencing coronary artery diseases. Although many sexual health instructions have been developed, nurses still pay little attention to sexual health assessment due to many barriers. Several strategies to enhance sexual health assessment in clinical setting are summarized.

### Purpose
The purpose of present review of literature was to identify barriers and strategies that promote sexual health assessment in clinical nursing practice.

### Methods
A review of literature was performed in published recent studies over the last 10 years in nursing and related-discipline in sexual health among patients with CAD.

### Sample
Twenty studies on sexual health in nursing and related disciplines were included.

### Design
A comprehensive search of the recent literature related to barriers and promoting strategies of sexual health assessment was undertaken.

### Findings
#### Barriers to Sexual Health Assessment in Nursing Practice
- **Patient Related**
  - Embarrassment
  - Illness
  - Patient not interested
  - Presence of third party
  - Perception that nurses will not understand their feeling
  - Sex is private issue
- **Nurse Related**
  - Lack of education, training, confidence and comfort
  - Nurses’ beliefs and attitudes
  - Heavy workload
  - Not nurses’ role
  - Fear of patient’s reaction
- **Organizational Related**
  - Lack of policies
  - Lack of time, financial support and private rooms
  - Nursing shortage
  - Low priority (not reflected in nursing sheets)
- **Value Related**
  - Cultural, religious and social restraints
  - Age and gender difference

### Promoting Strategies for Sexual Health Assessment in Nursing Practice
- **Integrate sexual health assessment in curricula**
- **Select appropriate time for sexual assessment**
- **Break down external barriers (Media)**
- **Train on sexual health assessment**
- **Teach effective communication skills**
- **Invite partners during sexual health assessment**
- **Use written educational material**
- **Implement sexual health policies and procedures**
- **Create a supportive work environment**

### Conclusions
Overall, it is evident that nurses encounter many barriers to sexual health assessment. Therefore, investigating these barriers and developing appropriate interventions are recommended. Nursing schools and health institutions have influential effects in adopting, implementing and supporting routine sexual health assessment in clinical settings through education and practical training programs.

### Implications
Nurses should pay more attention to the patients' sexual health concerns in clinical practice. Further studies are required in this field.

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