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Original Research Article

The effect of cardiac rehabilitation after coronary artery surgery in postmenopausal women on sexual satisfaction

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ABSTRACT

Introduction: lack of sexual satisfaction in heart patients and the existence of negative effects on patients' quality of life. The results of research also show that most of the interventions performed to improve sexual function were based on cognitive-behavioral counseling; According to the above, the aim of this study was to evaluate the effect of cardiac rehabilitation after coronary artery surgery in postmenopausal women on their sexual satisfaction.

Material and Methods: This cross-sectional descriptive study was performed with the participation of 108 postmenopausal women after coronary artery surgery in Shahid Madani Hospital (Tabriz University of Medical Sciences). A previous surgical rehabilitation program was performed for all women and its effects on their sexual satisfaction were evaluated; Finally, the data were compared with each other in SPSS software. **Results:** The difference in sexual satisfaction scores before and after the intervention was higher in women than men, but the observed difference was not statistically significant ($P=0.841$). Also, the difference between the scores of sexual satisfaction before and after the intervention and the place of residence of individuals ($P=0.896$), employment status of individuals ($P=0.668$), level of education ($P=0.290$) and economic status ($P=0.161$) No statistically significant difference was observed. **Conclusion:** Sexual dysfunction and sexual problems are common in patients after coronary artery bypass graft surgery, but this is ignored despite the recommendation of health organizations to evaluate and counsel sexual issues in heart patients.

Keywords: Sexual dysfunction, coronary artery bypass graft surgery, cardiac rehabilitation

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