



The *CHARMS* Study

Cardiac Health and Assessment of Relationship Management and Sexuality

Funded by the Health Research Board

What is this study about?

This study is about the psychological and physical wellbeing of people with Coronary Heart Disease (CHD) and their sexual and relationship problems

Why is this research important?

Sexual problems for people with CHD have been shown to impact on quality of life. Both patients and health professionals have in the past been reluctant to address these issues

What are our objectives?

1. Describe the experiences of service providers in dealing with the sexual issues of people with CHD
2. Describe the experiences of people with CHD in relation to their sexual function and close relationships
3. Develop a set of national guidelines to improve health service provision in the area of sexual functioning for people with CHD in Ireland

How will this study be conducted?

- This study will be conducted in three phases. In phase one; we will conduct a postal survey of both GPs and cardiac rehabilitation staff.
- In phase two we will talk to patients with CHD over the telephone and ask them to complete a short questionnaire.
- In the final phase we will consult with a small group of GPs, cardiac rehabilitation staff and patients to discuss the findings from phase one and two. Based on the findings we will develop best practice guidelines for patients with CHD

What will this study mean for you?

Whether you are a doctor, a member of a cardiac rehabilitation team or someone with CHD this study will provide valuable information about the current practice and service provision for patients. It will also offer an insight into the quality of life and personal experiences of people with CHD

Who can I talk to for further information?

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