Purpose: Nursing personnel should look more for preventing areas, such as the health problems that caregivers develop since they assume their roll. Many literature expose different illness that caregivers present, like physical and psychological aspects. All around the world, women are mainly the one who deliver the health cares at home for dependent older adults. Identify the condition and the relation between the mental and sexual health of the IC of OAs in functional dependence condition.

Methods: A descriptive-correlational design was selected. The population will be integrated by female IC of functional dependent OAs, who cares for the realization of daily activities, residents in the city of Saltillo, Coahuila. The sampling will be by convenience and the sample size will be calculated by the NQuery Advisor statistic package. In order to know the state of emotional health, the Depression Scale of the Center for Epidemiological Studies (CESD) of Radloff and the inventory of trati-state anxiety (IDARE) Spanish version of the STAIN (State Trat Anxiety Inventory) of R. Gorsuch, R. Lushene and Ch. Spieldberger. To meet the IC sexual health state the questionnaire of sexual function in women will be applied (Sexual Functioning Questionnaire Women, SFQ-W-Karen Syrjala 2000).

Results: The results will be analyzed with SPSS 24 (Statistical Package for Social Sciences). Descriptive statistics (measures of central tendency and dispersion) and inferential statistics (correlations), parametric or non-parametric, will be used according to the results of the normality test.

Conclusion: The results will be compared with the literature reviewed, identifying concordance and differences. The importance of the results in the search of the improvement of the clinical practice of nursing in the field of the emotional and sexual health of the IC will be discussed, seeking to contribute to the base of the nursing knowledge of the development, implementation and measurement of interventions for mitigate the impact on health and quality of life of the IC.
Abstract Summary:
Informal caregivers don't receive any kind of clinical assistance, especially the female population who are mainly the ones who deliver the cares. They forget their own cares and privacy, deteriorating their emotional health and the sexual aspects, even being the most, singles or divorced because of the roll they assume.

Content Outline:
Introduction.
Background.
Conclusion.

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