Improving Communication with Patients: Managing Anxiety

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Cancer diagnosis may trigger these feelings:

- Fear of treatment or treatment related side effects
- Fear of cancer returning/disease progression
- Uncertainty
- Worry over losing independence
- Concern about having relationships change
- Change of treatment
- Fear of death
How to Manage Anxiety?

- Talking to other people
- Face your fears
- Problem Solving
- Writing things down (Diary)
- Relaxation techniques (breathing exercises)
- Physical Exercises
- Aromatherapy massage
- Mindfulness & Meditation
- Local Psychology Service Support
- Talking therapies, Solution Focused therapies
- Support Organisations (online forums, patient group meetings)
- Medications
Patient Who is Anxious...

- Good Communication
- Active Listening
- Show Empathy
- Education to patient and family members
- Information giving
- Empowerment
- SAGE and THYME

DON'T LET A BAD DAY MAKE YOU FEEL LIKE YOU HAVE A BAD LIFE

I'M TAKING TODAY

ONE TINY PUFFIN STEP AT A TIME

BE GENTLE WITH YOURSELF, YOU’RE DOING THE BEST YOU CAN.
Thank You for your Attention!