



## Unit 11 - Effective Strategies to Address and Alleviate Patient Fears

### CLEAR COMMUNICATION

Explain the procedure in simple, reassuring terms. Let the patient know exactly what to expect, including how long the procedure will take and any potential discomfort they might experience.



### CREATING A CALM ENVIRONMENT



Ensure the environment is as calming as possible by reducing noise, providing soft lighting and maintaining a peaceful atmosphere. You can also offer distractions, like music or guided imagery.

### BREATHING EXERCISES

Teach the patient to focus on slow, deep breaths to calm their nervous system. Phrases like "Inhale slowly, hold, and exhale gently" can be helpful.



### OFFER SUPPORT

Reassure the patient that they are not alone. Having a healthcare provider or family member present during the procedure can be comforting.



### RELAXATION TECHNIQUES

Progressive muscle relaxation or visualization techniques can be effective in reducing physical symptoms of anxiety and fear.



### SEDATION OR MEDICATION

In cases of extreme anxiety or claustrophobia, mild sedation or anti-anxiety medication can be considered, following appropriate protocols.

