



Reduce Patient Fears

In this time of uncertainty, it is important to reduce patient fears. These feelings can be addressed by effective communication during challenging conversations. Here are some basic tips that might help to address the anxiety and fears during this time.

General information taken from <https://www.nurse.com/blog/2016/11/11/how-nurses-can-help-reduce-their-patients-anxiety/>

1. Have a conversation with your patient
2. Listen to your patients' concerns
3. Address fears beginning with "I hear you are concerned about..."
4. Explain guidelines to be followed relating to specific fears
5. Identify and assess barriers
6. Be calm

Additional resources for holding conversations your patient can be found at:

The Centers for Disease Control and Prevention has information on Mental Health and Coping During COVID-19 (<https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html>) that can be shared with patients, their families, and other community members.

The *New England Journal of Medicine* has a podcast series of "clinical conversations," and a recent one with Dr. Anthony Fauci is billed as "How to talk to patients about COVID-19." <https://podcasts.jwatch.org/index.php/podcast-256-anthony-fauci-talking-with-patients-about-covid-19/2020/03/10/?query=RP>