

# Managing Anxiety about Medical Procedures

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# An Important Note

People often describe that they feel the following when thinking about medical procedures:

- Scared
- Nervous
- Worried
- Concerned
- Confused
- Disappointed
- Relieved
- Excited
- Pleased
- Grateful



# An Important Note

It is OKAY AND UNDERSTANDABLE to feel the following when thinking about medical procedures:

- Scared
- Nervous
- Worried
- Concerned
- Confused
- Disappointed
- Relieved
- Excited
- Pleased
- Grateful



# Why try to reduce pre-procedural anxiety?

- Psychological health/quality of life
- Physical health outcomes



# Be Proactive

- Avoid waiting until the night before a procedure to think of ways to handle anxiety



# Strategies to Consider



# Relaxation

- Specific relaxation techniques (eg, breathing exercises, guided imagery)
- Relaxing music
- Anything that makes you feel relaxed...and is legal and safe!



# Information

- Get the right amount of information that works for you
- Ask questions that you want answered





# Information

- WHO will be doing my procedure/follow-up?
- WHAT will happen before, during, after?
- WHERE do I go before, during, after?
- WHEN will I feel recovered?
- WHY is this procedure important?
- HOW will I feel during or afterwards?



# Managing Thoughts

- What is a calming statement that might work for you?

*"I feel calm and at peace"*

*"I decided to have this procedure so that my medical team can figure out how to best manage my symptoms"*



# Distraction

- Figure out the times that will be most stressful for you (eg, the night before the procedure, waiting in the hospital the day of the procedure)
- Decide distraction strategies that work for you



# “Supportive” Others

- Decide who you would like to have supporting you the day of (or days after) the procedure
- Consider any individuals that might increase your stress level



Finally, and most importantly, what are your questions or experiences?

