

Breath Regulation & Relaxation for Anxious Patients

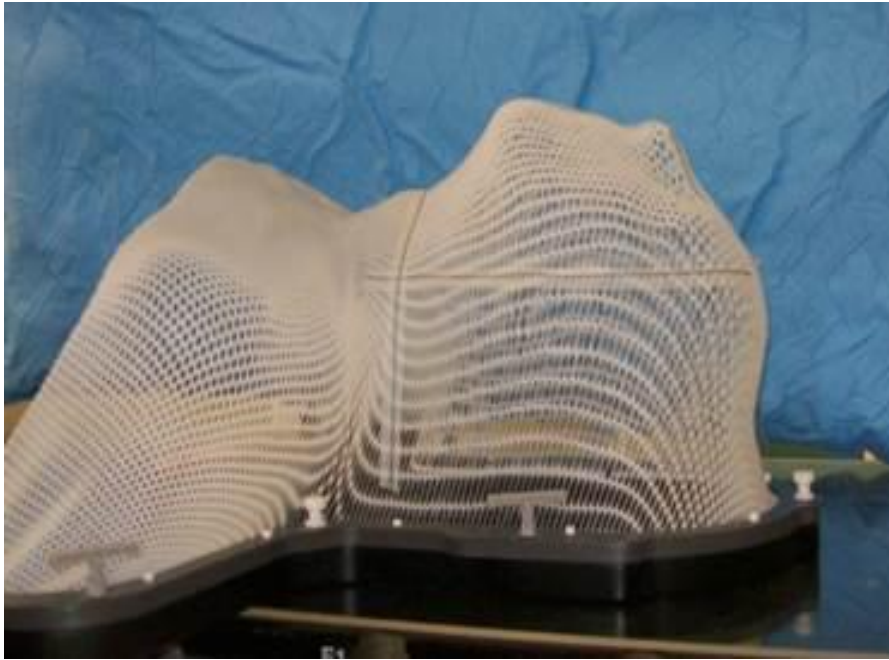


Calvary

Mater Newcastle

Radiation Oncology Outpatients

Continuing the Mission of the Sisters of the Little Company of Mary



MASK prevents movement during treatment so that the dose is delivered to the right area.

CT & MRI can be a trigger of anxiety for claustrophobic patients



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AIM

To educate stressed patients in the **B R & R** technique.

Assist during acute symptoms: General anxiety, Panic attacks, Fear of hospitals, Claustrophobia, Pain, Insomnia

Empower patient's self-reliance, self caring & providing an invaluable life skill.



BENEFITS TO PATIENTS

- Management of acute symptoms of anxiety.
- Finish treatment successfully in scheduled time.
- Relaxation versus medications. No driver required, Reduced falls risks or assistance needed at home alone for frail *or* elderly patients.
- Empowerment and self confidence in their ability to cope during further treatment



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BENEFITS TO THE DEPARTMENT

- Less interruptions to treatment
- Less staff resources required
- Fiscal and Time management implications
- Smooth running of the whole Department

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RESULTS

- Anecdotally the results show that this intervention has been very effective. Initially started as a quality project rather than a research project.
- Positive feedback from patients' experiences has prompted multidisciplinary team colleagues to refer anxious patients for pre-treatment **BR & R** appointments..

RESULTS

March 2018 to August 2018

- 28 patients attended B R & R and confirmed the practice managed their anxiety to complete the treatment successfully.
- 6 patient asked to be seen twice to repeat the practice.
- 11 patient of 28 initially requested anti anxiety medication .
- 5 of the 11 patient continued to practice B R & R and take Lorazepam.
- 6 of the 11 patients continue to practice BR &R and ceased taking Lorazepam.



CONCLUSION

- Through this work I have been approached by other Tumour Stream groups to become involved with their patients.
- It is hoped that with supportive statistics I will be able to extend the practice to other areas of the hospital where there is a need of this type of support and empowerment.
- I welcome the opportunity to share this simple but very effective and valued skill to staff that have a genuine interest

WHY IT WORKS SCIENCE Says So

“Relaxation is inextricably bound up with the parasympathetic part of your nervous system [...]. It belongs to the self-propelled autonomic nervous system, but by actively focusing on your breath [...] you can influence the system enormously through the vagus nerve that spreads from your brain to your lungs, heart and other organs. [...]. Can you feel how your heart rate drops and your mind relaxes instantly”.

Stig Severinsen PhD in Medicine

<https://www.breathology.com/delicate-nervous-system/>

Master Your Nervous System – Breathology

Let's experience what Yogi Bear is **FEELING**.

Take a moment to

BREATHE

