ST. FRANCIS 24/7 CALL CENTER: (321) 269-4240

St. Francis REFLECTIONS® Hospice
Established 1977 • Licensed 1990

Anxiety

Anxiety is a feeling of fear, dread, or uneasiness that may be a normal reaction to stress. Anxiety can be caused by many factors including loss of control, confusion, uncertainty about the future, and uncontrolled symptoms (i.e. pain, shortness of breath). Anxiety is related to anticipation of a future problem and can be a helpful tool to focus on completing a task or deal with stressful situations. However when anxiety becomes chronic and/or unmanaged it can have a negative impact on quality of life.

Common symptoms to monitor for:

- Fear
- Restlessness or pacing
- Rapid breathing or heart rate
- Sleeplessness, disturbing dreams/nightmares
- Fidgeting or repetitive movements
- Irritability or aggression
- Tension
- Sweating
- Problems paying attention or concentrating

Tips for Anxiety Management:

- **Medications**: Administer prescribed anti-anxiety medications as directed. Always consult the hospice team before adjusting medication dosages.
- **Environment:** Create a calm and soothing environment. Use soft lighting, limit noise, and ensure a comfortable room temperature. Remove potential triggers or irritants.
- **Reassurance**: Stay with the patient and offer comfort through touch and words. Speak calmly and offer reassurance. Encourage deep breathing and relaxation exercises. Allow the patient to express their emotions, thoughts and feelings.

ST. FRANCIS 24/7 CALL CENTER: (321) 269-4240

- **Distraction**: Use activities like reading, listening to music, or watching a favorite TV show to divert the patient's attention from anxiety.
- **Routine**: Maintain a regular daily routine. Predictable schedules can provide a sense of security and reduce anxiety. Treat physical problems such as pain and feelings of difficulty breathing that can cause anxiety.

Record and Report to St. Francis:

- History of depression and/or anxiety
- Concerns about illness or future and quality of life
- Spiritual concerns or fears
- Triggering events that cause anxiety
- Changes in anxiety (better or worse) and effectiveness of interventions

St. Francis Reflections is always available to assist with any questions or concerns 24/7

321-269-4240