

## **Supporting a Patient With Anxiety During Routine Checks**

### **Introduction:**

While on my medical-surgical placement, I cared for a patient with severe anxiety who became visibly distressed during routine blood pressure and blood sugar checks. This situation made me aware of the emotional and psychological aspects of patient care, which are sometimes overlooked.

### **Reflection:**

Initially, I felt uncomfortable and unsure how to ease the patient's fear. By observing and mimicking the techniques of a senior nurse explaining each step calmly and providing reassurance I learned how important communication and empathy are in daily nursing practice.

### **Learning:**

This experience taught me that patient-centered care extends beyond physical treatment. Small adjustments, like explaining procedures and giving patients control over minor decisions, can significantly reduce anxiety and improve cooperation.

### **Future Application:**

In future practice, I will integrate empathy into all patient interactions, using clear communication and reassurance. I will also reflect regularly on each patient encounter to identify ways to improve both clinical and emotional care.