

Please note this is an **EXAMPLE COMPETENCY FOR PRACTICE** and is to serve as an educational and organizational resource only. **Please always follow the policies and procedures for your institution and practice. Please always follow treating physician's orders.**

**Nursing Competency: Anxiety Management in Patients Undergoing Brachytherapy**

Through return demonstration in the clinical setting and evidence of daily work, the brachytherapy nurse in orientation will use this tool to obtain evaluation of the knowledge, skills, and abilities necessary to independently function as a registered nurse in the oncology (brachytherapy) service. The evaluator will validate competencies based on direct observation with attention to the orientee's consistency in demonstrating the competency.

**Employee Name:**

**Date:**

Assessment	Comment
<p><b>Assessment</b></p> <ul style="list-style-type: none"> <li>● Demonstrates the ability to perform a psychosocial assessment to identify signs of anxiety in patients undergoing brachytherapy.</li> <li>● Assesses patient's verbal and nonverbal cues (e.g., restlessness, rapid speech, difficulty concentrating, elevated heart rate, tearfulness).</li> <li>● Identifies patient's support system and coping strategies.</li> <li>● Screens for contributing factors such as previous medical trauma, claustrophobia, or fear of pain.</li> </ul> <p><b>Nursing Diagnosis</b></p> <p>Identifies nursing diagnoses such as:</p> <ul style="list-style-type: none"> <li>● Anxiety related to unfamiliar treatment environment and invasive procedures.</li> <li>● Knowledge deficit related to brachytherapy process.</li> <li>● Fear of outcomes or disease progression.</li> </ul> <p><b>Outcome</b></p> <p>Demonstrates the ability to establish patient goals based on assessment, including:</p> <ul style="list-style-type: none"> <li>● Patient verbalizes reduced anxiety before and during treatment.</li> <li>● Patient demonstrates understanding of procedure and expected side effects.</li> </ul>	

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- Patient identifies coping strategies to use during treatment.

### **Planning**

- Develops an individualized plan of care for anxiety management that incorporates education, communication, comfort measures, and support resources.
- Collaborates with the interdisciplinary team (e.g., physician, social work, psychology, chaplaincy) as needed.

### **Interventions**

#### **Provides patient-centered communication and education:**

- Explains procedure details in simple, clear language; uses written materials or visual aids when appropriate.
- Encourages patient to ask questions and express concerns; provides honest, empathetic responses.
- Uses teach-back method to confirm patient understanding.

#### **Implements supportive interventions to reduce anxiety:**

- Offers relaxation techniques such as deep breathing, guided imagery, or music.
- Encourages presence of a support person when appropriate and permitted.
- Provides comfort measures: warm blankets, positioning assistance, reassurance throughout the procedure.
- Creates a calm environment (reduced noise, privacy, supportive staff communication).

#### **Recognizes need for further intervention:**

- Notifies physician if anxiety remains uncontrolled despite nursing interventions.
- Supports use of anxiolytic medication if prescribed.
- Refers to mental health services, social work, or counseling as indicated.

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<p><b>Documentation</b></p> <ul style="list-style-type: none"><li>● Documents patient's baseline anxiety level and identified triggers.</li><li>● Notes interventions provided (education, relaxation, support measures).</li><li>● Records patient's response (verbalized reassurance, calmer demeanor, ability to proceed with treatment).</li><li>● Documents any referrals made or medications administered.</li></ul>	
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Employee Name (Printed): .

Date: .

Employee Signature: .

Date: .

Supervisor or Trainer Signature:

Date: .