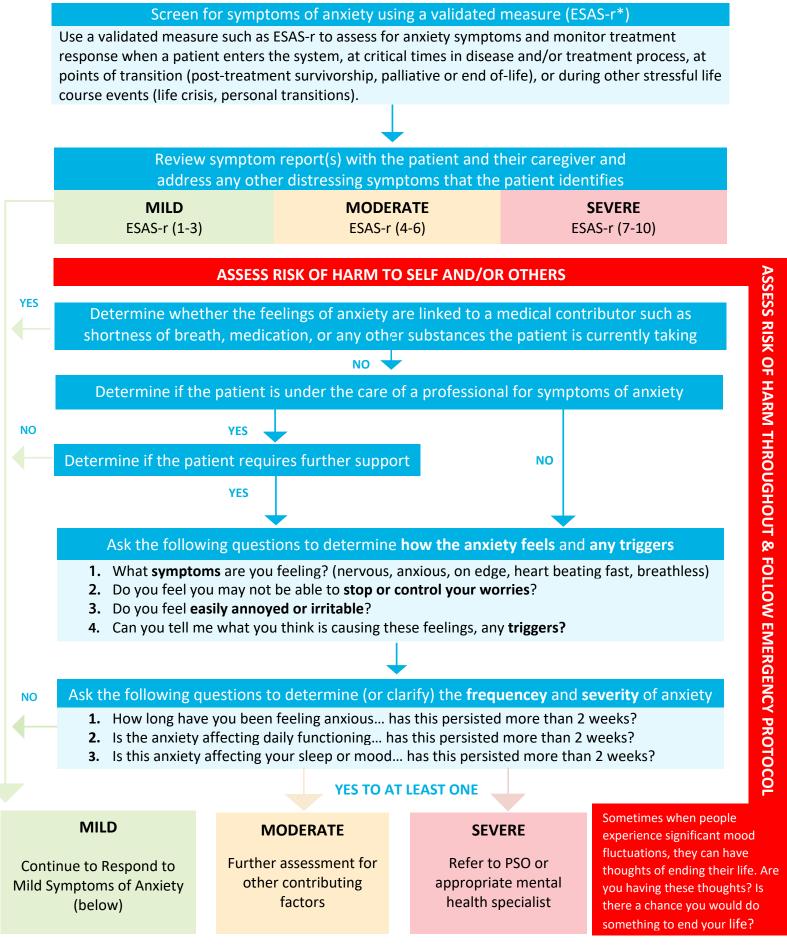


Symptom Management Algorithm

Anxiety in Adults with Cancer



MODERATE

Responding to mild symptoms of anxiety

Normalize feelings of anxiety and provide education verbally plus any relevant materials (such as Patient Symptom Management Guides) about:

- How common anxiety is in the context of cancer and differing responses
- Coping with stress and specific strategies (i.e. relaxation, breathing techniques, mindfulness)
- The benefits of support groups and other support services, as well as sources of informal support, resources available to patients and families (e.g., accommodation, transportation, financial assistance, additional health/drug benefits)
- How to effectively manage symptoms contributing to anxiety (e.g., pain, tension)
- The importance of additional psychosocial support if signs and symptoms of anxiety worsen

* Refer the patient for additional support if necessary or desired by the patient to manage anxiety.

Determine if other contributing factors are present

- If the patient lives alone and is unable to identify a support system (friends/family)
- If there are any other current life stressors (unrelated to cancer diagnosis) that may be contributing
- History of anxiety (e.g., panic attacks, Generalized Anxiety Disorder (GAD), depression, other mental health problems)
- Currently taking medication for anxiety or depression or seeing a mental health specialist
- Disease recurrence, advanced or progressive disease
- Substance use or withdrawal

NO CONTRIBUTING FACTORS

> ONE OR MORE CONTRIBUTING FACTORS IDENTIFIED

REFER TO PSYCHOSOCIAL ONCOLOGY OR APPROPRIATE MENTAL HEALTH SPECIALIST FOR FURTHER ASSESSMENT AND TREATMENT

Acknowledgements

Anxiety Algorithm Working Group: Claudio Soares, Jessica Bonney, Zahra Ismail, Debora Stark, Colleen Fox, Sari Greenwood, Doris Howell, Lorraine Martelli, Mhairi Kubko, Nicole Montgomery, Jessica Waserman

Disclaimer

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