

Change and Uncertainty

Just the Facts

The treatment process is one filled with changes and uncertainty. For example, during the pre-therapy work-up treatment options may change. During the inpatient stay, discharge dates may change. When will this be done or how can I plan ahead? Answers to these questions are difficult because each patient responds differently to treatment and complications are hard to predict. Patients often adapt to this by taking each day one at a time.

Your Goals:

- ✓ Adapt to change.
- ✓ Cope with uncertainty.

Important Signs and Symptoms:

Report symptoms to doctor or nurse during clinic hours today.

- Having feelings of dread and apprehension for several days.
- Physical symptoms such as sweaty palms, shaking, rapid heartbeat, and so on. Keep in mind that these symptoms can also be caused by side effects of treatment.
- Wide mood swings that you cannot control.

What You Can Do At Home:

Adapt to change.

- ➔ Identify the change that is taking place and any options you have.
- ➔ Discuss these changes with family, staff.
- ➔ Ask staff for explanations.
- ➔ Keep track of questions and information in a notebook.

Cope with uncertainty.

- ➔ When planning for the future, limit the time span as much as possible.
- ➔ If plans need to be made, consider back-up plans as alternatives.
- ➔ Talk about your hopes and disappointments with someone who listens.