

## QUICK TIPS

# How to Ease Anxieties toward PPE

Use these strategies to ease anxiety or fear patients, clients or residents may experience with IP&C measures such as personal protective equipment.



Sometimes PPE can cause **fear and disorientation** in patients, clients and residents, leading to **increased responsive behaviours and possible delirium**.

- ✓ If possible, let the individual/someone with cognitive impairment see you don your PPE: through a window or from a safe distance.
- ✓ Call them by name, and introduce yourself.
- ✓ Approach from the front.
- ✓ Smile: even though your mouth may be covered, your smile will be seen through your eyes and provide comfort.
- ✓ Ensure they have their assistive devices (glasses/hearing aids).
- ✓ Ask how they're feeling and take a moment to listen to their concerns.
- ✓ Explain often, in simple terms that PPE is needed to keep everyone safe.
- ✓ Provide reassurance their needs will be met.
- ✓ Avoid talking about staff concerns or anxiety in front of the P/R/C.

