

Psychoeducational interventions encompass a broad range of activities that combine education with activities such as counseling and supportive interventions. Psychoeducation differs from simple teaching or provision of information because it involves relationship development and personal interaction with the patient and/or caregiver, not just one-way provision of content.

Helpful hints to provide psychoeducational interventions:

- Ask open ended questions to elicit concerns
- Develop rapport
- Listen actively to patient's and caregiver's description of their current experience with illness or caregiving
- Educate the patient and/or caregiver about what to expect during treatment, following treatment, and about the overall experience of receiving and providing care
- Provide the opportunity for the patient and/or caregiver to ask questions
- Counsel about strategies (e.g, problem solving, finding support) to manage specific issues and concerns they are experiencing.
- Use supportive behaviors during the interaction such as:
  - Sitting down while talking with the individual
  - Use of simple touch, if appropriate
  - Use good eye contact
  - Make affirming statements to the patient and/or caregiver, letting them know their feelings are normal and appropriate, and they are doing a good job.
- Provide for privacy during the interaction as much as possible.

Psychoeducational interventions can be delivered one-on-one with the patient and/or caregiver during the course of treatment contacts. This intervention can be delivered by telephone, or through internet based applications. These types of interventions have also been effectively delivered in group settings, such as in support groups.

For more information view Oncology Nurse Psychoeducational Interventions.

<https://www.youtube.com/watch?v=D2U61V9C5Vs&feature=youtu.be&list=PLgND6mUAYF4FSkBuRNUK3LLETajzXWmOd>