

Unskilled delivery of bad news leads to brain haemorrhage in vulnerable people

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Abstract

Background: Everyone experiences various feelings according to the information gathered daily. Good news relaxes, increases satisfaction, and delights people; bad news disturbs human equilibrium, and unskilful delivery of such info can lead to disaster in a vulnerable person.

Aim: Reveal the effects of the inappropriate transfer of lousy news on vulnerable people.

Material & Method: Qualitative study performed by the author in the community, 2008-2022, relating to the significance of communication for the individual health. The people interaction effects were registered and corrected when and where necessary and preventive actions were initiated.

Findings: One day, in the evening of autumn 2020, a patient, 71, was informed by a panicked family member about the car accident of her son. Immediately she presented headaches and difficulty of speaking and walking.

Patient's Medical History: Obesity, 2004-2011; overweight from 2011; DZII, 2010; HTA, 2010.

Patient's Family Health History: Mother: suicide, 1971.

Keywords: Brain haemorrhage, Evolution, Physician, Hypertension, Type 2 diabetes.

Action Were Taken

Patient's family members, worried by her altered health, called the ambulance. In the hospital, the patient was diagnosed with a brain haemorrhage. The interdisciplinary team managed the situation. After ten days, the patient was discharged. Her family doctor continued to monitor the clinical outcomes. The physician managed the situation using medicines, communication skills, behaviour change information; she informed the family members about communication skills' significance for disease evolution. Educational programs relating to this topic were initiated in that family and the community.

Results

Patient disease's evolution gradually improved; after two years, she was well recuperated.

Conclusion

The unskilful delivery of bad news to a person at risk alters mind activity and nervous control of human actions, including the

brain's blood vessels functioning, leading to haemorrhage in the fragile area.

Discussion

Words' power involving their meaning and energy, combined with attitudes worth addressing an issue, generate various effects on individuals. The good and bad news is at all times conveyed to individuals, changing their feelings; exciting times, fun, pleasure, or sorrowful moments following the individual daily evidence continuously influence the brain control on human body functions. The effects of info transferred to an individual vary according to its significance, context, transmission channel, and sensitivity and vulnerability of the intended recipient; they are, in fact, the result of all variable interplay, ranging from minor to significant dysfunctions in vulnerable areas. This patient's family medical history shows abnormalities in mind activity and human behaviour; hypertension, type 2 diabetes, and obesity alter the structure of blood vessels. Human adrenergic pathway more increased activity determined by inappropriate delivery of the

bad news leads to disaster; more blood pressure on friable vessels determines haemorrhage going out with corresponding clinical signs and symptoms. Well-brought-up info models the blood flow through the vessels. In patients with brain haemorrhage, the use up of drugs, emotional support, kind words, friendly attitudes, compassion, bed rest when necessary, stable air energy, and physical and mental exercises progressively increased according to the patient data, will improve disease evolution, decrease palliative care costs, and increase life expectancy, quality, and

safety. The bad news delivery, if necessary, preferably not in the evening when the body working tiredness is common, necessitates the info skilful transmission to the recipient to diminish its harmful effect on the individual. Educational programs hybrid model and artificial intelligence supply are effective techniques to prevent and reduce unwanted outcomes of inappropriate delivery of bad news. Acting as professionals in our community rewards us with respect, appreciation, and other gifts that are abundantly supplied.

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