

Supporting you in helping anxious patients through the perioperative journey

Having an operation is a major event in someone's life and they may feel anxious about it. However, there is much patients can do to help themselves while they wait for surgery.

To support anxious patients through the perioperative journey, the College has produced, in collaboration with the British Society of Clinical and Academic Hypnosis (BSCAH), a series of recordings to help patients relax and develop a positive mindset about surgery.

The resources can be accessed via the QR code below:



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