



TRAINING ON INFERTILITY AND ASSISTED REPRODUCTION

AT KAIRUKI GREEN IVF

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DAR ES SALAAM, TANZANIA

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Psychological care of patients with infertility

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COUNSELING PSYCHOLOGIST

WELCOME TO

Psychological care of patients
with infertility

Dear Self

- ✓ I am a good listener
- ✓ I learn and grow everyday
- ✓ All I need is within me right now.
- ✓ I can achieve anything I put my mind to
- ✓ I feel more grateful each day
- ✓ My patients are lucky to have me and I am lucky to have them



Introduction

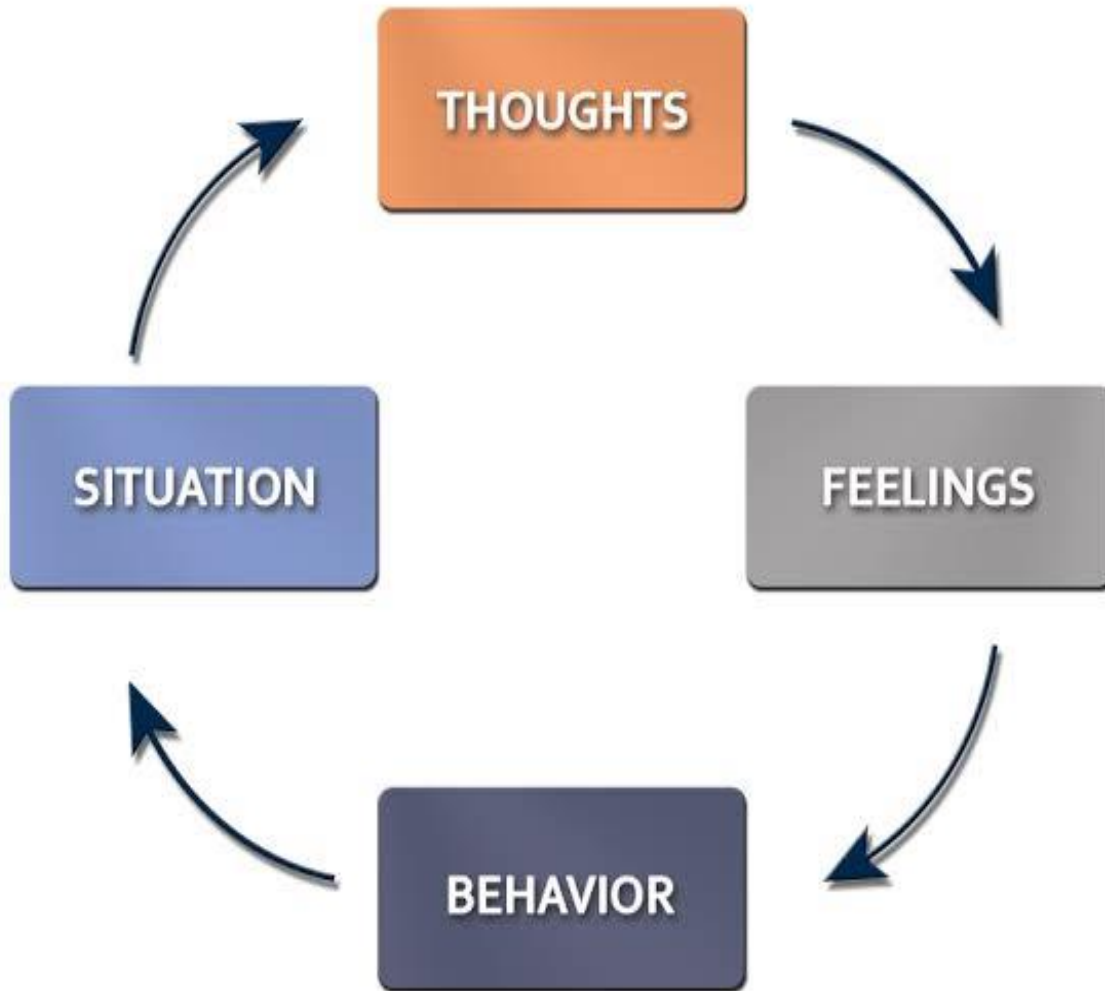
Psychological care in infertility treatment means helping individuals and couples to learn how to cope with social, physical, and emotional challenges associated with infertility experiences.



Why psychological care to infertility patients is important?

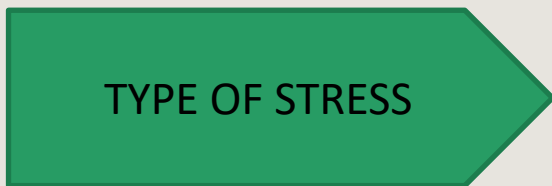
- ✓ Infertility is a life crisis that brings with itself a number of psychological problems. Infertility is associated with anger, depression, anxiety, marital problems, sexual dysfunction, and social isolation. There is a sense of loss and social stigma that many childless couples face that create high level of stress individuals. Thus lead to higher demand of infertility counselor to help patients to manage level of stress during treatment. (American psychological association 2025)
- ✓ Taking preventive measures upon calculating psychological problems that could affect treatment success is a critical issue to observe in providing healthcare services.
- ✓ During the infertility treatment process, to have awareness on the psychological problems experienced by individuals not only helps in the adaptation of infertile individuals to infertility diagnosis and treatment procedure, but it could also lower the intensity of reactions against infertility . Kirca N, Pasinoglu T. Psychosocial problems during infertility treatment (2013).

Why psychological care to infertility is important Con.....

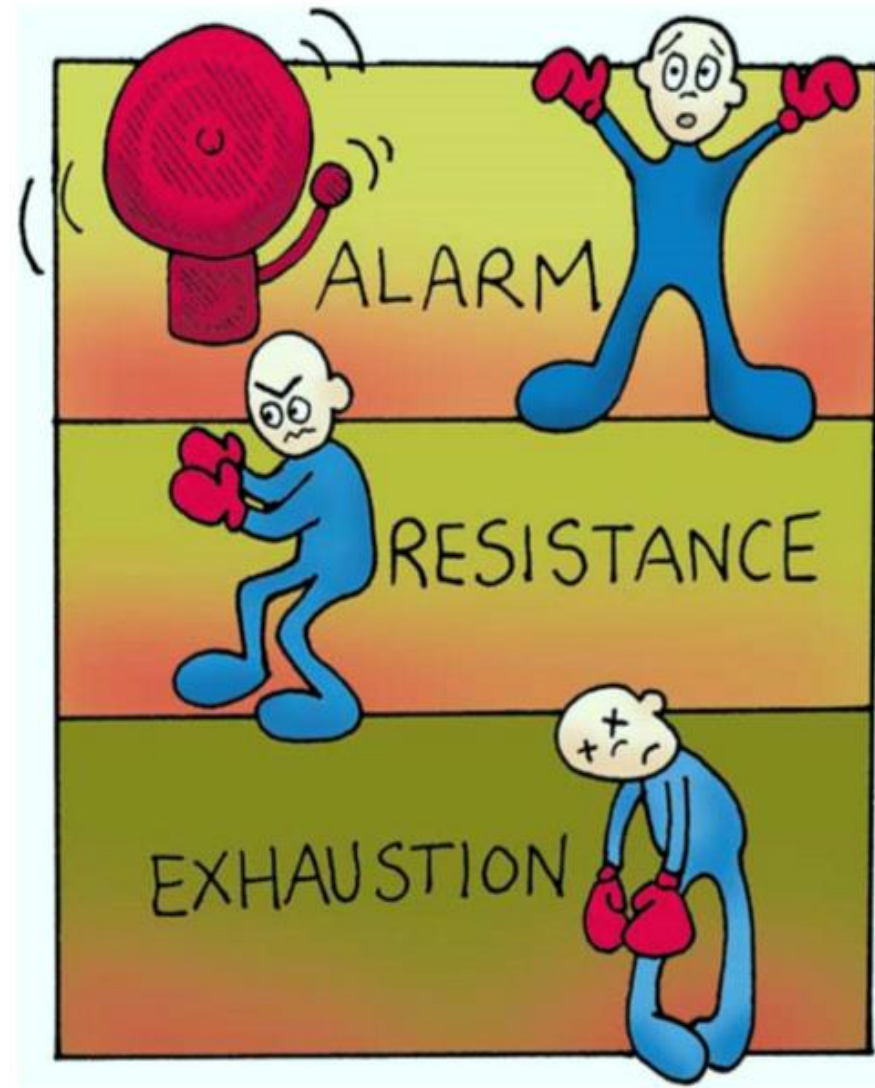
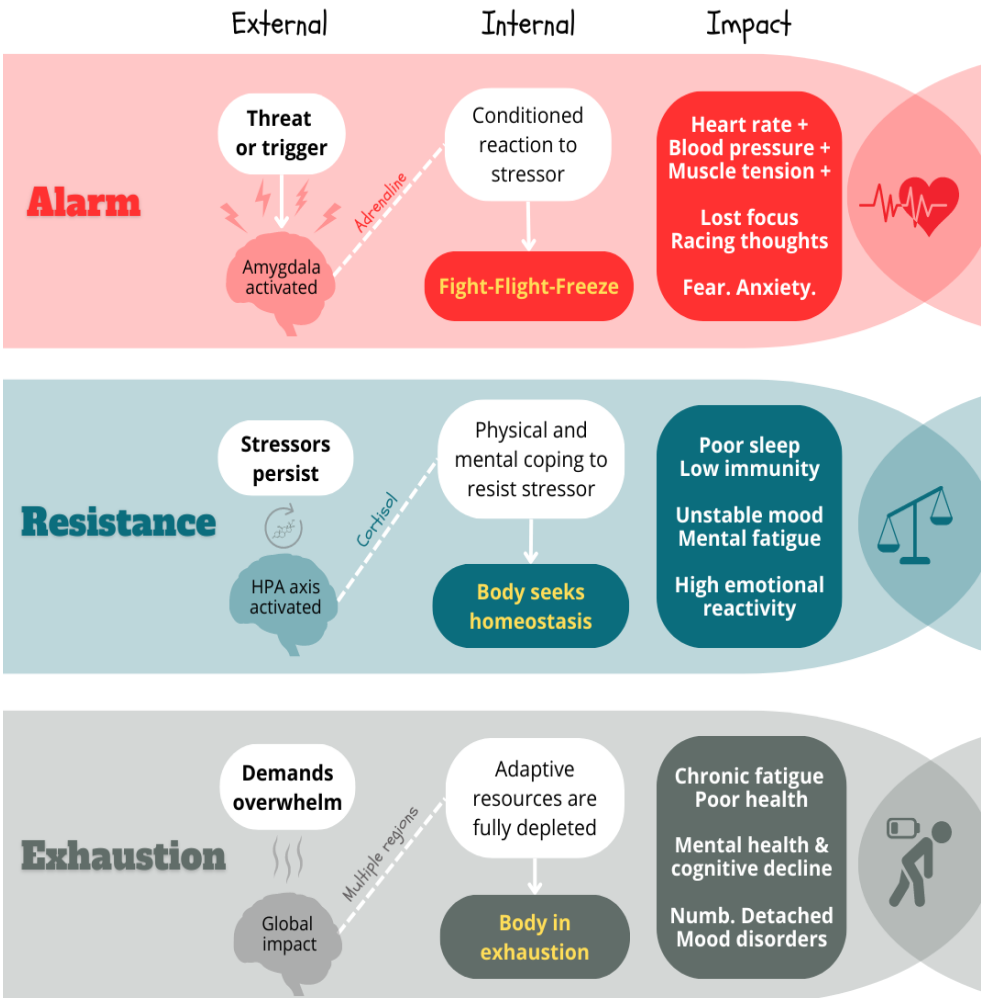


What is stress?

- Stress is a normal human reaction that happens to everyone. In fact, the human body is designed to experience stress and react to it. When you experience changes or challenges (stressors), your body produces physical and mental responses. That's stress.
- In fertility practise stress can affect both doctors and patients



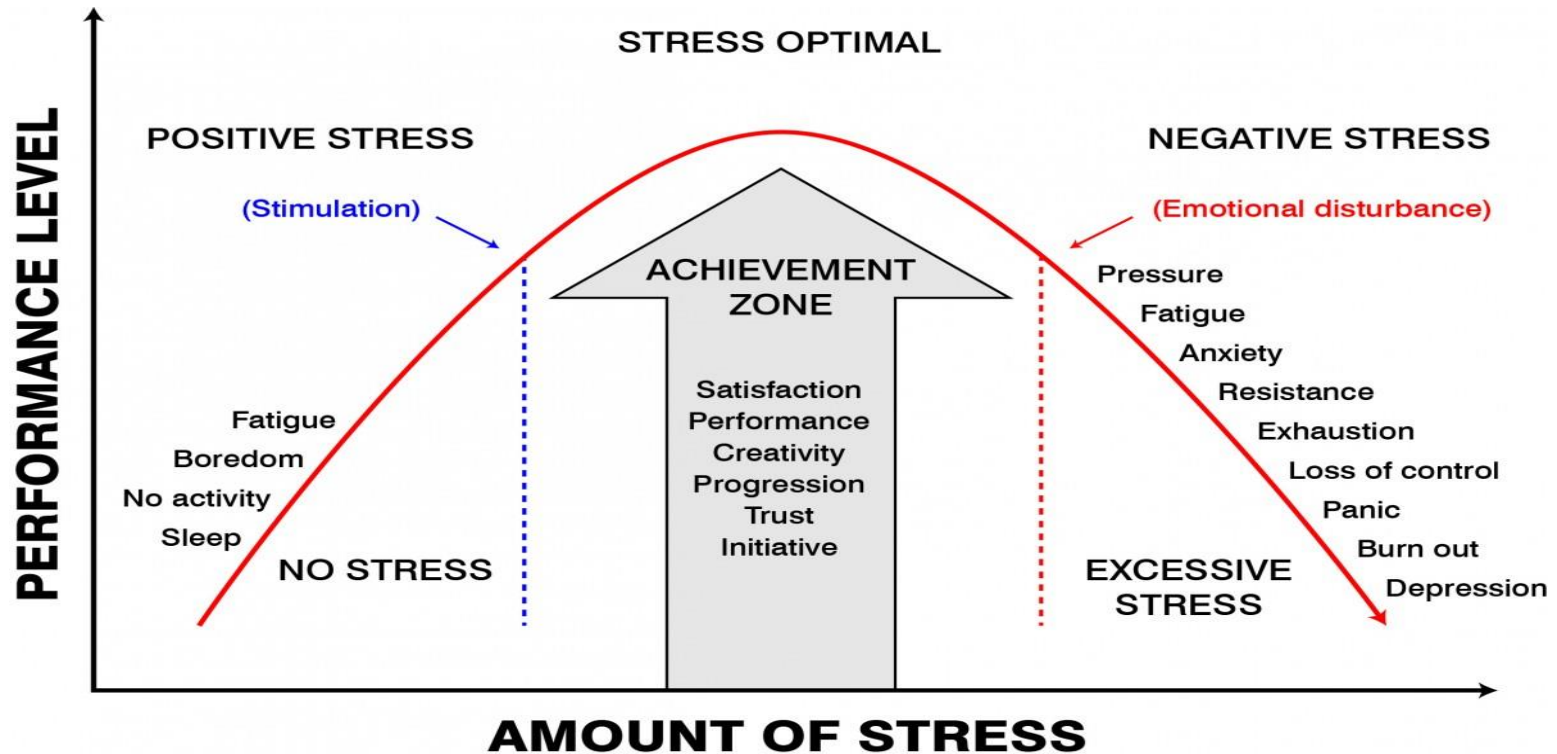
Stages of Stress



Three reactions or stages of stress

Amygdala = threat assessment and emotional processing
 HPA Axis = Hypothalamic-pituitary-adrenal (HPA) axis
 Adrenaline = Hormone triggering FFF response
 Cortisol = Stress hormone regulating energy, metabolism & immune response
 Based on "General Adaptation Syndrome" - Hans Selye

Is stress a good or bad thing?

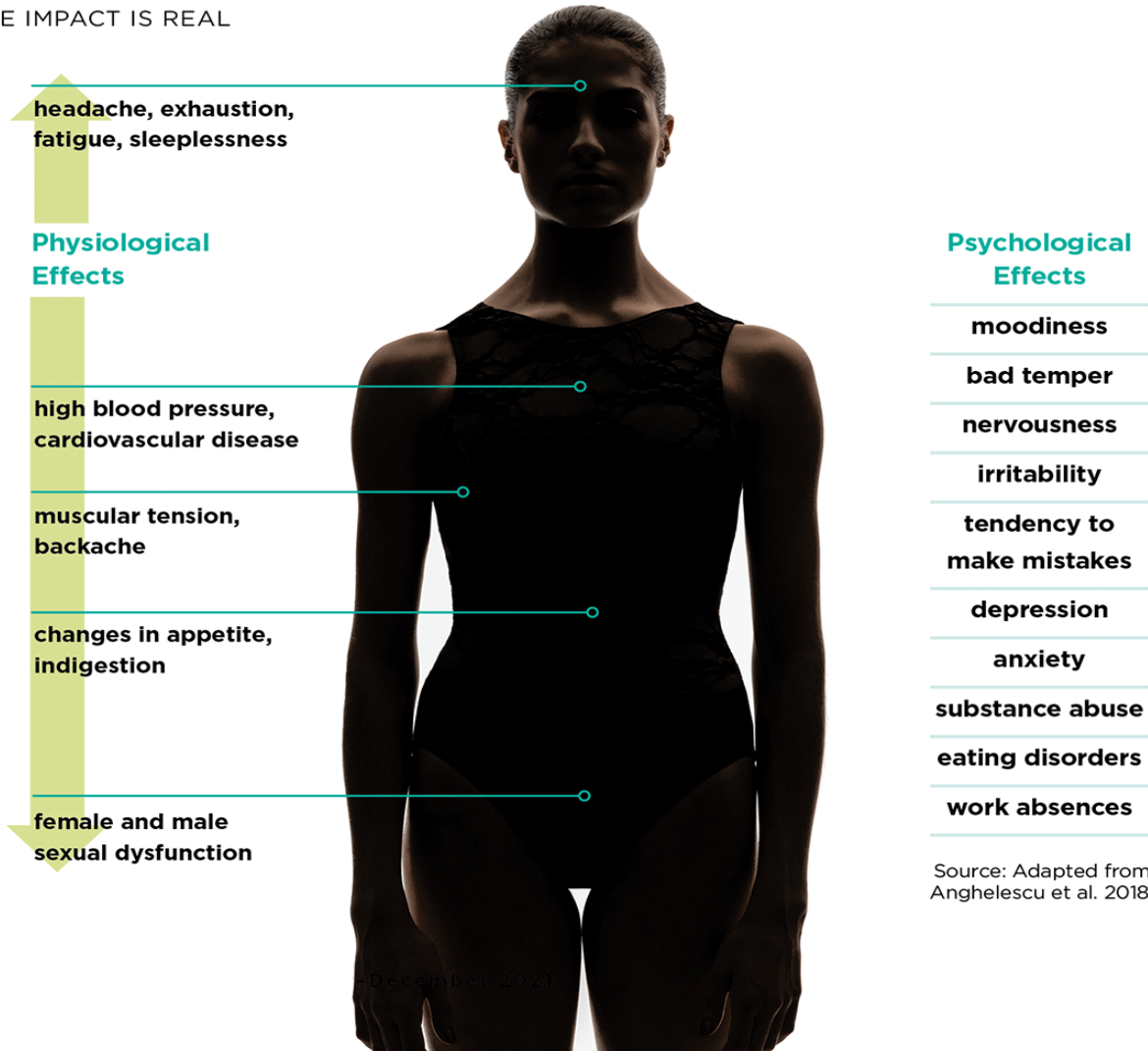


The Yerkes-Dodson Performance and Stress Curve (1906)

Stress responses help your body adjust to new situations. Stress can be positive, keeping us alert, motivated and ready to avoid danger or ready for action when necessary. This concept is embodied in the Yerkes–Dodson law or the anxiety performance curve

PHYSIOLOGICAL AND PSYCHOLOGICAL EFFECTS OF HARMFUL STRESS

THE IMPACT IS REAL



Source: Adapted from Angheliescu et al. 2018.

Things that can cause stress to Doctor/ practitioners during treatments



- A high level of responsibility - where a small error carries serious consequences.
- Providing bad news consultation/ breaking news ie cancellation of procedure, negative result etc .
- Preparing treatment protocol.
- Two week wait
- Availability of standard equipment or referral within the area.
- Financial constraints
- Patients emotions stories

Things that can cause stress to client during treatments



- There is an emotional, physical, and financial burden that goes along with fertility treatments.
- Inadequate number of follicles developing .
- Too many follicles develop, creating a risk of ovarian hyperstimulation syndrome.
- Having too few or no eggs to retrieve.
- The eggs fail to fertilize.
- The embryos not developing normally.
- In other medical issues, The IVF cycle may be canceled if certain problems develop along the way, any of these situations may produce a sense of loss for the woman or the couple.

Sometimes Doctors' practise might increase stress to the patient unknowingly

- ✓ Harsh comments
- ✓ Judgemental questions
- ✓ Non verbal response
- ✓ Escaping client after seeing no other treatment/improvement
- ✓ Poor listening skills

First impression and Raport building



According to Dr Muhammad El-hennaway 2011, psychogenic infertility provide steps of consultation

1. Inniciate the session(welcomming, greating, introduction)
2. Information gathering and assessment
3. physical examination
4. Explanation and planning
5. Father treatment or refarrah

How can we prevent excessive stress?

- ✓ Ancian principle 'mens Sano in corporo sano- a heathy mind in a healthy Body' aiming to achive life balance of physical and mental fitness.
- ✓ The PRAISES approach to assessing life balance:

DOMAIN	ACTIVITIES
Physical	health/self care
Recreational	Fun/ relaxation
artistic	Creative pursuits or appreciate creativity of others eg listening music
intellectual	Direct or indirect learning
Spiritual	Connection beyond the individual/family (eg. community, religion)
Employment	Pursuit of financial goals
Social	Time spent with important others (eg. family)

Vitamins That Boost Mental Health and reduce stress

Incorporating foods with these vitamins into a diet can help improve brain function and mental health:



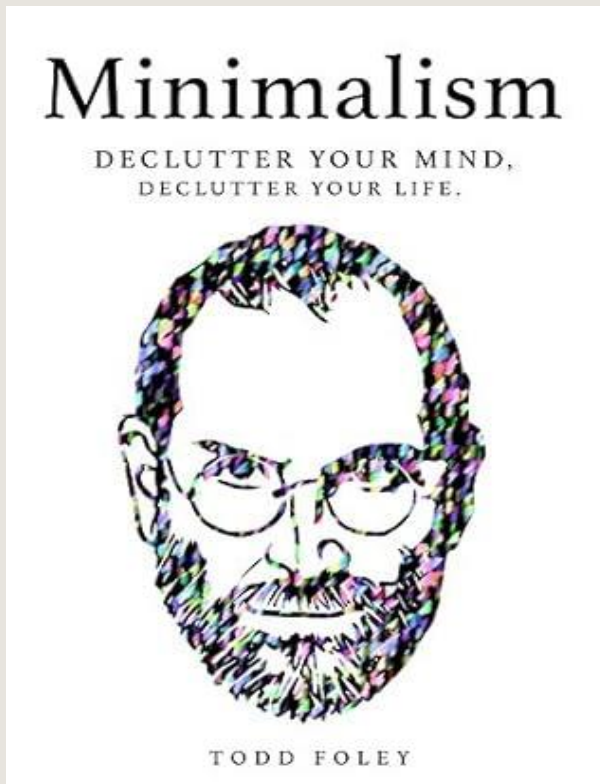
- ✓ **B vitamins:** B12 and B9 (folate) are well-known for influencing mental health and mood. B vitamins are necessary to produce neurotransmitters like serotonin and dopamine, which contribute to pleasure and overall mood.
- ✓ **Magnesium:** This vitamin helps regulate the nervous system. Adding magnesium to a diet can help reduce the risk of depression.
- ✓ **Omega-3:** Fatty acids like omega-3 can contribute to improved mood disorders and neurotransmitter function to boost mental state.
- ✓ **Vitamin C:** In addition to boosting the immune system, vitamin C can impact energy levels, mood, anxiety and mental function.
- ✓ **Vitamin D:** Many mental health conditions have been associated with low vitamin D levels. Adding this vitamin to a diet can help improve brain function and mood.

Stress Management Techniques

- 1. Minimalist Mindset

Minimalist lifestyle embraces living more

- ✓ intentionally
- ✓ values simplicity,
- ✓ satisfaction,
- ✓ and purpose.



- minimalism is about eliminating the unnecessary to bring focus and appreciation to what truly matters.
- minimalist mind is It doesn't worry about things that it can't control but rather chooses to focus on what it can control to the best of its ability, knowing the final outcome is in the hands of a greater power.

2. Relaxation techniques

- ✓ Breathing Exercise/ deep breath
- ✓ Positive thinking
- ✓ Counting
- ✓ Massage
- ✓ Hand therapy/stress ball.
- ✓ Games like bubble wrap popping, candy crush, card, and words games.



3. Spend time in Nature

- ✓ Spending time in nature can help relieve stress and anxiety, improve mood and boost feelings of happiness and well-being....
- ✓ According to frontiers in psychology 2019 spending, just 20-30 minutes of connecting with nature can help lower stress hormone levels.





Take Home Message



- ✓ Communication is essential to understand the patient as individual, it is wrong to think that patient is ignorant but dangerous to assume that their understanding of specific terms is the same as yours
- ✓ Referral skills are recognised to be an important competence for doctors. Alone we can do so little, together we can do so much
- ✓ Taking care of your self is the most powerful way to begin to take care of others
- ✓ Never ever forget, even for one moment how truly amazing you are

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A top-down photograph of a smartphone with a black frame and a light-colored screen. The screen displays the words "THANK YOU" in a bold, black, hand-painted font. The phone is centered on a plain, light gray surface. Surrounding the phone is a circular arrangement of various dried floral elements. These include clusters of small, light pink flowers, larger pale pink hydrangea-like flowers, delicate white flowers, and sprigs of dried purple flowers. Some stems have dark brown, dried leaves. The overall aesthetic is soft and natural, with a focus on gratitude and appreciation.

**THANK
YOU**