

Impact of Proper Counselling and Handling of Patient in Infertility Treatment

Antony Tobin Thomas*

Senior Embryologist, IVF Center, Dayanand Medical College and Hospital, Ludhiana, India

***Corresponding Author:** Antony Tobin Thomas, Senior Embryologist IVF Center, Dayanand Medical College and Hospital, Ludhiana, India.

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Any couple who decide to undergo fertility treatment approach an infertility clinic with lot of expectations along with doubtfulness regarding the treatment process. So, it is the responsibility of all the staff in the IVF team to deal with the patients in such a way that they feel comfortable to explain worries and also clarify their doubts. A proper counselling happens only when the couple attains a stage of emotional balance.

The first step begins from the reception itself. The couple asks about the treatment cost, also about the experience of doctor and the embryologist. The first impression will be either from the receptionist or from the person who referred the couple to the particular IVF centre, from the experience they had or the results they got. There should be proper answers for all the doubts expressed and in a very polite manner.

Later, when the couple meets the IVF nurse/co-ordinator, there will be again questions regarding the treatment. Patient will try to ask and collect details from everyone in the IVF centre if it is their first visit to an infertility clinic. Any member of the staff who does not have proper knowledge about the treatment modalities should not try to explain anything that is likely to create confusion or to loss confidence level in the couple, but should lead the couple to the IVF counsellor or Embryologist.

The counselling should begin with assessing the knowledge level of couple regarding the treatment process. Most of the patient would have made a basic research before they arrive at the clinic. A counsellor should have adequate basic knowledge about the theoretical and practical aspects of IVF. Proper explanations should be given about donor samples, handling of donor samples if required and the consent and confidentiality to be maintained. The success of counselling depends mainly on how the situation is dealt with psychologically. Or else, counselling should be given by the embryologist himself who can explain to the couple each and every step of IVF in a simple way by drawings or notes.

The couple is likely to be in stress especially from the beginning and during the treatment. They should be given proper guidance in stress control measures, such as meditation or reading. They should be advised not to be a part of family or social issues. They should avoid strenuous activities, but regular exercises should be recommended with healthy diet, refraining from alcohol and tobacco products.

One more essential thing is not to disclose all the IVF diagnosis or treatment to friends and relatives which may create further emotional disturbance when the news spreads. The couple should feel the clinic like a second home. The fertility treatment success rate depends on the whole IVF team and the belief and confidence level attained by the couple regarding the treatment and the clinic.

In a nutshell, the couple should realise that the treatment is same around the globe with regard to the expertise of the team, but they have to prepare themselves both physically and mentally to fulfil the dream of having a baby.

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