



## Caring for a Spouse with a blood cancer

### The HOPE model of evaluating online health information

**H**onest and trustworthy

**O**bjective

**P**ractical

**E**xpertise



### Communicating with others about online health information

1. Let them know you've read their message
2. Reflect and describe their thoughts
3. Ask their opinion about the quality of information
4. Outline the next steps for confirming whether the information they shared

### Communicating with doctors about online health information

1. State your reason for reading online health information
2. Describe the steps you have taken to ensure you are choosing credible information
3. Acknowledge the doctor's expertise
4. Express appreciation for the doctor's partnership and willingness to listen

## **PACES approach for communicating with doctors**

**P**resent information

**A**sk questions

**C**heck understanding

**E**xpress concerns

**S**tate preferences



## **4 Skills for supporting your spouse in communicating with their doctor**

- 1.** Introduce yourself at the beginning of the visit
- 2.** Ask permission from your spouse to share information or ask questions
- 3.** Check with your spouse to make sure what you say is correct
- 4.** Encourage your spouse to use good communication skills

## **TIES approach to practicing open and supportive family communication**

**T**ake the lead

**I**nitiate the conversation

**E**xplain the importance of the conversation

**S**ustain supportive and open communication in the moment and with ongoing conversations



## **Skills for communicating openness and support with family**

- 1.** Be direct and express your caregiving needs
- 2.** Address the benefits to discussing the issue
- 3.** Listen and validate your loved one's feelings
- 4.** Show love and concern



**Healthy Communication Practice™**