




# AI-00192 Therapeutic Fibbing

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## therapeutic fibbing

Therapeutic fibbing, also known as therapeutic deception, is a technique sometimes used in healthcare and caregiving settings to alleviate distress and improve the quality of life of patients with cognitive or memory impairments, such as dementia. It involves telling a white lie or creating a fiction in order to avoid causing distress or confusion to the patient.

For example, a caregiver may tell a person with dementia that their deceased spouse is still alive in order to avoid causing them the distress of remembering that their spouse has passed away. Another example might be a nurse telling a patient with memory impairment that they have already taken their medication when they have not, to avoid causing the patient anxiety or distress.

While some people may feel uncomfortable with the idea of lying to patients, in certain circumstances, therapeutic fibbing may be considered a compassionate and ethical approach to care. It is important to note, however, that the use of therapeutic fibbing should always be carefully considered and implemented in a way that respects the dignity and autonomy of the patient.

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Therapeutic fibbing is sometimes used in healthcare settings to help alleviate distress or anxiety in patients with cognitive or memory impairments, such as dementia or Alzheimer's disease. These conditions can cause patients to become confused, agitated, or upset, and in some cases, may lead to behaviors that are difficult to manage.

Therapeutic fibbing can be used in a variety of situations to help patients with cognitive or memory impairments feel more at ease. For example, a caregiver might tell a patient with dementia that they are on vacation or visiting relatives, rather than in a hospital or care facility. This can help the patient feel more relaxed and less anxious, and may make it easier for them to cooperate with care.

Another example might be a nurse or caregiver telling a patient with memory impairment that it is time for a doctor's appointment or a meal, even if the patient has already gone through this routine. This can help the patient stay oriented and reduce confusion and agitation.

While the use of therapeutic fibbing is controversial, proponents argue that it can be an effective way to help patients with cognitive or memory impairments feel more comfortable and less anxious. It is important, however, to use this technique thoughtfully and with sensitivity to the needs and preferences of the patient, and to always prioritize their dignity and autonomy.