

## Guideline 12: Family anger

i **LEARNING OUTCOMES:** *In this section,[UPDATE]*

### Introduction

Whilst family carers displaying anger and aggression in consultations is considered uncommon, it can be difficult to manage when it occurs <sup>25</sup>. Family carers may display anger for a number of reasons related to the clinical situation such as:

- reactions to the experience and process of illness
- difficulties with the healthcare system
- not getting on with healthcare team members <sup>65</sup>.

Alternatively, carers' anger may be the result of other causes including their own personality traits, substance use, or mental health issues <sup>65</sup>.