

Breaking bad news is one of the most challenging tasks faced by healthcare professionals. By employing structured communication protocols, healthcare providers can improve their ability to support patients through some of the most difficult moments of their lives, ultimately enhancing patient care and outcomes. It involves delivering information that may drastically alter a patient's perception of their future, evoke strong emotional responses, and significantly impact their psychological well-being. Other models, such as the ABCDE and PREPARED protocols, also emphasize the importance of preparing the environment, assessing patient understanding, and providing continuous support. Breaking bad news is not limited to a single cultural or medical context; it is a global challenge with diverse approaches tailored to different cultural norms and healthcare systems. Poor communication in these situations can lead to increased patient anxiety, decreased trust in healthcare providers, and even poorer health outcomes.