

Disclosure

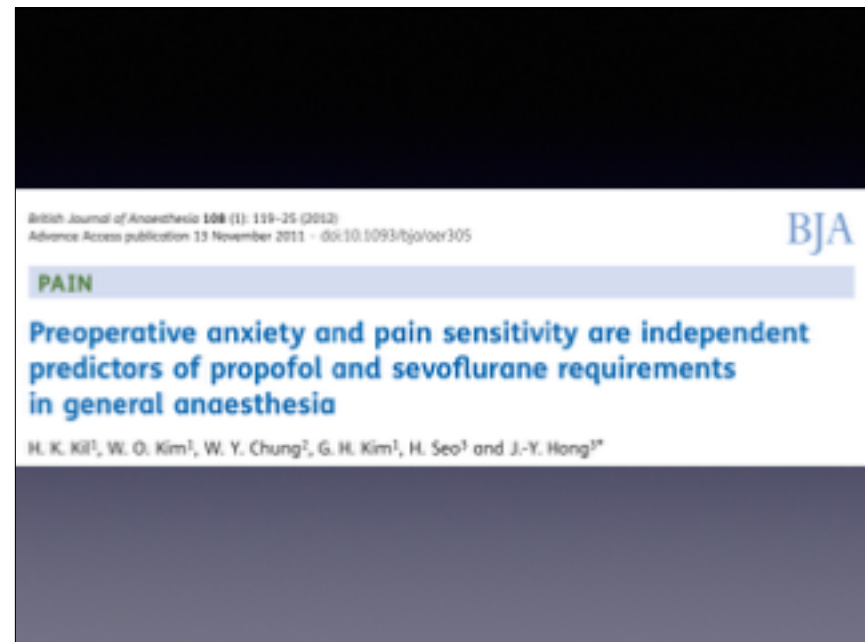
NOTHING TO DECLARE



Casus

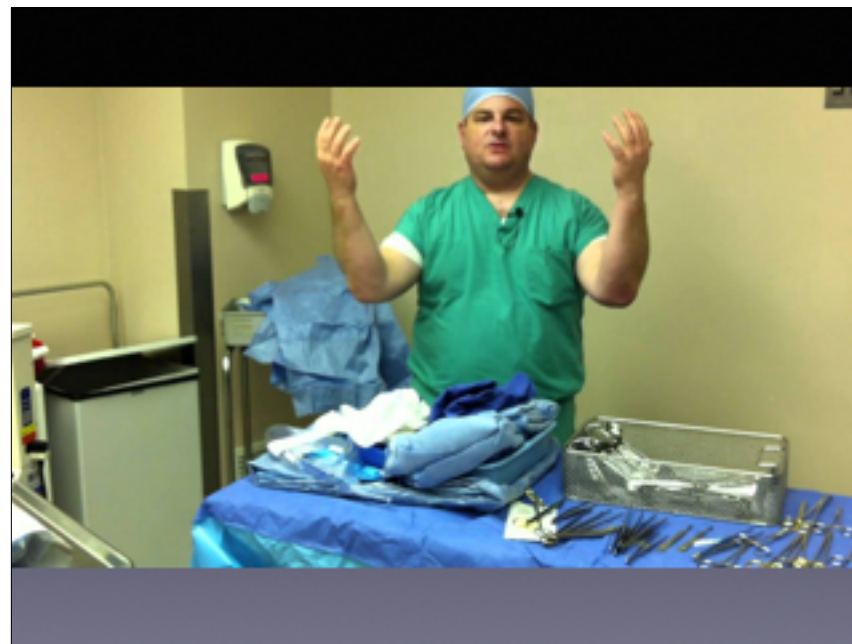
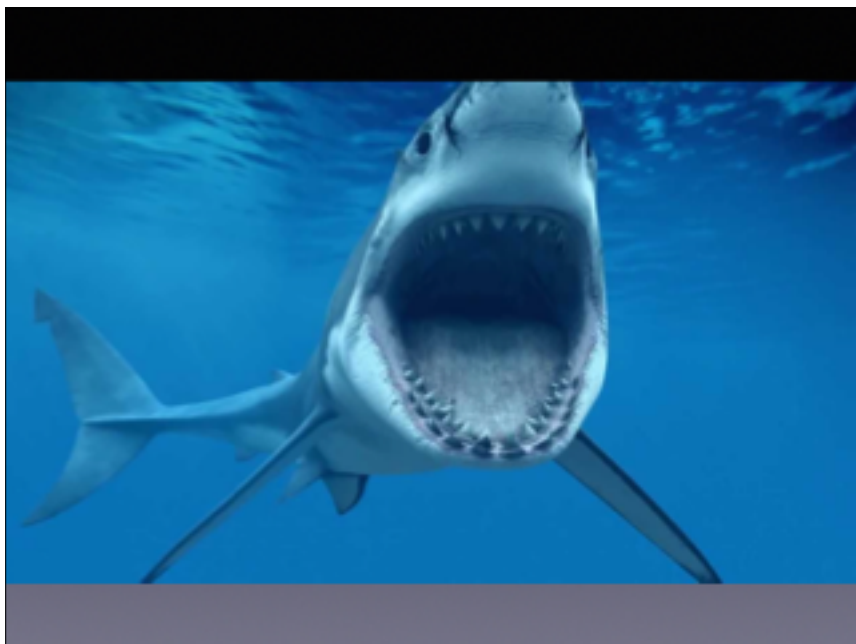
- Jongen, 13 jaar oud, HME/MO
- 8 x OK, eerste OK op 7-jarige leeftijd
- Extreme prikangst ontwikkeld, hyperventilatie & braken

- Ontspanningsoefeningen
- Infusieprieken onder lachgassedatie
- EMDR vanwege naaldfobie
- Oefensessie lachgassedatie in aanwezigheid van moeder en psycholoog. Hypnose door verpleegkundige.
- Opname voor OK na enkele weken

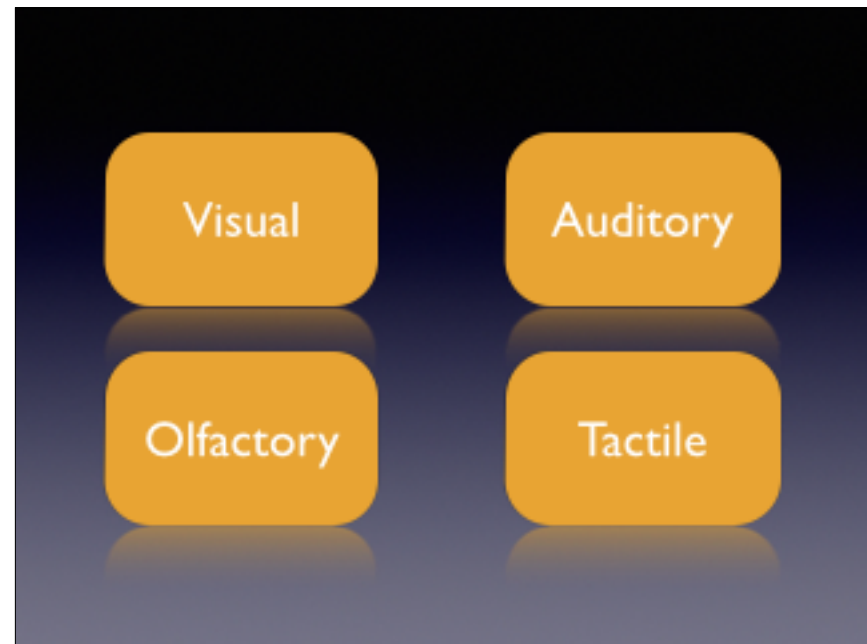
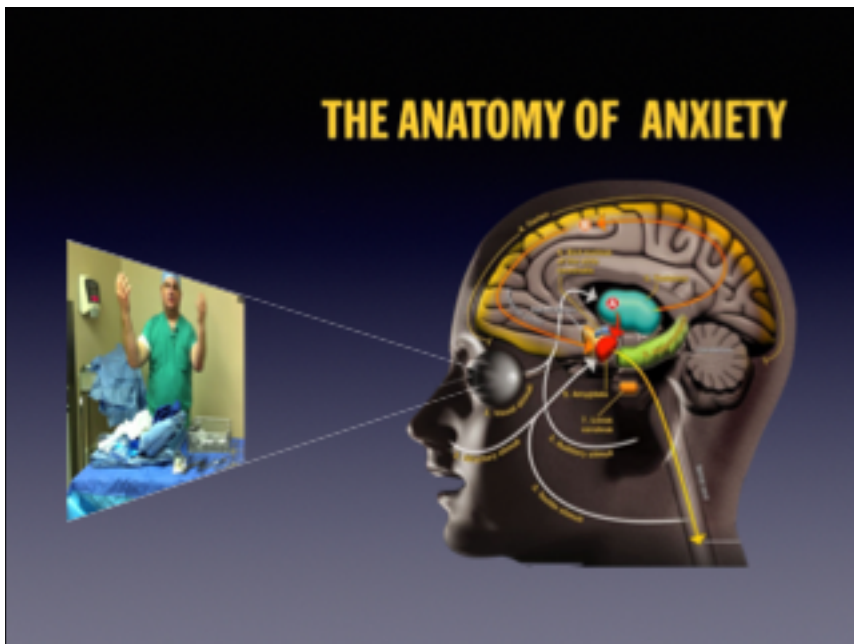
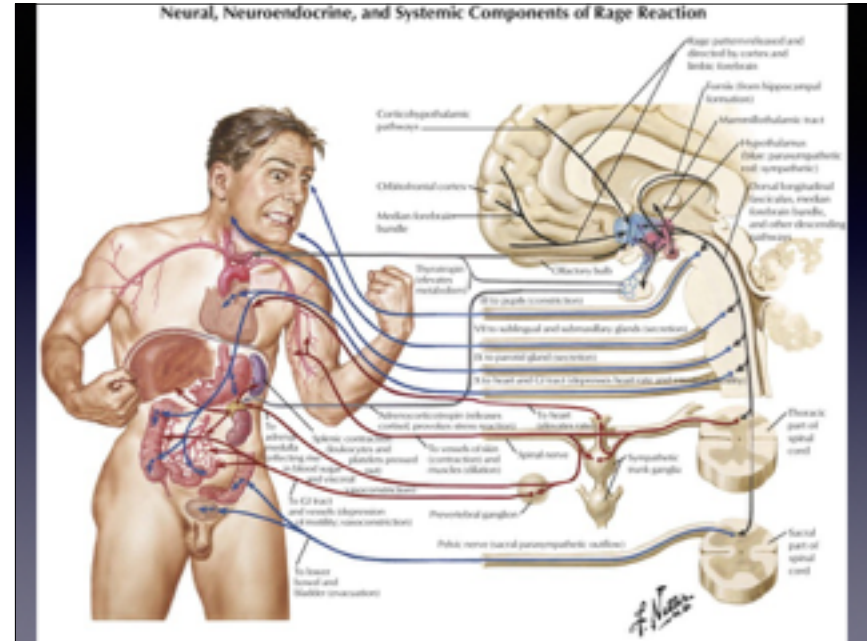


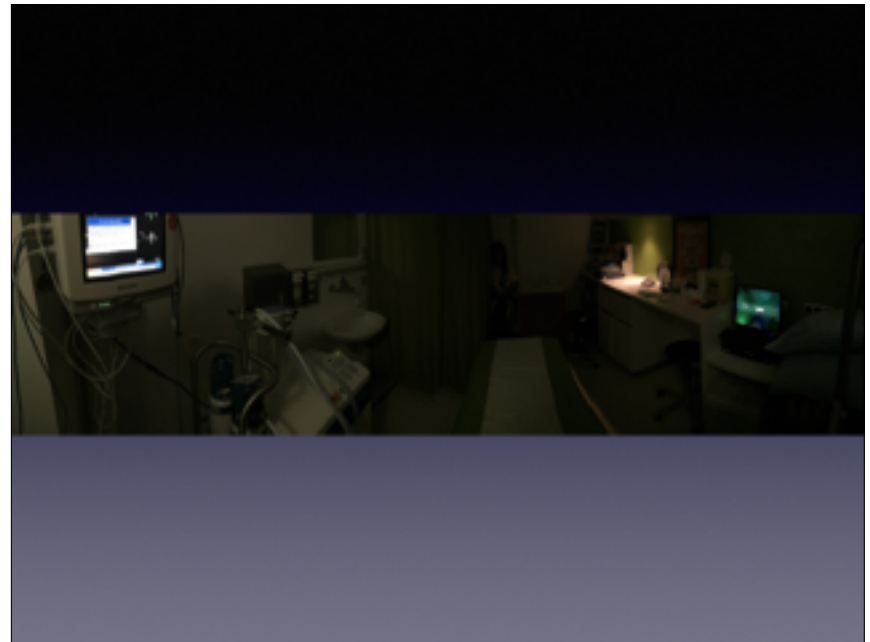
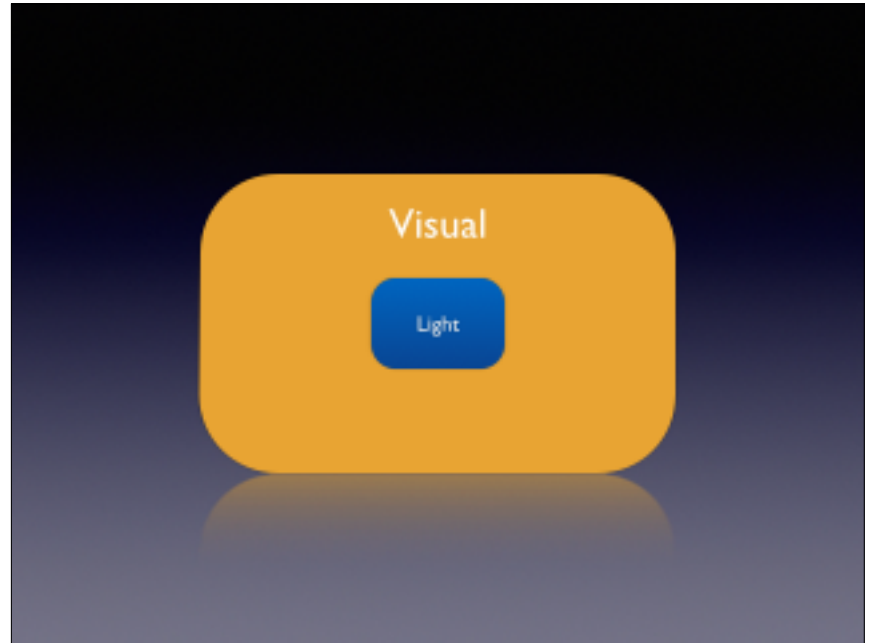
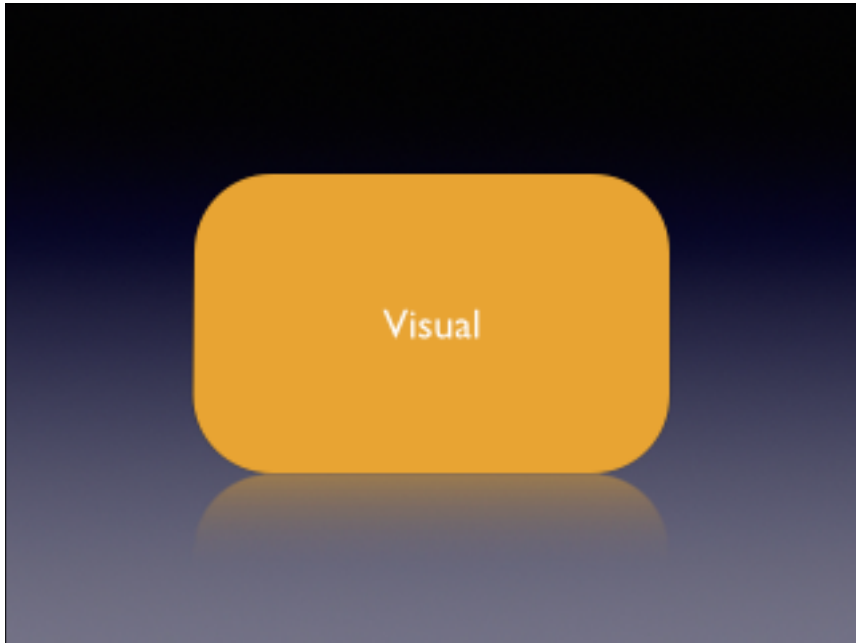
Conclusions. Preoperative anxiety and pain sensitivity are independent predictors of propofol and sevoflurane requirements in general anaesthesia. Anaesthetic and analgesic doses could be modified based on the patient's preoperative anxiety and pain sensitivity.

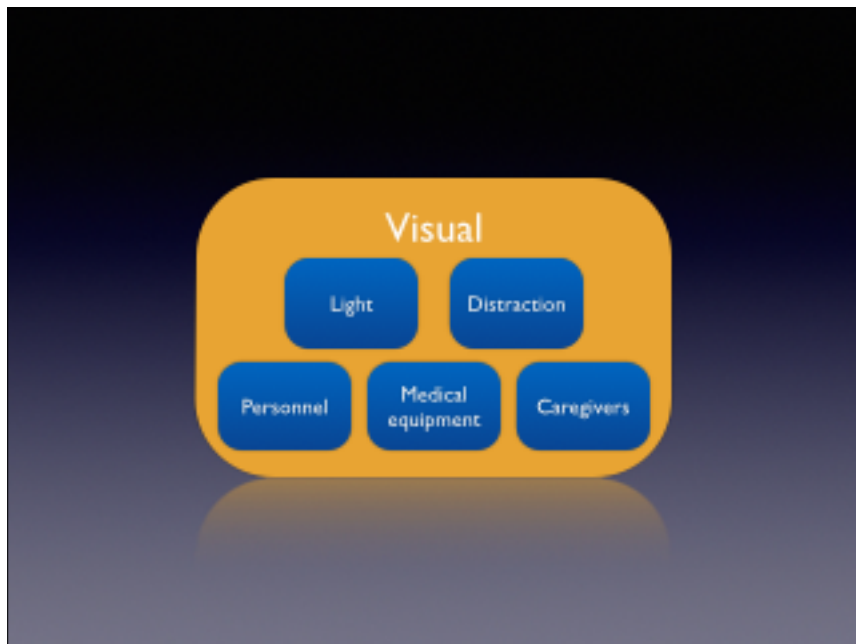
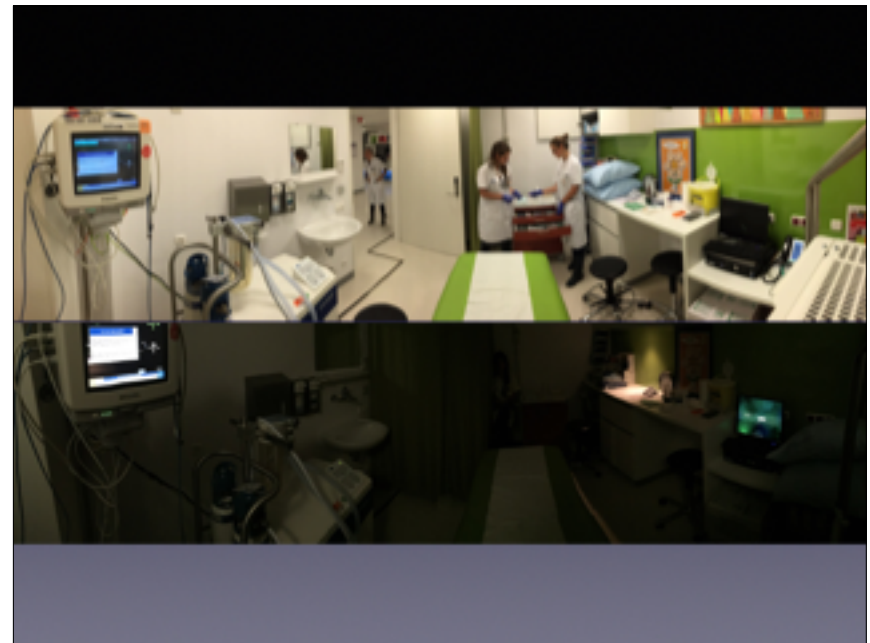
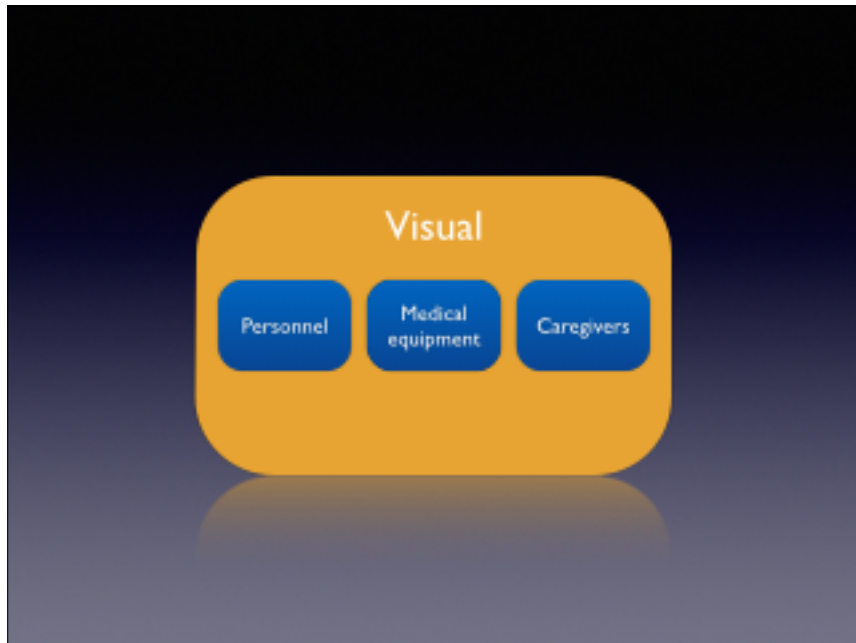


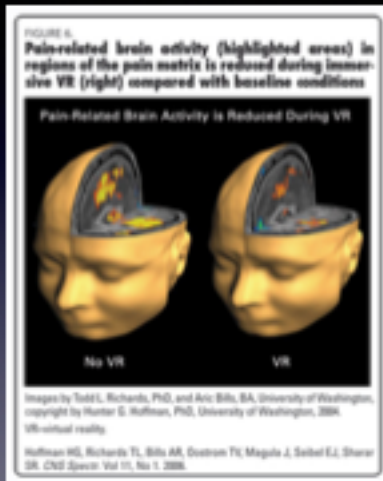












Visual

Auditory

Olfactory

Tactile

Auditory

Auditory

Auditory

Music

Distraction

ARTICLES

Adjunctive non-pharmacological analgesia for invasive medical procedures: a randomised trial

Elina V Lang, Eric G Benotuch, Lutz J Fick, Susan Lugensdorf, Michael L Berbaum, Kevin S Berbaum, Henrietta Logan, David Spiegel

Both Inova Daewoo Medical Center, Harvard Medical School (E V Lang), **Department of Radiology, Boston, MA** (E V Lang), **University of Iowa, Iowa City, IA, Departments of Radiology** (E V Lang, E G Benotuch), **U of Pitt at, K S Berbaum MD, Psychology** (S Lugensdorf), **Division of Public Health Services and Research, University of Florida, Gainesville, FL** (H Logan), **Institute for Social Science Research, University of Alabama, Tuscaloosa, AL** (K S Berbaum) and **Stanford University, Department of Psychiatry and Behavioral Sciences, Redwood, CA** (D Spiegel) MD, USA

Correspondence to: Dr Elina V Lang, Department of Radiology, Inova Campus 02308, Both Inova Daewoo Medical Center, 330 Brookline Avenue, Boston, MA 02215, USA (e-mail: elang@caregroup.harvard.edu)

The study was approved by the Institutional Board for Human Subjects Review. Eligible individuals were adults referred for percutaneous transhepatic diagnostic and therapeutic peripheral vascular and renal interventions, who were able and willing to give written informed consent. Exclusion criteria were acute chronic obstructive pulmonary disease, psychosis, intolerance of sedation or fasting, pregnancy, inability to hear or understand English. After one of the operators had obtained informed consent for the planned invasive medical procedure, a research assistant asked the patient to participate in a research study to assess whether a relaxation exercise would enhance comfort during invasive procedures. Patients were told that the chance of having this relaxation exercise would be one in three, and that, irrespective of whether they would have this relaxation exercise or not, they would have access to as much medication for comfort as they wanted within safe limits. Consenting patients were then screened

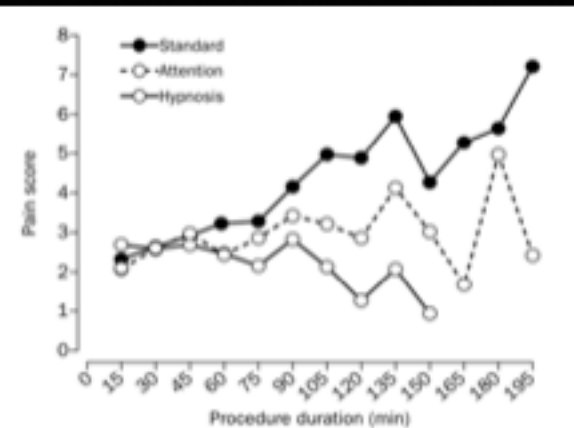


Figure 3: Average pain score as a function of procedure-time interval for each group



Valkuilen

- "probeer stil te liggen"

"adem zo normaal mogelijk"

"je hoeft nergens bang voor te zijn" "niet bewegen"

Wel doen:

- En wanneer je goed stil blijft liggen...
- Géén aandacht geven aan ademen, of...
- Géén aandacht geven aan bewegen, of...
- Vermijd indien mogelijk woorden als angst, pijn ed.

Wel doen:

Vermijd het 'voorschrijven' van pijnperceptie:

"Voor de één voelt dit als een ijsklontje, voor de ander als een haarborstel op de huid. Ik ben benieuwd hoe dit voor jou voelt?"

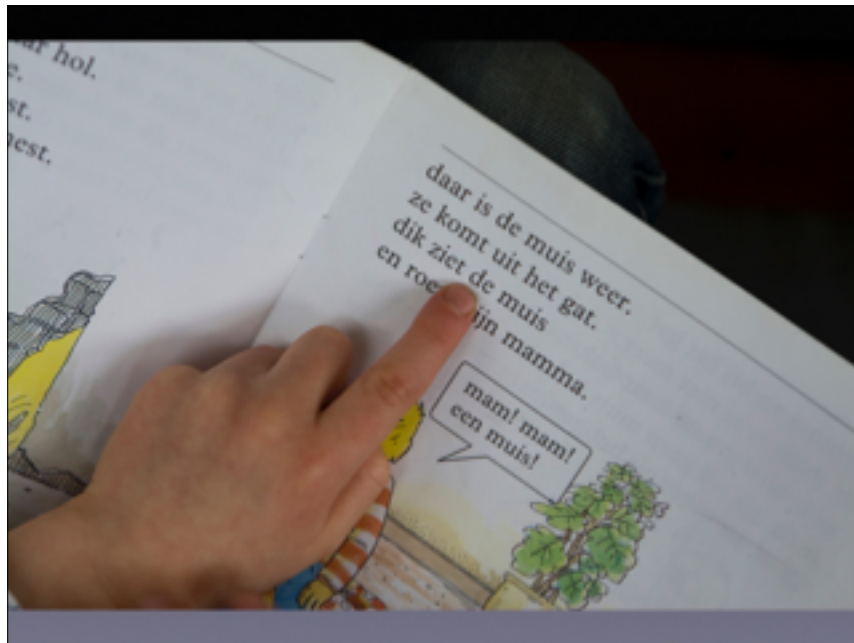
"Ik ben benieuwd wanneer jij het minder voelt worden"

Hypnotische technieken in de medische setting

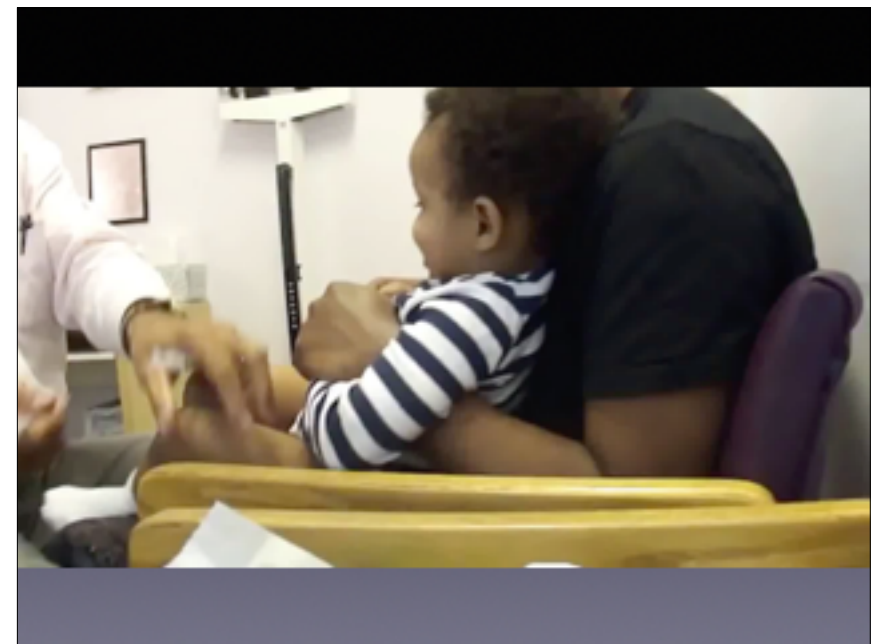
Pijn- en stressreductie, door ontspanning en concentratie

Hypnose is helemaal niet opzienbarend, maar iets alledaags dat iedereen kan leren





You Tube filmpje The Best Child Doctor



“The magic glove”
Leona Kuttner

Hypnoanalgesia
Using the Magic Glove

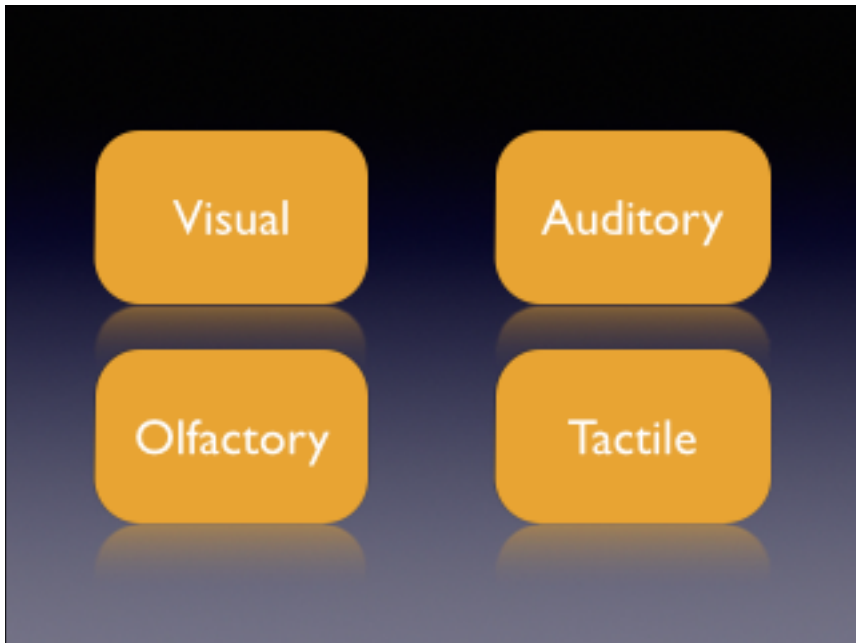
Visual

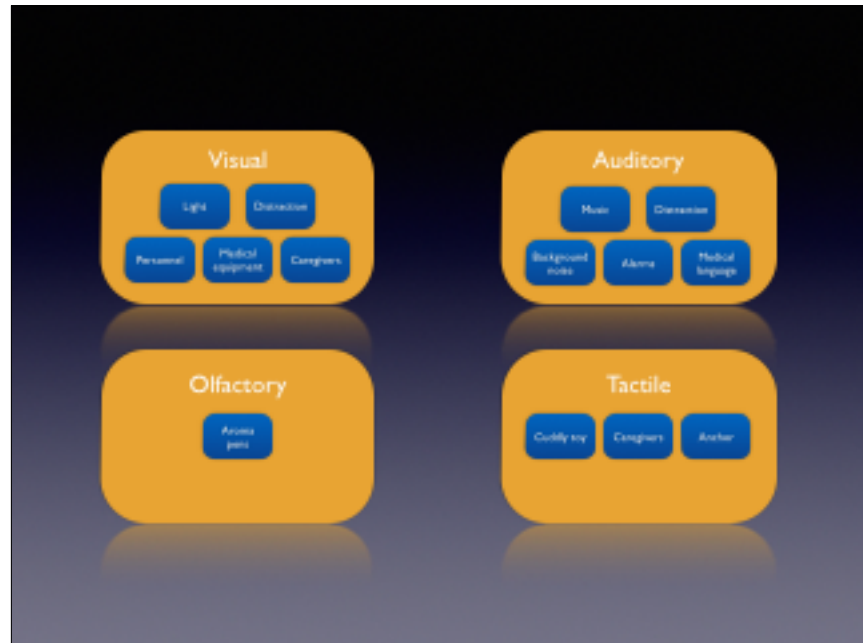
Auditory

Olfactory

Tactile

Olfactory







Hypnotherapy in combination with PSA

Methods to measure anxiety during PSA



Summary

Experience your department through the eyes of a child

Get to know what is already in use

Get training

Incorporate non-pharmacological treatments in your PSA protocol