



The implementation of hypnosis and hypnotic communication as complementary approaches to improve clinical outcomes.



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Background:

Scientific literature tells us that the subjective experience of patients during their stay in the hospital affects both clinical outcome (e.g. length of stay, morbidity and mortality) as well as economic costs. A holistic approach, including pharmacological and non-pharmacological techniques (i.e. hypnosis and hypnotic communication), has a huge impact on patients' experience. Being able to manage anxiety, fear and pain becomes therefore crucial in order to care and assist the patient. Consequently, specific training on the use of these non-pharmacological approaches in different clinical settings is needed, as healthcare professionals trained with basic hypno-analgesic techniques can reduce procedural discomfort and pain in patients.

Methods:

On the basis of a preliminary collection of data, specific clinical areas and potentially painful diagnostic-therapeutic procedures were identified. Separate training courses on hypnotic communication and clinical application of hypnosis were implemented. Anxiety and pain scores and clinical outcome data were collected and analysed in specific clinical settings, before and after the above training courses.

Results:

The measurement of the results on patients' experience with respect to their Diagnostic Therapeutic Assistance Path, highlighted how improved communication skills, and in particular the use of Hypnotic Communication, enable a clear reduction of anxiety, fear and pain.

In areas where hypnotic communication and hypnosis were taught and implemented:

- anxiety and pain scores showed a reduction of more than 50%;
- 88% of patients reported periprocedural pain; NRS 3 and only 2% of NRS 5;
- 100% of patients declared having benefitted from the use of hypnotic communication..

Discussion:

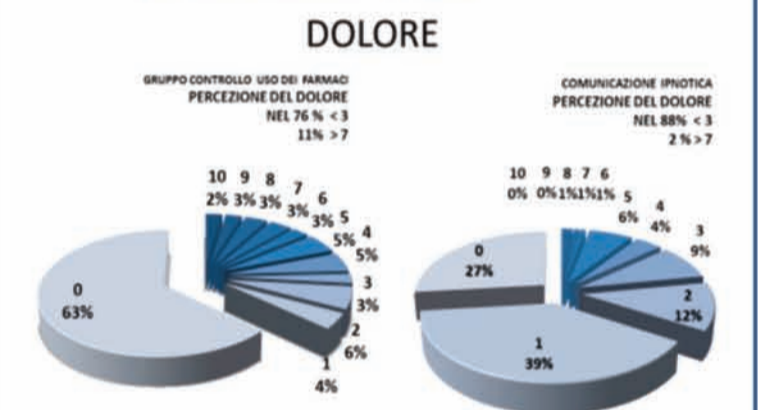
The development of communication and relational skills, including hypnotic communication tools fitting the purpose, allows a new paradigm, which is the key in order to improve the therapeutic alliance with the patient. The data collected showed that the traditional approach carried out using anesthetics allows a moderate control of analgesia, the results are similar when using hypnosis. The use of complementary techniques, such as hypnotic, can be effective in reducing anxiety and pain perception, as well as increasing patient compliance with treatments.

Conclusion:

Implementing complementary approaches, such as hypnosis and hypnotic communication, improves patients' experience by reducing anxiety and pain and it can have a significant impact on length of stay and prognosis. It has also been observed that hypnosis and hypnotic communication during the execution of the diagnostic-therapeutic intervention and assistance procedures has an economic impact: overall cost drops as execution times are shorter and use of pharmacological therapies decreases.

Acknowledgements:

special thanks to the professionals of ASIECI for their cooperation in data collection



Tra le procedure prese in considerazione:

impianti di neuro stimolatore midollare SCS, biopsie ossee Radiofrequenza nervi, blocchi terapeutici articolazioni, balneazioni Grandi Ustionati, ambulatorio traumatologia, coronarografie, impianti di pace maker cardiaci, eco-cardio-trans-esofageo, ablazioni cardiache, chiusure forame ovale pervio, impianto di valvola aortica trans catetere TAVI, gastroscopie, colonscopie, broncoscopie, RMN, Maschere per Radioterapia in pazienti con stato fobico