

Implications in anaesthesia and perioperative care in clinical hypnosis.

Zhiyi Clancy*

Department of Anesthesia, University of Melbourne, Australia

Introduction

Clinical hypnosis can be used as an adjunct to anaesthesia to help manage pain and anxiety during medical procedures. Hypnosis is a state of focused attention and relaxation that allows patients to be more receptive to suggestions and imagery, which can help them to control their pain, reduce anxiety, and promote a sense of well-being. When used in combination with anaesthesia, hypnosis can help to reduce the amount of anaesthetic needed and decrease the risk of complications associated with anaesthesia. Hypnosis can also help patients to recover more quickly from surgery and have a more positive experience overall.

Some common uses of hypnosis in anaesthesia includes reducing anxiety before surgery, Managing pain during surgery, Enhancing postoperative recovery and reducing the need for pain medication, Managing symptoms of nausea and vomiting associated with anaesthesia. Before using hypnosis in anaesthesia, a patient should be evaluated by a qualified healthcare professional who is trained in hypnosis and familiar with the patient's medical history and current condition. The hypnotherapist will work with the patient to develop a personalized plan for using hypnosis during the procedure, which may involve suggestions for relaxation, pain control, and other coping strategies [1].

Clinical hypnosis is a complementary therapy that can be used in conjunction with traditional anesthesia and perioperative care. Hypnosis involves guiding a person into a relaxed state of consciousness, in which they are more open to suggestion and can tap into their subconscious mind. This can be useful for a variety of purposes, including reducing anxiety, managing pain, and improving overall well-being [2].

In the context of anesthesia and perioperative care, hypnosis can be used to help patients manage anxiety before and during surgery, reduce pain during and after surgery, and promote faster recovery. Hypnosis can also be used to reduce the need for anesthesia or analgesic medication, which can have side effects and lead to longer recovery times. There are several ways hypnosis can be used in anesthesia and perioperative care. One approach is to use hypnosis as a standalone therapy, in which a trained hypnotherapist guides the patient through the hypnosis process before and during the surgical procedure. Another approach is to use hypnosis as an adjunct to traditional anesthesia, in which the patient is given medication to induce anesthesia but also receives hypnosis to help manage anxiety and pain.

There is growing evidence to support the use of hypnosis in anesthesia and perioperative care. A systematic review of 17 randomized controlled trials found that hypnosis was effective in reducing anxiety and pain in patients undergoing surgical procedures. Another study found that patients who received hypnosis before surgery required less analgesic medication and reported lower levels of pain compared to those who did not receive hypnosis. Overall, clinical hypnosis is a safe and effective complementary therapy that can be used in conjunction with traditional anesthesia and perioperative care to improve patient outcomes. If you are considering using hypnosis as part of your surgical care, it is important to consult with a qualified hypnotherapist who is experienced in working with patients undergoing surgical procedures [3].

Clinical hypnosis is a technique that has been used in anaesthesia and perioperative care to help reduce anxiety, pain, and stress, and to facilitate faster recovery after surgery. The use of clinical hypnosis in these settings has several implications, including Reducing anxiety: Anxiety is a common occurrence in the perioperative period and can have negative effects on the patient's overall experience. Clinical hypnosis can help reduce anxiety by inducing a state of relaxation and calmness, which can also lead to a smoother induction and maintenance of anaesthesia. Pain management: Clinical hypnosis can be used as a complementary technique to traditional pain management strategies, such as medication. By inducing a state of relaxation, hypnosis can help reduce pain perception and the need for pain medication. Reducing the need for general anaesthesia: In some cases, clinical hypnosis can be used as an alternative to general anaesthesia. For example, hypnosis can be used for minor procedures, such as dental work, to reduce anxiety and pain without the need for general anaesthesia [4].

Shorter recovery time: Clinical hypnosis can help reduce the time it takes for a patient to recover after surgery. By inducing a state of relaxation and reducing anxiety and pain, the body can focus on healing and recovering more quickly. Improved patient satisfaction: Patients who undergo hypnosis as part of their perioperative care often report higher levels of satisfaction with their overall experience. This can lead to better patient outcomes and improved patient-provider relationships. Overall, the use of clinical hypnosis in anaesthesia and perioperative care can have significant implications for patient care and outcomes. It is important for healthcare providers to be aware of the benefits of hypnosis and to consider it as part of their approach to perioperative care [5].

*Correspondence: Zhiyi Clancy, Department of Anesthesia, University of Melbourne, Australia, E-mail: zhiyiclancy@gmail.com

Received: 06-Mar-2023, Manuscript No. AAAA-23-94625; Editor assigned: 08-Mar-2023, PreQC No. AAAA-23-94625 (PQ); Reviewed: 22-Mar-2023, QC No. AAAA-23-94625; Revised: 27-Mar-2023, Manuscript No. AAAA-23-94625 (R); Published: 07-Apr-2023, DOI:10.35841/aaaa-5.2.138

References

1. Pesce A, Palmieri M, Cofano F, et al. Standard awake surgery versus hypnosis aided awake surgery for the management of high grade gliomas: a non-randomized cohort comparison controlled trial. *J Clin Neurosci*. 2020;77:41-8.
2. Lang EV, Hatsiopoulou O, Koch T, et al. Can words hurt? Patient-provider interactions during invasive procedures. *Pain*. 2005;114(1-2):303-9.
3. Sola C, Devigne J, Bringuier S, et al. Hypnosis as an alternative to general anaesthesia for paediatric superficial surgery: a randomised controlled trial. *Br J Anaesth*. 2023.
4. Lang EV, Benotsch EG, Fick LJ, et al. Adjunctive non-pharmacological analgesia for invasive medical procedures: a randomised trial. *The Lancet*. 2000 355(9214):1486-90.
5. Patterson DR, Jensen MP. Hypnosis and clinical pain. *Psychological bulletin*. 2003;129(4):495.