

## Hypnosis doesn't improve post-op anxiety, pain in children

April 18 2017

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(HealthDay)—A short hypnosis session performed in the operating room

prior to major surgery does not improve postoperative anxiety and pain levels among pediatric patients, according to a study published online April 12 in the *Journal of Clinical Nursing*.

Nathalie Duparc-Alegria, from the Hôpital Robert-Debré in Paris, and colleagues assessed the impact of a short hypnotic session on postoperative anxiety and pain among 120 children (aged 10 to 18 years) undergoing major orthopedic surgery.

The researchers observed no difference between patients' anxiety scores in the control group and the hypnosis group 24 hours after surgery ( $P = 0.17$ ). Both groups experienced a significant decrease in [anxiety level](#) between the day before surgery and the day after surgery ( $P$

"The decrease in anxiety and pain levels may be due to the addition of nurse preoperative interviews and optimization in communication in the [operating room](#)," the authors write.

**More information:** [Abstract](#)  
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Citation: Hypnosis doesn't improve post-op anxiety, pain in children (2017, April 18) retrieved 19 April 2024 from <https://medicalxpress.com/news/2017-04-hypnosis-doesnt-post-op-anxiety-pain.html>

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