

Anesthésie-Réanimation et dysfonction neurologique

ID: 497

The Use of Delta Wave Hypnosis for Reducing Perioperative Anxiety in Cataract Surgery

H. Elaskri*(1), E.Berrima(1), H.Bargaoui(1), S.Ben fraj(1), I.Labbene(1),

M.Ferjani(1) (1) anesthésie réanimation, hôpital militaire de Tunis, Tunis, Tunisia

**Auteur présenté comme orateur*

Position du problème et objectif(s) de l'étude:

Phacoemulsification is the most common treatment for cataract. It is a safe and effective, many patients experience anxiety and fear before the surgery. Various approaches have been used to manage it, with hypnosis being a promising option. Hypnoanalgesia is a form of hypnosis that uses delta waves to induce a relaxation and reduce pain. The aim of this study was to assess the effectiveness of using delta waves auditory hypnosis in decreasing acute perioperative anxiety in cataract surgery.

Matériel et méthodes:

After obtaining the Local Ethics Committee approval, a prospective observational comparative and monocentric study was conducted over 5 weeks. We included patients aged 18 to 75 years scheduled to undergo ambulatory surgery under local anesthesia procedure.

Individuals with auditory dysfunction, cognitive disorder, scheduled under general anesthesia or requiring sedation were excluded. The primary criteria was heart rate evolution, secondary criteria were APAIS score, analgesia score, BIS evolution, blood pressure evolution, patient's, anesthesiologist, and surgeon's satisfaction. All patients underwent a pre-anesthesia exam, and those who gave their written consent were randomized into 2 groups: H group (subjected to delta waves hypnoanalgesia) and T group (underwent conventional cataract surgery under ALR). The study's methodology included preoperative management, anxiety assessment, surgery, and postoperative follow-up. Statistical analysis was performed using Microsoft Excel.

Résultats & Discussion:

The study found that the binaural beat audio group had significantly lower average heart rate, blood pressure and Bispectral Index. Additionally, the results indicate that the delta waves remarkably reduce pain scores and anxiety levels. The lower heart rate during the operation in Group H may indicate a lower level of stress, which could have beneficial effects on the patient's recovery. The higher satisfaction of all parties involved in the surgery in Group H may suggest that this method is more effective or efficient. However, it is important to note that this study has some limitations such as the sample size that was relatively small, which may limit the generalizability of the results. Further research is needed to confirm these findings and to explore the potential advantages and limitations of the audiohypnosis through delta waves. Future studies could also investigate the potential underlying mechanisms that may explain the differences observed between the two groups.

Conclusion:

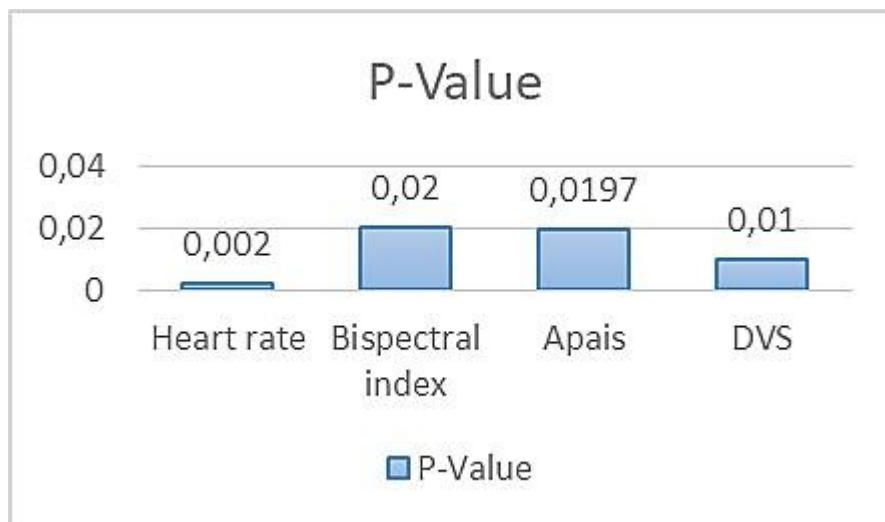
In conclusion, the study compared the effectiveness and benefits of two anesthesia methods, Group H and Group T, in terms of various metrics related to anesthesia and surgery. The results showed that Group H was more effective and beneficial compared to Group T. Patients in Group H had more stable heart rate and blood pressure, and experienced less anxiety during the procedure. Additionally, the satisfaction levels of the surgeon,

anesthesiologist, and patient were higher in Group H.

However, the study had some limitations, such as a small sample size and only comparing two groups. Further research is needed to confirm the findings and explore potential underlying mechanisms. Overall, Group H appears to be a promising anesthesia method with potential advantages over Group T.

Références bibliographiques:

1. Obuchowska I, Konopinska J. Fear and Anxiety Associated with Cataract Surgery Under Local Anesthesia in Adults: A Systematic Review. Psychol Res Behav Manag. juin 2021;Volume 14:781-93.
2. Garcia-Argibay M, Santet MA, Reales JM. Efficacy of binaural auditory beats in cognition, anxiety, and pain perception: a meta analysis. Psychol Res. 1 mars 2019;83(2):357-72.



	<u>group H</u>	<u>group T</u>	<u>P</u>
<u>Heart rate</u>	71,91	61,13	0,002
<u>Systolic blood pressure</u>	138,2	129,009	0,04
<u>Diastolic blood pressure</u>	72,44	64,75	0,005
<u>Bispectral index</u>	94,1	81,86	0,02

Les auteurs déclarent ne pas avoir toute relation financière impliquant l'auteur ou ses proches(salaires, honoraires, soutien financier éducationnel) et susceptible d'affecter l'impartialité de la présentation.