Effects of Therapeutic Suggestion Under Anesthesia on Outcomes in Children post Tonsillectomy
What you say
How you say it
Changes
Outcomes
Effects of Therapeutic Suggestion on Outcomes in Children post Tonsillectomy

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Objectives

- Recognize prevalence/problems: pediatric T&A
- Contrast treatment vs. control with TS
- Summarize background knowledge related to TS
- Identify positive outcomes that might be achieved with TS

(TS=Therapeutic Suggestion)
Tonsillectomy!

PAIN
N&V
Emergence Delirium

Rate: 2-80%

*600,000 cases/year!*

Photo: Courtesy of Wikipedia, Author: James Heilman, MD
• Hypnotic Susceptibility
• Suggestibility
Background Research on TS under Anesthesia post tonsillectomy

Fortier, et al. (2010)
Therapeutic Suggestion
Intervention
Outcome Measures

Implicit Memory
Outcome Measures

Anxiety Levels

Child Rating of Anxiety Scale

“How anxious are you right now?”

“How anxious are you usually at home?”

No Anxiety

5

6

7

8

9

10

Lots of Anxiety

0
Final Sample

94
(4-8 years old)

48
Suggestions, Treatment

46
Noise, Control
Final Sample

94

44
Males

50
Females
% of Total Sample by Age
Preop Anxiety Scores of Sample

<table>
<thead>
<tr>
<th>Parent state anxiety</th>
<th>Parent rating of child state anxiety</th>
<th>Parent trait anxiety</th>
<th>Parent rating of child trait anxiety</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean scores/Total Sample</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>0-3 = low anxiety</td>
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<td></td>
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<tr>
<td>4-6 = medium anxiety</td>
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<td></td>
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<tr>
<td>7-10 = high anxiety</td>
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</table>
Child State Anxiety

- 82% reported 5 or less (medium to low) on a 10 point scale, bimodal distribution
Ethnicity

80% Caucasian, 10% Hispanic, 9% African American, 1% Asian
Pain Outcomes

Comparison of Average Pain Scores

Significant difference at 30 minutes: (p= 0.04)

Recoded pain variables:
0 = none
1 = low pain
2 = medium to high pain
Pain Outcomes

Average IV doses of Morphine in PACU

Numbers of Doses

Treatment | Control
Children with Zero Doses of Morphine

5

Therapeutic Suggestion
Group only
Pain Outcomes

Odds:
0-1 Dose Morphine

70% increased likelihood with suggestions
LOS Outcomes

Average Length of Stay by Group

- Control: 144 minutes
- Treatment: 162 minutes

[Bar chart showing comparison between Control and Treatment groups]
Emergence Delirium

![Bar chart showing the numbers of children in control and treatment groups. The control group has a significantly higher number of cases compared to the treatment group.](chart.png)
Implicit Memory
Challenges and Do-Overs
Future Directions

Accepted for publication:

*Effects of Therapeutic Suggestion under Anesthesia on Outcomes in Children Post Tonsillectomy*

Journal of PeriAnesthesia Nursing
What you say
How you say it

Changes Outcomes
How?

- Slow, soft
- Positively worded
- Age appropriate
- Suggestions not directions
Questions?
References

References Continued: