

# HYPNOSIS FOR PAIN MANAGEMENT AT WOMEN IN POST PARTUM PERIODS

*by* Desiyani Nani

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## HYPNOSIS FOR PAIN MANAGEMENT AT WOMEN IN POST PARTUM PERIODS

Desiyani Nani<sup>\*1</sup>, Mega Rizky Wijayanti<sup>2</sup>, Koemia Nanda Pratama<sup>1</sup>, Lita Heni Kusumawardani<sup>1</sup>

<sup>1</sup>Nursing Program, Faculty of Health Sciences, Jenderal Soediman University, Purwokerto, Central Java, Indonesia

<sup>2</sup>Academic Hospital, Gadjah Mada University, Yogyakarta, Indonesia

\*Corresponding Author: DesiyaniNani, email: desiyani.fahrudin@gmail.com

### Abstract

**Background:** Hypnosis is used increasingly for healthcare applications in hospitals, clinics, and psychotherapy practice. The subconscious mind which is extremely complex contains all of our emotions, creativity, intuition, and a whole host of resources that control our bodily functions such as breathing, heart rate and metabolism. Then our body learns to relax into a trance state. Relaxation and suggestion increase parasympathetic and decrease sympathetic functions because of a direct effect of the hypnosis state. So, hypnotic treatment possible to control pain intensity.

**Purpose:** To evaluate the effects of hypnotic treatment on pain after episiotomy in post partum periods.

**Methods:** A single blind randomized clinical trial was performed on six eligible women who were at the beginning of post partum periods. The participants were matched by 24 hours duration after birthing, nulliparas. There was no additional administration of analgesics during the study period. The women received hypnotic treatment for 15 minutes. The intensity of pain were measured by using the Visual Analogue Scale for Pain (VASP). VASP measured before and immediately after treatment. Then, were compared between the paired groups and statistical analyses were performed using SPSS 20.

**Results:** Six patients (100%) were nulliparas. The mean of ages was (28 ± 5,94 years old). The mean of pain score before treatment was (84, 29 ± 15, 65 mm) and mean of pain score after treatment was (64,57 ± 15,80 mm). There were significant differences between two the groups in intensity of pain before and immediately after treatment. The pain intensity after the treatment was significantly decrease than before (p = 0.04).

**Conclusion:** Hypnotic treatment reduced the severity of pain at the beginning of post partum periods after episiotomy. These findings showed that hypnotic treatment was effective for reducing pain. Hypnotic treatment can be an effective pain management for Indonesia women in post partum periods.

**Keyword:** Mind, subconscious, mother, episiotomy, complementary

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### INTRODUCTION

Pain at mother post birthing become stressor that could impaired mother activity, immobility, limited interaction with their baby (bonding attachment mother-baby), prolong hospitalization, increase cost. Pain and anxiety are two important complications (1). The significance of pain is assimilated early in life. Gradually we learn the limits of our body, internalize the ways to avoid pain and the commonly accepted ways to react to it; we realize the role of pain in punishing and sometimes bringing pleasure (2). The interaction of the body and the mind is complex. In a spiritual trance, some martial arts or life-threatening situations the perception of pain is sometimes reported to disappear completely (3). Even simple relaxation or distraction is often enough to gain an analgesic effect (4).

Another problem with the literature is that little research has been done in this setting for clinical management of anxiety. The nature of the hypnotic induction has not been described in detail making replication difficult and the description of the hypnotic intervention has been poor: hypnotizability has not been measured, and there is no

prospective plan for subject entry (5). Based on our previous study, we have found hypnotherapy to be an effective and complementary method that decreases resting pain and re-experience (6). Re-experience is one of the complications of post trauma stress syndrome 'PTSD'

Hypnosis is used increasingly for healthcare applications in hospitals, clinics, and psychotherapy practice. "Hypnotherapy has been shown (1) be effective as an alternative anesthesia for childbirth "(7). The subconscious mind which is extremely complex contains all of our emotions, creativity, intuition, and a whole host of resources that control our bodily functions such as breathing, heart rate and metabolism (8). Then our body learns to relax into a trance state (9). Relaxation and suggestion increase parasympathetic and decrease sympathetic functions because of a direct effect of the hypnosis state (10). (2), hypnotic treatment potential and will be possible to control pain intensity especially after episiotomy incision. This study was to evaluate the effects of hypnotic treatment on pain after episiotomy in mother at post partum periods.

## METHODS

A single blind randomized clinical trial was performed on six eligible women who were at the beginning of post partum periods. The participant were matched by 24 hours duration after birthing, nulliparas. There were no additional administration of analgesics during the study period. The women received hypnotic treatment for 15 minutes.

The intensity of pain were measured by using the Visual Analogue Scale for Pain (VASP). VASP measured before and immediately after treatment. The VASP is regarded as one of the most reliable and valid scales for measurement of clinical pain, and has a statistically meaningful value in the pain control literature (Syriala and Chapman, 1984). This instrument consists of a 100 mm vertical line with the description 'no pain' at the bottom and 'worst possible pain' at the top for pain measurement;) Then, were compared between the paired groups and statistical analyses were performed using SPSS 20.

## RESULT

Six patients ( 100%) were nulliparas. The mean of ages was (22,3 ± 3,56 years old). The mean of pain score before treatment was ( 95,67 ± 12,08 mm) and mean of pain score after treatment was (55,17 ± 21,67 mm).

There were significant differences between two the groups in intensity of pain before and immediately after treatment. The pain intensity after the treatment was significantly decrease than before (p = 0.001).

Table 1: Socio-demographic factors of participants

Maternal factors	Frequencies (n)	Percentage (%)
Maternal age (years)		
< 25	4	66,7
26-35	2	33,3
Parity		
Primipara	6	100
Multipara	0	0
Socioeconomic status		
Low	3	42,8
Middle	3	42,8
High	0	0
H/o Abortion		
No	6	100
Yes	0	0
H/o Fetal death in	previous	Pregnancy
No	6	100

Yes	0	0
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**Table.2. Intensity of pain with Visual Analogue Scale (VAS) for Pain (1-100 mm)**

Score of Pain	Frequency (n)	Percentage (%)
<b>Before treatment</b>		
<50	0	0
50-75	0	0
>75	6	100
<b>After treatment</b>		
<50	4	66,7
50-75	0	0
>75	2	33,3

**Table 3. Intensity of pain's rate scale before and after CBH treatment**

Treatment	Freq. (n)	Mean±SD	Min-max	95% CI	P value
Before treatment	6	95,67 ± 12,08	82-109		
After treatment	6	55,17 ± 21,67	35-82	25,872-55,128	0,001

## DISCUSSION

The pain pathways proceed from pain receptors through the spine to the brain where they separate (11). The recognition, interpretation and evaluation of pain signals continue in different parts of the brain. One pathway goes through the thalamus towards the somatosensory cortex where the origin, quality, magnitude and length of the pain perception are processed (12)

The interaction of the body and the mind is complex. In a spiritual trance, some martial arts or life-threatening situations the perception of pain is sometimes reported to disappear completely (13,14). Even simple relaxation or distraction is often enough to gain an analgesic effect. Reduced pain ratings during the pain treatment with hypnosis are also associated with functional changes in the pain processing regions of the brain (5,9,15).

This present study find that CBH is able to effectively reduce the intensity of pain post episiotomy at mother after birthing. Similar with the results of study conducted In 1977, Barber introduced a hypnotic technique entitled 'rapid induction analgesia' (RIA) for the management of pain (16). Hypnotic treatment reduced the severity of pain at the beginning of post partum periods after episiotomy (17). These findings showed that hypnotic treatment was effective for reducing pain. Hypnotic treatment can be an effective pain management for Indonesia women in post partum periods (10). According to hypnosis experts, information can enter into our minds through the sensory canals, namely visual (auditory), auditory (auditory), kinesthetic, olfactory and gustatory. In the process, every information will experience deletion, generalization or distortion (18). Furthermore, the information entered then continues to be used as an internal representation and becomes an internal state, and eventually will change a person's behavior (behavior). Potentially, medical hypnosis could be used alone for pain relief as part of a woman's care after childbirth.

## CONCLUSION

Hypnotic treatment reduced the severity of pain at the beginning of post partum periods after episiotomy. These findings showed that hypnotic treatment was effective for reducing pain. Hypnotic treatment can be an effective pain management for Indonesia women in post partum periods.

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