

The Role of Hypnosis in A Patient Who Does Not Want to Give Blood Samples in The Emergency

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Abstract

We aimed to present the patient who applied to the emergency department, who did not want to be tested due to fear of giving blood sample, but was discharged after blood sample was taken comfortably with hypnosis application. A forty-six-year-old female patient was admitted to the emergency department with complaints of headache and fatigue. It was learned that the patient avoided going to the hospital because of the fear of giving blood samples for years. Blood tests were requested from the patient, but the patient stated that she did not want to give blood sample. The patient accepted our offer to take blood under hypnosis and stated that she would try to give blood with this method. Thereupon, the patient was taken to a suitable environment and stretcher in the emergency room. During this hypnosis session, which lasts about 15 minutes, the patient; she gave samples for blood tests very comfortably and happily. The patient, who stated her happiness after the procedure, continued her next procedures in a relaxed way. Hypnosis application is a method that can be used by emergency doctors according to the needs of patients who are fear of giving blood samples.

Keywords: Anxiety, Emergency, Fear, Hypnosis

Introduction

Hypnosis; It is a proven efficacy and frequently applied method in many emotional problems such as anxiety and fear. Although this method is a frequently used application, its use for emergencies is very rare. Hypnosis is a method ideal for emergency patients. Hypnosis is an effective and inexpensive method as well as it is a reliable application that has no side effects when applied correctly. In this case report; We aimed to present the patient who applied to the emergency department, who did not want to be tested due to fear of giving blood sample, but was discharged after blood sample was taken comfortably with hypnosis application.

Case Report

A forty-six-year-old female patient was admitted to the emergency department with complaints of headache and fatigue. She stated that these complaints were occasional, but this time her complaints did not go away for a few

weeks. It was learned that the patient avoided going to the hospital because of the fear of giving blood samples for years. She had no known disease or drug use in her personal history. Physical examination was normal. Blood tests were requested from the patient, but the patient stated that she did not want to give blood sample. Despite our insistence, she refused to give a blood sample. Although her relatives tried to persuade the patient, she showed serious resistance. The patient accepted our offer to take blood under hypnosis and stated that she would try to give blood with this method. Thereupon, the patient was taken to a suitable environment and stretcher in the emergency room. It was stated that for the hypnotic intervention, firstly, a safe field study will be conducted on the patient based on representation systems (visual, auditory, kinesthetic) in which she will feel peaceful, happy and safe. Preliminary information about this intervention was given. The hypnosis session was initiated with an eye fixation technique and breathing exercises based on standard procedures. For the patient whose eyes were closed, recommendations were made according to the representation systems, and the stages of induction and

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relaxation were deepened. Then, while safe field work was being done on the patient, on the other hand, a healthcare worker opened a vascular access to the patient and took the patient's blood samples. After the blood sample collection was completed, the safe field study was finished to the patient. The patient was awakened after deep breathing exercises. During this hypnosis session, which lasts about 15 minutes, the patient; she gave samples for blood tests very comfortably and happily. The patient, who stated her happiness after the procedure, continued her next procedures in a relaxed way.

Discussion

Hypnotherapy is a complementary intervention. It is used for therapeutic purposes in situations involving certain emotional, psychological or physical problems¹. It has almost no side effects and is an inexpensive method unlike commonly applied drug treatments².

Hypnosis has been used in medicine for about 250 years. Still, emergency clinicians rarely use it in emergency rooms or prehospital settings. The limited number of clinical studies and case reports suggest that hypnosis may be effective in a wide variety of conditions in emergency medical care. It can be used to provide analgesia and sedation, to reduce fear and anxiety, to increase cooperation in procedures in children, and to facilitate the diagnosis and treatment of acute psychiatric conditions³.

Hypnosis is a valuable technique in the management

of patients who fear medical treatment. Hypnosis leads to stronger concentration, more focused attention, better acceptance and more effective to be suggestions. In the case of medical phobia, it has been shown in the literature that hypnotherapy can reduce pain and fear⁴.

In our case, she was a patient who avoided going to the hospital due to the fear of giving blood samples for years, but was admitted to the emergency room because her condition became serious. The hypnosis application, which was applied for a very short time, was successful in reducing this anxiety of the patient. The patient continued the other procedures comfortably and left the emergency room happily.

Consequently, hypnosis application is a method that can be used by emergency doctors according to the needs of patients who are fear of giving blood samples.

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