



PERIOPERATIVE ANXIETY & MAKING EVERY CONTACT COUNT

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Paediatric Anxiety

- affects ALL children
 - Children need access to resources and effective coping strategies to avoid extreme anxiety due to fear of pain, unfamiliar environment and learning disabilities.
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Stats

- 80% of children experience anxiety due to a hospital admission
- 75% experience anxiety in the anaesthetic room
- 60% develop 'new' dysfunctional behaviour in the 3 weeks after surgery
- 12% still display this new behaviour 1 year after surgery
- USA, 25% of children are held down for a general anaesthetic

Pediatric Anesthesia

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REVIEW

Pediatric hypnosis: pre-, peri-, and post-anesthesia

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Keywords

pediatric hypnosis; pediatric pain; anxiety management; glove anesthesia; hypno-anesthesia

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Summary

Objective: Pediatric hypnosis has a useful role in pre-, peri-, and post-anesthesia to minimize anticipatory anxiety, and as adjunctive treatment to reduce and control pain. This article reviews the literature in the use of hypnosis in pediatric anesthesia to highlight its role and relevancy.

Background: Current research indicates there is an immediate and enduring impact, and long-term benefits of this child-centered intervention. Hypnosis can be included in presurgical consultations to establish cooperation and signals for increasing comfort and to address fears and provide suggestions for rapid recovery with changed expectations for the child's own benefit. Thus prepared, the child is in a heightened state of receptivity and statements and suggestions carry through to peri- and post-anesthesia, when hypnosis can help with extubation, reduce nausea, and ease recovery.

Method: The Magic Glove is one hypno-anesthesia technique that simultaneously addresses pain and anxiety. The process of hypnosis requires training and supervised practice.

Conclusion: Patients in hypnosis treatment conditions have less anxiety and shorter hospital stays and experience less long-term pain and discomfort than do patients in control conditions. There appears little reason not to provide hypnosis as an adjunctive treatment for pediatric patients undergoing anesthesia.



Anesthesiology Clin N Am
23 (2005) 597–614

ANESTHESIOLOGY
CLINICS OF
NORTH AMERICA

Preoperative Psychological Preparation of the Child for Surgery: An Update

Zeev N. Kain, MD*, Alison A. Caldwell-Andrews, PhD

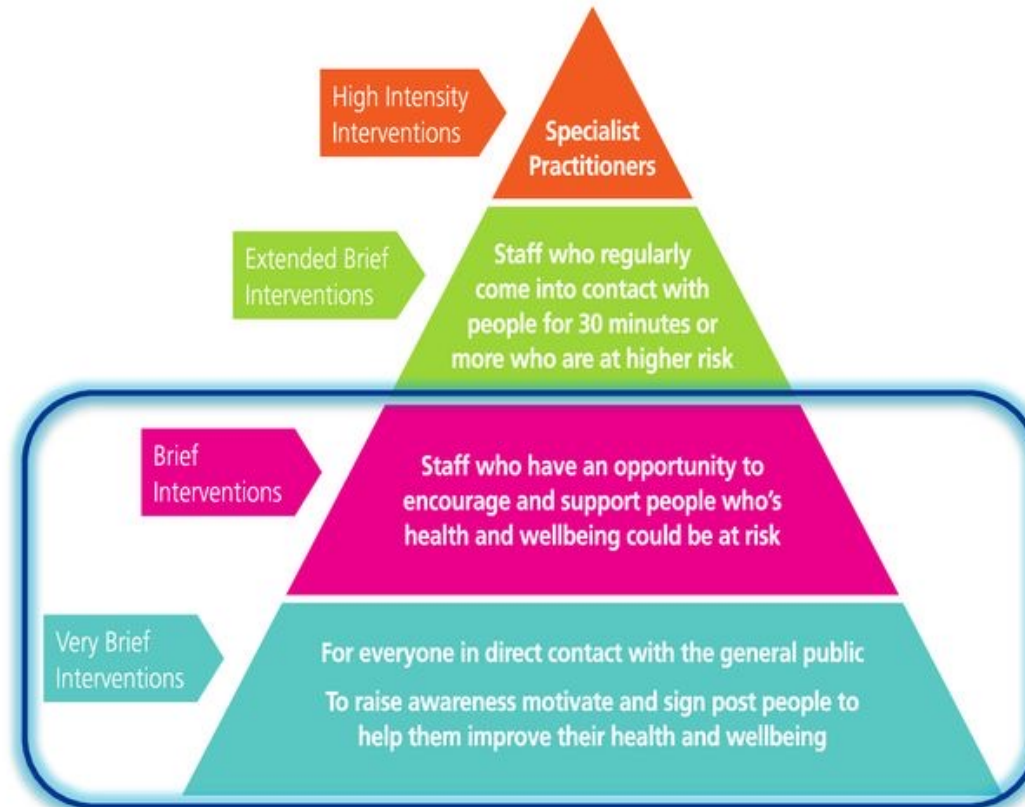
Center for the Advancement of Perioperative Health and Departments of Anesthesiology, Pediatrics and Child Psychiatry, Yale University School of Medicine, 333 Cedar Street, New Haven, CT 06510, USA

Psychological Consequences	
Short-Term	Long-Term
Bed wetting, nightmares	School refusal, poor performance
Separation anxiety	Depression, anxiety states
Regression of milestones	Low self-esteem
Eating disorders	Eating disorders
Tantrums	Dysfunctional behaviour
General anxiety	Phobias
	Impact on parents work
	Health avoidance

Treatment of pre-op anxiety

Preoperative preparation	Printed material, tour, play therapy, clear management plan
Parental preparation	Coaching
Parental presence at Induction	
Behavioural intervention	Play therapy, story telling, distraction, guided imagery (a relaxation technique that draws on the ability to visualise), hypnosis
Pharmacological	Midazolam, topical anaesthesia

The MECC Model



Behaviour change interventions mapped to NICE Behaviour Change: Individual Approaches
<https://www.nice.org.uk/Guidance/PH49>

- MECC is a **very brief or brief behaviour change intervention**, illustrated by the two segments at the base of the pyramid.
- **Core MECC Definition:**
“MECC is an approach to behaviour change that uses the millions of day-to-day interactions that organisations and people have with other people to support them in making positive changes to their physical and mental health and wellbeing”.



Association of
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of Great Britain and
Ireland

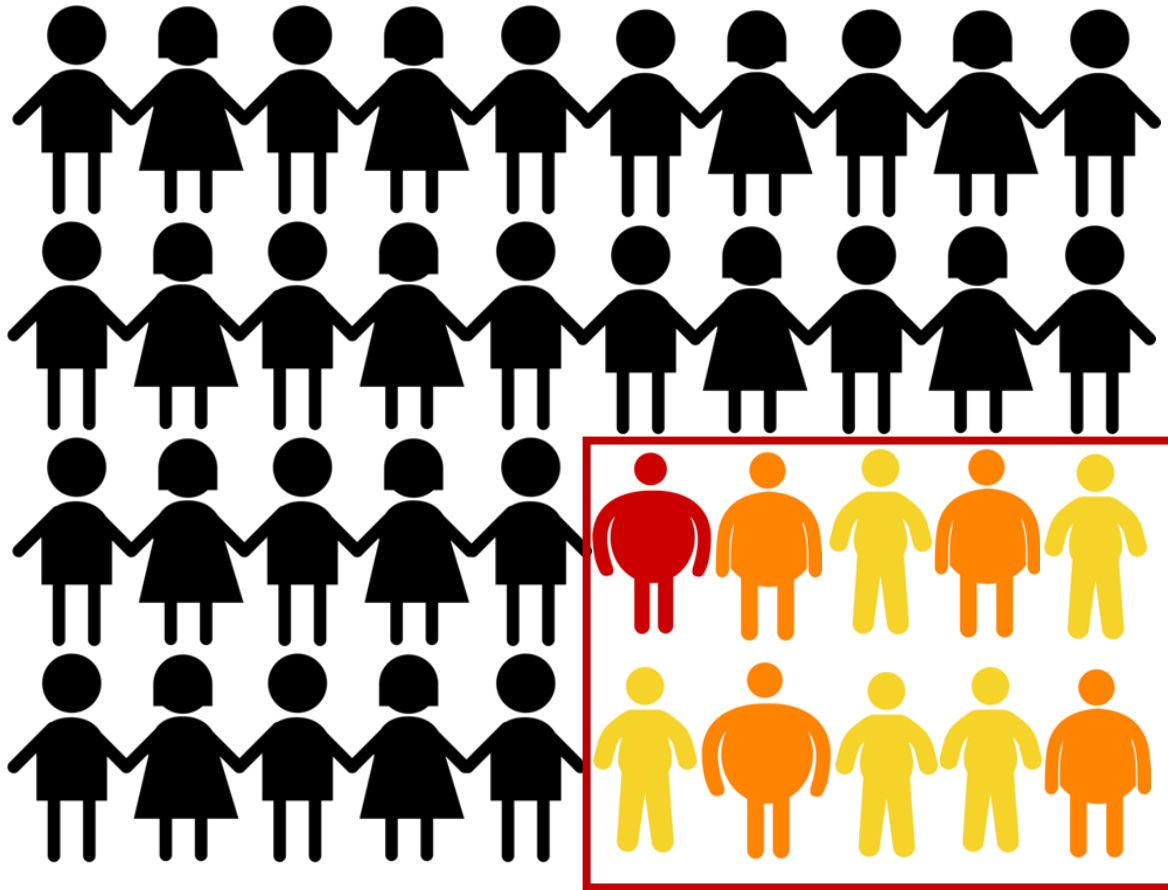
RCOA
Royal College of Anaesthetists

Best Practice Guidance: Preassessment Services for Children undergoing Surgery or Procedures

Preassessment aims to:

- Improve safety and quality
- Perform Clinical assessment
- Deliver Informed consent/Shared decision making
- Health screening, Safeguarding, Anxiety management
- Optimisation
- Increase Child and Parent Satisfaction
- Support for Learning Disabilities and Autism
- Improve Theatre Efficiency

PEACHY: primary outcome



1 in 4

24%
Overweight
or obese

MEDWAY



Welcome to the Medway Whole Systems Obesity dashboard

The Medway Whole Systems Obesity dashboard maps the work being carried out to support all Medway residents to adopt healthier lifestyles and achieve a healthy weight.

On the pages in this dashboard, you can view the current stakeholders engaged, the activities running and further opportunities available.

For more information, please refer to the User guide.

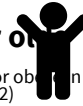
Prevalence of obesity in Medway

The graphs below show the levels of excess weight (overweight or obese) in children and adults in Medway over recent years.

The blue lines represent Medway, with coloured points to show the comparison to England (black points).

23.7%

of **4-5 year olds** are overweight or obese in Medway (2021/22)



41.3%

of **10-11 year olds** are overweight or obese in Medway (2021/22)



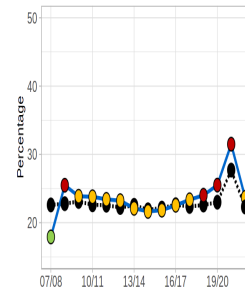
69.4%

of **adults** are overweight or obese in Medway (2020/21)



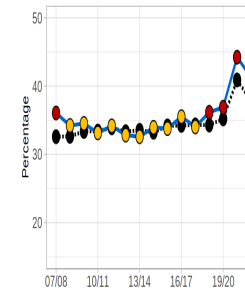
Reception excess weight

— Medway — England
Compared to England:
● Better ● Similar ● Worse



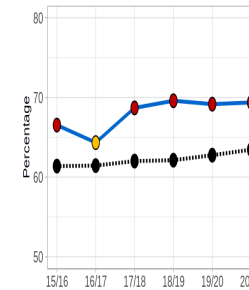
Year 6 excess weight

— Medway — England
Compared to England:
● Better ● Similar ● Worse



Adult excess weight

— Medway — England
Compared to England:
● Better ● Similar ● Worse



Child excess weight source: Public Health England. Fingertips. Indicator IDs: 20601 & 20602. NHS Digital NCMP.
Adult excess weight source: Public Health England. Fingertips. Indicator ID: 93088. Active Lives, Sport England.

Get yourself operation-ready with Dennis and Gnasher's 'Op, Op and Away' challenges. Complete some or all of the challenges below and get an exclusive A-Team sticker from your hospital.* Reward chart info here [\(weblink to be added\)](#)

Making healthy eating choices



**CAN YOU EAT SOMETHING HEALTHY IN EVERY MEAL?
CAN YOU SWAP A SWEET TREAT FOR A HEALTHY ONE?**

- Healthy diets include five portions of fresh vegetables and fruits every day.
- Everyone likes a treat but try to eat fewer foods which are high in fat and sugar like crisps, sweets and sugary drinks (including juice).
- Try to swap some treats for healthy snacks and water.



**CAN YOU BRUSH YOUR TEETH FOR TWO MINUTES TWICE A DAY?
CAN YOU CUT BACK ON SUGARY FOODS AND DRINKS?**



keeping your gnashers clean and sparkly

- To have gnashers like Gnasher try to cut back on sweet treats and drinks that are bad for your teeth.
- Use the timer on your phone or put a clock in your bathroom to make sure you clean them for long enough.
- Remember to see your dentist regularly so they can check all your hard work!

DENNIS HAS AN ANAESTHETIC!
BEANO



GEDDIT? THE A IS FOR ANAESTHETIC - AND AWESOME!

BEANO.COM
A Beano Studios Product © DC Thomson Ltd 2023

BLAM!



BANISH THOSE DEVICES!

CAN YOU SLEEP FOR 8-10 HOURS EVERY NIGHT?



Dream up some Dennis-worthy pranks!

- Going to bed at the same time every night and getting a good night's sleep makes you feel happier, healthier and gives you more energy.
- Sleep is important for memory and learning at school.
- Let your brain enter the chill zone and switch off your electronic devices before bed!

stay active like Billy Whizz

BILLY WHIZZ FEELS THE NEED... THE NEED FOR SPEED!

CAN YOU MOVE A BIT MORE EVERY DAY?



- Do star jumps... dance to music... play outside with friends... or walk to school. It doesn't matter what you do as long as you are active every day for at least an hour.
- Moving around as much as possible can help you maintain a healthy weight, give you more energy and lift your mood.



*Check with your hospital if they are taking part in the Beano challenge. Unfortunately the RCoA won't be able to post stickers out to you, but you and your hospital can find printable versions of the stickers and other resources here [\(weblink to be added\)](#)



rcoa.ac.uk/childrensinfo







Patient Information Forum

My Reward Chart

MY NAME IS: _____

DENNIS
WAS
HERE!



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
I ate something healthy in my meal 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I swapped a sweet treat for a healthy one 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I slept for 8-10 hours 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I got active outside! 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I brushed my teeth for two minutes twice today 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I swapped a fizzy drink for water 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

THANK YOU!



Trusted
Information
Creator



APAGBI

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