

Integrative Therapies in Pediatric Palliative Care: Hypnosis

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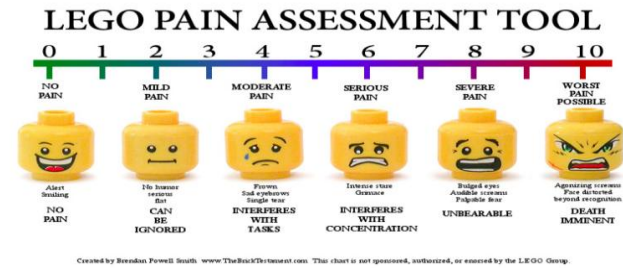


<http://NoNeedlessPain.org/Rome>

Objectives

- Describe how integrative medicine strategies can enhance care for children with life-threatening conditions
- Discuss examples of pediatric hypnosis
- Review importance of safe and effective integrative medicine modalities to improve pain and symptom management as well as quality of life for seriously ill children

Pain Assessment



- 👉 **(1) Nociceptive Pain:** arises from the activation of peripheral nerve endings (nociceptors) that respond to noxious stimulation
 - 👉 Somatic (for example, muscles, joints)
 - 👉 Chronic somatic pain typically well localized & often results from degenerative processes (such as arthritis)
 - 👉 Visceral (internal organs)
- 👉 **(2) Neuropathic Pain:** resulting from injury to, or dysfunction of, the somatosensory system.
 - 👉 Central pain: caused by a lesion or disease of the central somatosensory nervous system
- 👉 **(3) Psycho-social-spiritual-emotional Pain / Total Pain**

Goals of Integrative Medicine: alleviating suffering in children

- Physical- Somatic, distressing symptoms
- Emotional or psychic pain
- Social: Loss of cultural context, peer support
- Spiritual or existential pain
- May interact to reduce all-encompassing (total) pain



Goals for Mind-Body therapies

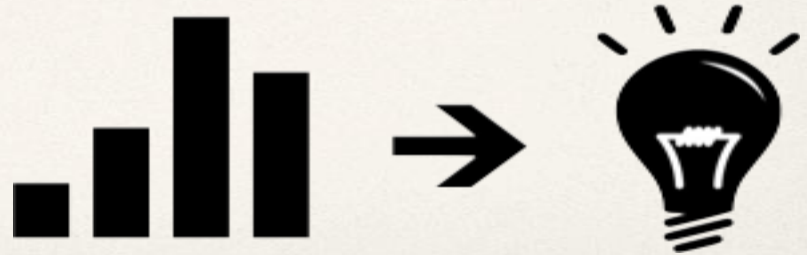
🌀 Elicit the relaxation response

🌀 Symptom management

🌀 Enhance coping

🌀 Manage fear and anxiety

🌀 Gain insight



Mind-Body Techniques



*Excerpt from "Little Stars"
by Moonshine Movies
(58min; 2014)*

[http://us7.campaign-
archive2.com/?u=490be22
c3a1dd51b0085092f8&id=3
b1f5e7e40&e=9c96a5aa08](http://us7.campaign-archive2.com/?u=490be22c3a1dd51b0085092f8&id=3b1f5e7e40&e=9c96a5aa08)



**Children's
COMFORT
PROMISE**

We will do everything possible to prevent and treat pain

Integrative Medicine (IM) / Complementary Alternative Medicine (CAM)

- 12% of US children use some IM method within the last year NIH, 2008
- These numbers go up dramatically if the child is chronically ill or has life threatening illness such as cancer.
- Recent surveys: 50-87% of pediatric cancer patients using IM.
- Symptom management paramount for quality of life – Integrative Medicine excels here.
- Integrative Medicine provides the chance to work with the body's innate healing capacities, engage individuals more actively in their own healthcare, offer non-drug self-care strategies.

Integrative Pain & Symptom Management

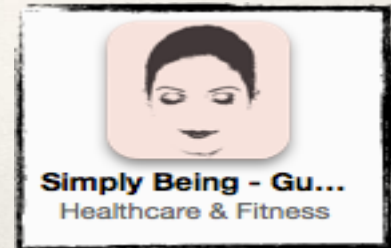
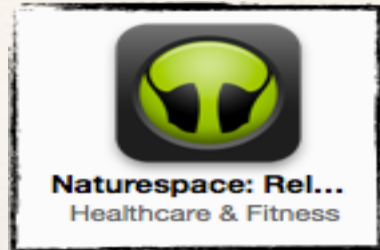
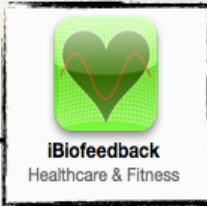
- ☞ State of the art pain management in the 21st century demands that pharmacological management must be combined with supportive and integrative, non-pharmacological therapies to manage a child's pain.
- ☞ Physical methods (e.g. cuddle/hug, massage, comfort positioning, heat, cold, TENS)
- ☞ Cognitive behavioral techniques (e.g. guided imagery, hypnosis, abdominal breathing, distraction, biofeedback)
- ☞ Acupuncture, acupressure, aromatherapy



Integrative Pain & Symptom Management

☞ A Pediatrician's Top 10 Apps for Distraction & Pain Management

☞ <http://NoNeedlessPain.org>



AT&T 4G 14:55 61%

Healing Buddies Comfort Kit™







designwiseMEDICAL
 Help for Children, Hope for Families

AT&T LTE 16:20 87%

i'm feeling

- worried
- sick
- tired
- pain
- awake

I'm Feeling Skills For Kids For Parents Info

AT&T LTE 16:20 86%

Pain

What is it?
The signal in the body and brain that something hurts and needs attention. You can have lots of different kinds of pain such as headaches, pain from needle pokes, sore muscles or a skin rash.

What you can do to feel better:

- Belly Breathing
- Relaxation
- Imagery
- Meditation
- Aromatherapy

I'm Feeling Skills For Kids For Parents Info

AT&T LTE 16:20 87%

Nausea

What is it?
Feeling sick to your stomach, sometimes so bad you might feel like you have to throw up.

What you can do to feel better:

- Belly Breathing
- Imagery
- Aromatherapy
- Acupressure

I'm Feeling Skills For Kids For Parents Info

What is Hypnosis?



HYPNOTIZE
WITH
ANY T.V. SET
1st. EVENING
OR MONEY - BACK

Television repairman's accidental discovery makes anyone a hypnotist right away. Secret method uses ordinary TV set. No electronic knowledge needed. No prior hypnotic training needed. Send no money! Just name & address. Pay postman \$2.98 plus C.O.D. postage. Or send \$3 with order and we pay postage.

ELTON'S **Box 12167-CB**
St. Petersburg, Fla. 33733

Hypnosis in PPC

- November 2014
- Aaron (11-years old)
- Single left-ventricle, status post 3 palliative surgeries
- Protein-losing enteropathy (PLE)
- Significant “wandering pain everywhere” (pain score VAS 8-10/10)



What is Self-Hypnosis?

- ↳ Altered state of consciousness
- ↳ Increased attention leads to an openness to suggestion
- ↳ Therapist guides the child's stream of consciousness
- ↳ Adjunct
- ↳ Goal: gives the child a sense of mastery and control of symptoms



Misconceptions

- Being asleep or unconscious
- Loss of Control
- “Magic” or “put under a spell”
- Revelation of secrets
- Not being de-hypnotised
- Address child’s and parents’ fears / concerns!



Phenomena of Hypnosis

- ☞ Relaxation
- ☞ Increased Suggestibility
- ☞ Dissociation
- ☞ Anesthesia
- ☞ Ideomotor responses
- ☞ Post-hypnotic suggestion
- ☞ Self-hypnosis



When is Hypnosis Indicated?

- ☞ Child is responsive to hypnotic induction
- ☞ A problem is treatable using hypnosis
- ☞ Competent Therapist
- ☞ Good rapport between child and therapist
- ☞ Child is motivated to solve the problem
- ☞ The parents are agreeable to treatment
- ☞ No harm is anticipated using hypnosis



When is Hypnosis Contraindicated?

- Used for “fun” or entertainment
- Risking aggravation of emotional problems
- Hypnotherapy based on misdiagnosis
- Medical diagnosis and treatment takes precedence
- Child who is actively psychotic
- Another form of treatment is indicated



Clinical Problems Responding to Hypnosis

- 🌀 Acute and Chronic/Complex Pain
- 🌀 Palliative Care
- 🌀 Anxiety
- 🌀 Enuresis and Encopresis
- 🌀 Habit disorders
- 🌀 Dermatological Problems
- 🌀 Asthma



Childhood Hypnotic Responsiveness

- 👁️ Age
- 👁️ Imaginative involvement
- 👁️ Trust in therapist (rapport)
- 👁️ Misconceptions – child's and parents'

Integrative Symptom Management: Hypnosis



- 🌀 10-year-old girl with AML
- 🌀 Acute pain, nausea & major anxiety
- 🌀 Patient controlled analgesia (PCA)
- 🌀 Hypnosis for pain & symptom management
- 🌀 Favorite Place (Kyle = brother)

Integrative Symptom Management: Hypnosis



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Stationary Children's Hospice: Sydney, Australia



Integrative Symptom Management: Hypnosis



Quality of Life

- ☞ Frequent visits to the beach
- ☞ Music therapy
- ☞ Play therapy
- ☞ Aquarium
- ☞ Sibling care
- ☞ Supportive therapy

Natasha went home after 5 1/2 weeks



Home Care

- Home care by multidisciplinary team
- Management of distressing symptoms
- Support
- Spirituality
- Death and Dying





“A simple child
That lightly draws its breath
And feels its life in every limb
What should it know of death”

William Wordsworth “We are Seven”

Pediatric Clinical Hypnosis Training

PEDIATRIC HYPNOSIS WORKSHOPS

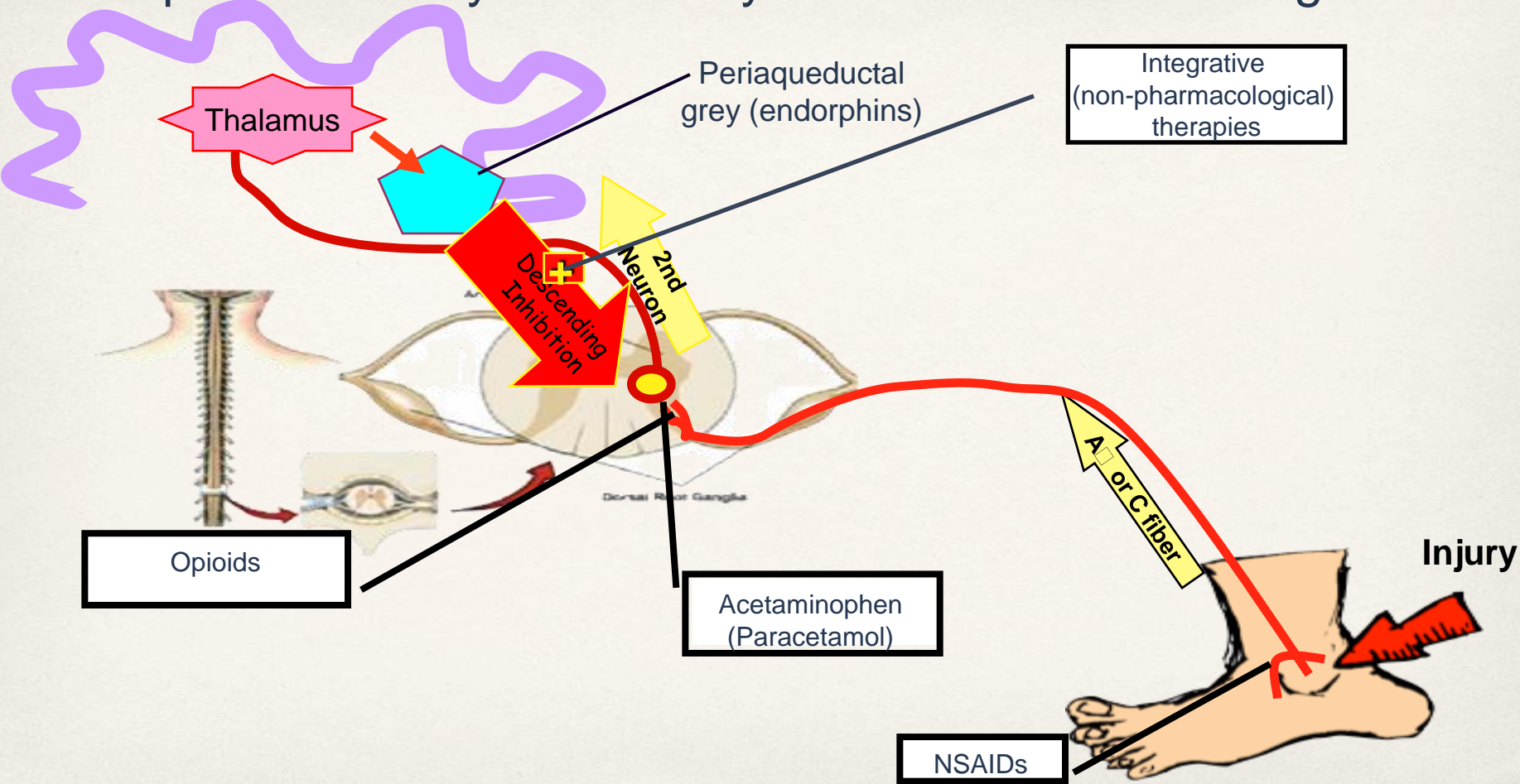
MINNEAPOLIS, MN (USA)

Introductory - Intermediate - Advanced Levels

National Pediatric Hypnosis Training
Institute (formerly associated with the SDBP)

www.nphti.org

Nociceptive Pathways & Primary Sites of Action of Analgesics



Do You Want to Go to Your Favorite Place?



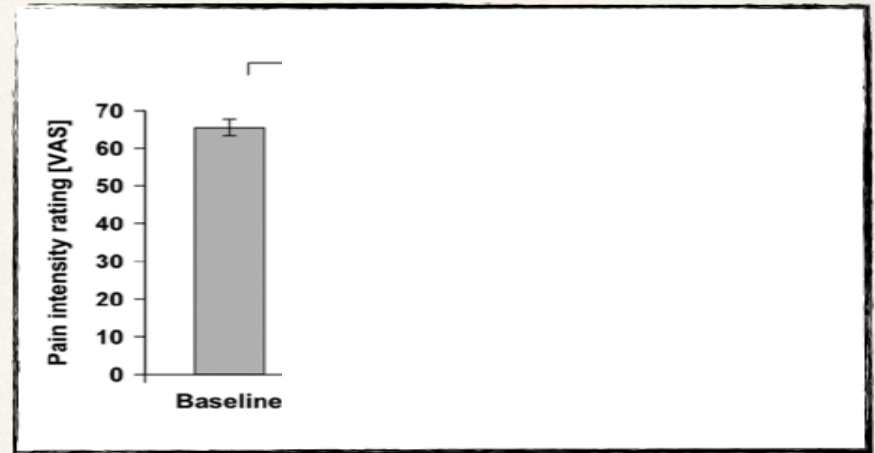
Opioid Analgesia = Self-fulfilling Prophecy?



- Expectation of the success of a pain treatment can markedly influence its effectiveness Bingel U, Wanigasekera V, Wiech K, Ni Mhuirheartaigh R, Lee MC, Ploner M, et al. The effect of treatment expectation on drug efficacy: imaging the analgesic benefit of the opioid remifentanyl. Sci Transl Med. 2011 Feb 16;3(70):70ra14.
- 22 healthy adults were exposed to pain-provoking heat and also given the opioid remifentanyl
- Authors informed subjects the drug would (1) have no effect, (2) diminish the sensation of pain, or (3) make the pain worse

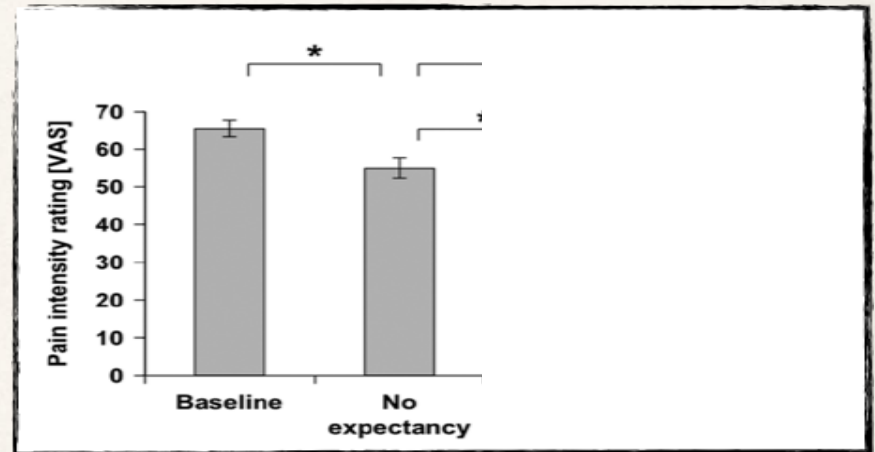
Opioid Analgesia = Self-fulfilling Prophecy?

↳ Saline (Placebo)



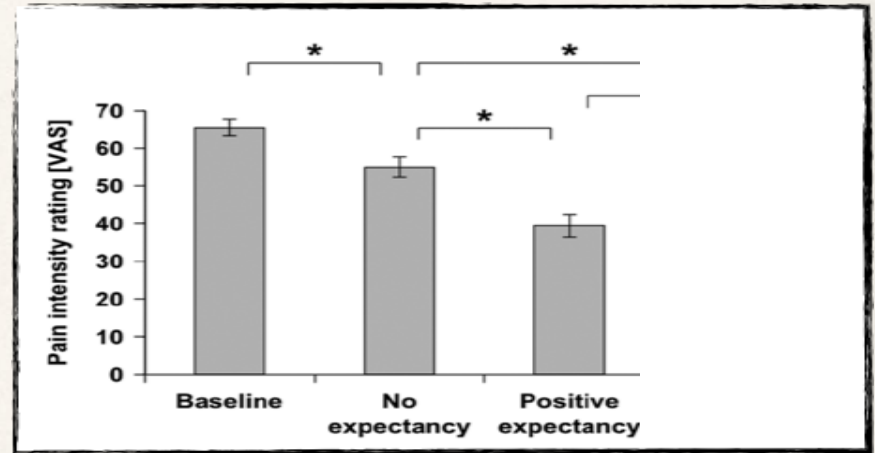
Opioid Analgesia = Self-fulfilling Prophecy?

Remifentanil infusion started (unknown to subject)



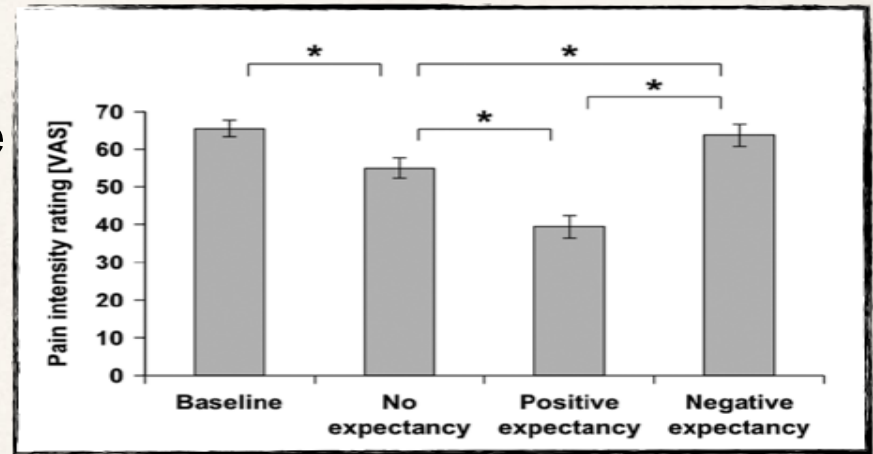
Opioid Analgesia = Self-fulfilling Prophecy?

Remifentanyl (subject being told “started infusion”)

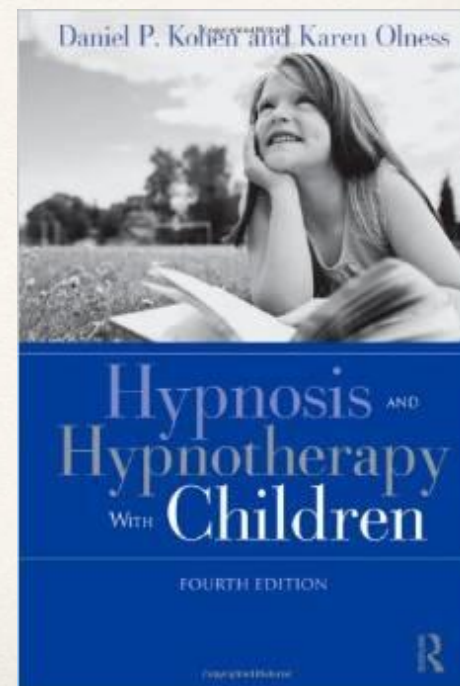
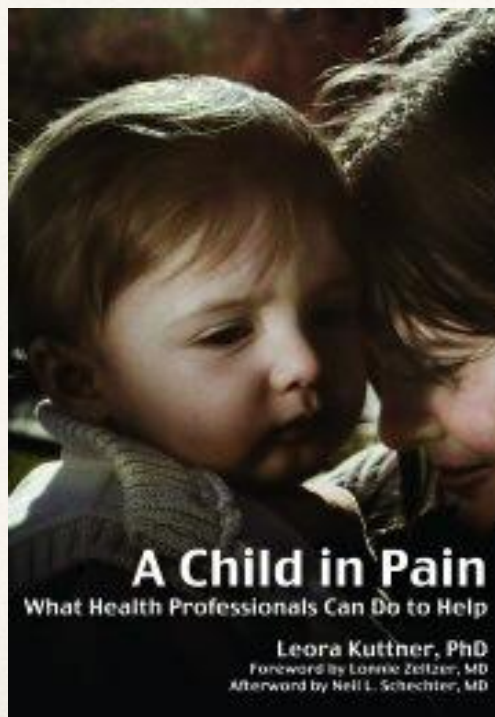
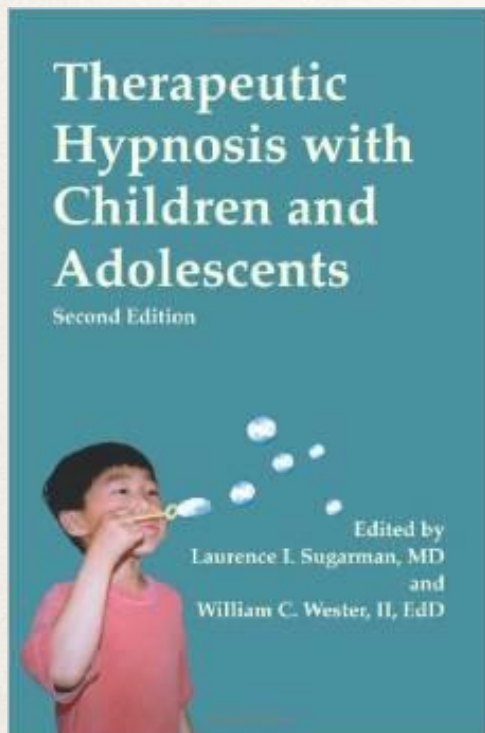


Opioid Analgesia = Self-fulfilling Prophecy?

- Subjects were told remifentanyl was stopped (but it wasn't...)
- Positive treatment expectancy substantially enhanced (doubled) the analgesic benefit of remifentanyl. Bingel U, Wanigasekera V, Wiech K, Ni Mhuircheartaigh R, Lee MC, Ploner M, et al. The effect of treatment expectation on drug efficacy: imaging the analgesic benefit of the opioid remifentanyl. Sci Transl Med. 2011 Feb 16;3(70):70ra14.
- In contrast, negative treatment expectancy abolished remifentanyl analgesia



Recommended Reading



Conclusions

- ↪ Integrative Medicine is an integral part of pain and symptom management for children with serious illness
- ↪ Hypnosis highly effective in PPC
- ↪ Every member of the PPC team should be comfortable using one or more IM strategies

Self-Hypnosis: Your favorite place



Minnesota (USA) in October & November 2014

THANK
YOU SO
MUCH!

Further Training

Education in Palliative & End-of-life Care [EPEC]: Become an EPEC-Pediatrics Trainer | Phoenix, AZ | May 4-5, 2015 | Montevideo, Uruguay | Sept, 2015

8th Annual Pediatric Pain Master Class | Minneapolis, MN | June 20-26, 2015

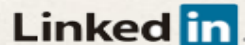
Center to Advance Palliative Care (CAPC) - Pediatric Palliative Care Leadership Center (PCLC) Training | Minneapolis, MN | Dec 10-12, 2014 | Feb 18-20, 2015 | July 15-17, 2015 | Nov 4-6, 2015

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