

Anodyne Imagery for Relief of Anxiety and Pain

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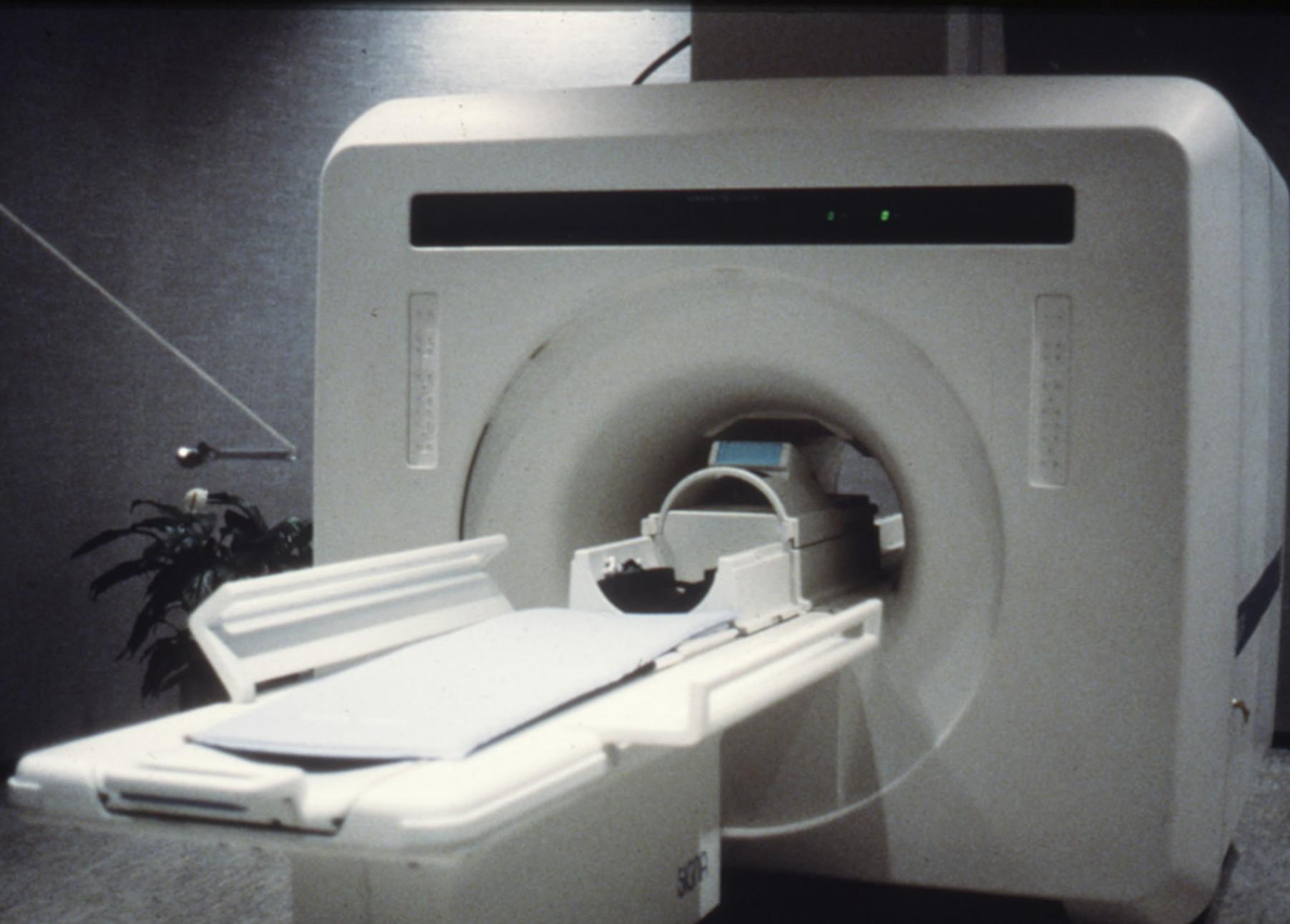
Society for MRI Safety Committee, 1986-1992

Associate Professor of Radiology, DUMC, 1993-2004

NationalRad, 2004-present

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Wrench Trick - Pittsburgh NMR Institute - 1985



What skills do you have right now to deal with your MRI patients' pain and anxiety?

Anodyne means No Pain

- A skillset for medical professionals utilizing relaxation breathing and visualization.
- Includes rapport techniques and language skills used in NeuroLinguisticProgramming (NLP) which were derived from hypnosis.

Anodyne Imagery: an Alternative to IV Sedation in Interventional Radiology

- **Lang EV, Hamilton D. VAMC, Palo Alto, CA**
- **AJR 1994;Vol 162:1221-1226**
- Conditioned relaxation, induction of a trance state, and guided processing of the patient's internal imagery.
- An inpatient comparison of drug use was made in 5 patients who had equivalent procedures with and without anodyne imagery.
- An intergroup comparison was made between a group of 16 other patients undergoing anodyne imagery and a group of 16 control patients matched for factors affecting use of drugs and recruited from 100 interventional cases analyzed for patterns of drug use.

**Drug Unit Scores (weighting: 1 mg of midazolam = 1 unit
and 50 micrograms of fentanyl = 1 unit)**

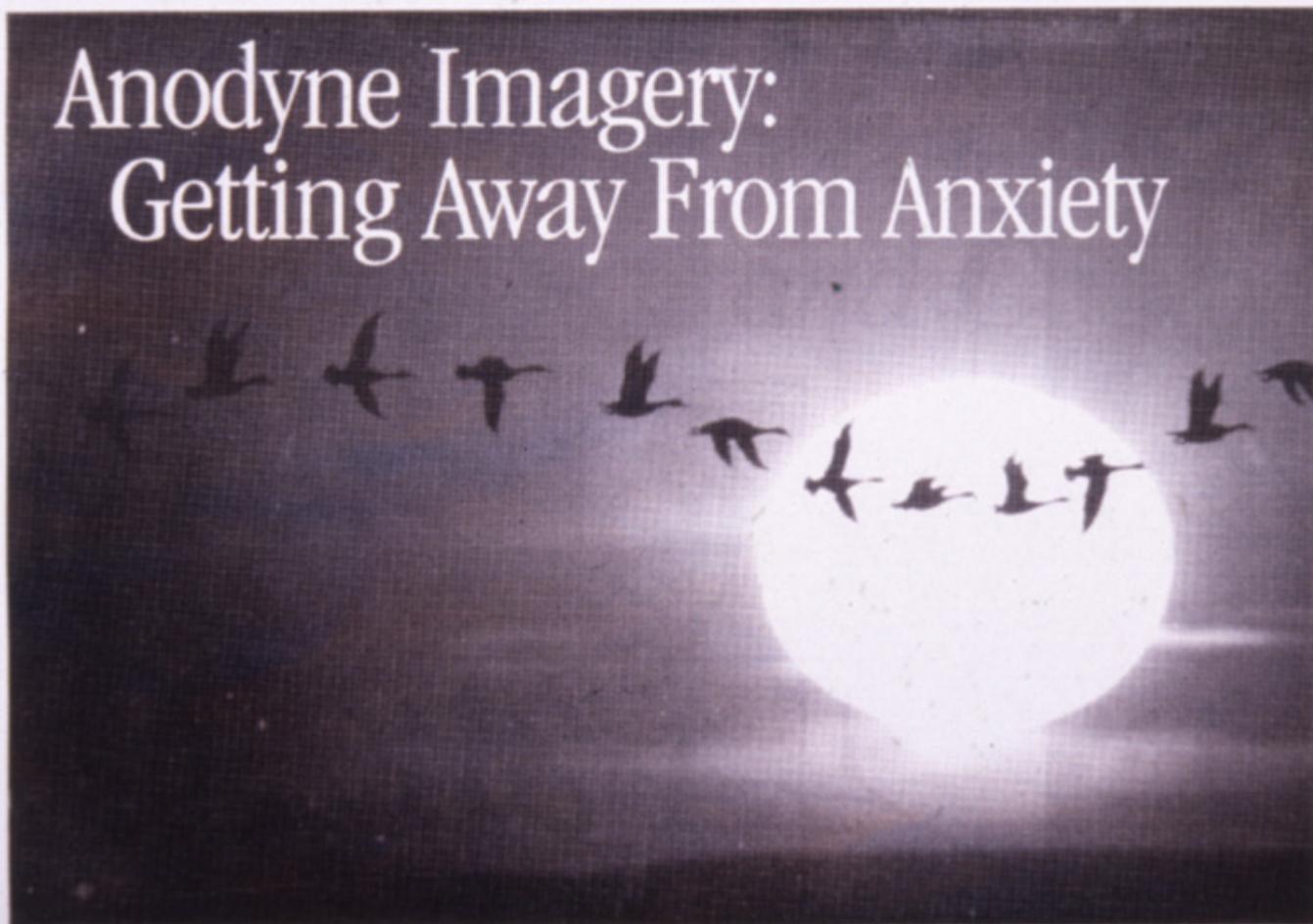
- Inpatient comparison showed significantly lower median drug use with anodyne imagery than without (0.1 vs 5.3 drug units, $p = .01$).
- Intergroup comparison also yielded significantly lower median drug use during procedures with anodyne imagery than without (0.2 vs 2.6 drug units, $p = .0001$).

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Anodyne Imagery: Getting Away From Anxiety



Effect of Team Training on Patients' Ability to Complete MRI Examinations

- Elvira V. Lang, Cayte Ward, Eleanor Laser
- Academic Radiology 2010; 17:18–23
- 17 hours group training for MRI staff
- Advanced rapport skills
- Self-hypnotic relaxation techniques

Team Training Results

- During the quarter of operation before the training 1.2% (80 of 6,654) of patients could not complete their studies.
- After training, 0.74% (52 of 7,008) patients did not complete their scans ($P < .01$).
- Noncompletion rates of scans on the open magnet, on which the most anxious patients were scheduled, decreased from 3.43% (37 of 1,078 patients per quarter) to 1.45% (19 of 1,098).

Anodyne Benefits, Part 1

- Improves procedural safety
- Reduces or eliminates the need for medication, recovery time, and associated costs
- Decreases procedure time and recovery time
- Mitigates or eliminates patients' fears and anxieties
- Greatly enhances patients' cooperation

Anodyne Benefits, Part 2

- Enables physician or other team leader to more fully focus on managing the procedure
- Fosters in patients a sense of self-empowerment, satisfaction and well being
- Improves staff morale and enthusiasm
- Promotes a more relaxed and efficient working environment
- Provides a stress management tool for clinical staff

Anodyne Tools, Part 1

- **Immediate Rapport** is the foundation upon which all other elements of Anodyne are built. Quick and predictable rapport establishes the trust necessary to effectively induce and maintain the Anodyne State of relaxation and patient cooperation.
- **Effective Use of Language** is vital to the results we get, it enables us to address both the conscious and unconscious mind of the patient. We directly affect the outcome of the patient's experience with language because literally everything we say is a suggestion to the unconscious mind.
- **The Relaxation Breath** is the "get you through anything" tool, the relaxation breath is easy to learn and easy to teach to every patient. Its uses include: general relaxation, relief of pain and anxiety, and control of physiological processes.

Anodyne Tools, Part 2

- **'Preferred Place' Imagery Technique** easily allows the patient's mind to be anywhere they choose while their body is comfortably undergoing the procedure.
- **Shifting Submodalities** is an extremely quick and effective imagery technique that can literally dissolve any resistances the patient has to relaxation and/or cooperation.
- **Simple Language Techniques** enable practitioners to help patients control physiological processes such as pain, bleeding, heart rate, blood pressure, peristalsis, salivation, and swallowing.

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- Newsletters and video blogs
- Chapter 7: Anodyne means no pain