

CORRECTIONS EXERCICES D'ANGLAIS

Tout savoir sur la prise en charge non-médicamenteuse de la douleur

Answers

Activity 1:

1f 2l 3d 4g 5n 6k 7m 8j 9c 10e 11i 12b 13a 14h

Activity 2:

1 comfort positioning 2 guided imagery 3 TENS 4 panacea 5 labor pains
6 virtual reality 7 biofeedback 8 hydrotherapy 9 music therapy
10 art therapy 11. pet therapy 12 pain relief 13 fMRI 14 to distract

Activity 3:

1. Staff commented that pain relieving procedures could cause pain and anxiety in patients having the procedures.
2. Nurses recommended identifying and reinforcing coping strategies, providing reassurance and comfort, and giving patients clear explanations slowly and calmly, music therapy
3. Studies looked at the total time of the study, the dose of sedative medications administered to patients, pain scores reported by patients, patient experience and the future patient preference of using music or no music when the pain relieving procedure is repeated.
4. decreasing anxiety and pain, supporting relaxation, reducing the amount of sedation medication during procedures, improving patient satisfaction.
5. No, it is an adjunct (additional) to pharma therapy
6. Music interventions reduced pain levels but not to a statistical significance
7. Most felt it had a positive effect

Activity 4:

1. What is VR (virtual reality)? simulation / video game
2. How can VR help with pain management? distract / uncomfortable / painkillers / minimise
3. What else can VR be used for? relaxation /
4. Why do some patients say they don't like wearing VR goggles? heavy / snugly / control
5. Which conditions exclude the use of VR goggles? nausea / stroke / isolation
6. What is an important consideration when setting up a VR program for a pain? environment

Transcript of video

Nurse: I'd like to talk to you about using some virtual reality goggles to help with your chronic pain.

Patient: Virtual reality? Goggles? What do you mean?

Nurse: Virtual reality is a type of technology that provides a computer-generated simulation of a three-dimensional image. It would transport you to a realistic environment different from the one you are in.

Patient: Like a video game?

Nurse: That's right. Video games use virtual reality as well.

Patient: How could playing a video game help with my pain?

Nurse: VR or virtual reality programs are used for various reasons. Patients who are in pain can be shown peaceful scenes which help distract them from unpleasant or uncomfortable situations. As well as using a virtual reality program, patients can also learn breathing and relaxation techniques.

Patient: So, you're saying that if I use virtual reality, I can get rid of my pain?

Nurse: Not entirely, but there are some benefits to using virtual reality to help with pain management. Using VR to help distract you from painful situations means you should be able to reduce the amount of strong painkillers you take. This is because your brain is focussed on something else, so it has fewer neurons available to process pain.

Patient: I see. So, the pain doesn't go away, but it's controlled better. If I reduce my pain medication, I'll save a lot of money too. I spend a considerable amount on my pain medication. It's been quite stressful.

Nurse: I can imagine that it must be difficult for you. The other benefit of reducing your opiate intake is that you can minimise the side effects caused by the painkiller drugs.

Patient: That would be good. My pain medication causes constipation and can make me feel quite uncomfortable.

Nurse: Mm. I mentioned that you will also learn skills like relaxation and breathing techniques which can help to manage pain as well. You can also learn these through VR.

Patient: OK. I'm not sure I understand about the goggles though. Why do I need them?

Nurse: You need the goggles to be able to connect with the program.

Patient: Do I? I'm really not sure about using the goggles. Are they comfortable?

Nurse: They should fit snugly and be comfortable. Some patients complained about the older goggles which were a little heavy and didn't fit well. The newer models appear to be better.

Patient: I don't really like the idea of covering my eyes for long periods either.

Nurse: It's true that wearing the goggles makes some patients feel they have lost control of their environment. However, most patients get used to wearing the goggles and think that the positive benefits outweigh the disadvantages.

Patient: OK. Can everyone use virtual reality for pain relief?

Nurse: No. There are quite a few patients who are unable to use VR. Patients with nausea or motion sickness are excluded as are patients who have had a stroke or who have seizures. Patients who are in isolation for infection control are also not able to use VR.

Patient: Well, I would be able to use the program because I don't fall into any of those categories.

Nurse:: That's good. Another important thing we need to be aware of when setting up a patient for VR is to find out what type of environment the patient enjoys. Some patients may find a beach relaxing whilst others may prefer a walk in a forest.

Patient: I can see why that would be important. My personal choice would be a walk in a forest. I wouldn't find a beach relaxing at all! All that sand!