

"The Great Resignation" of nurses and staff, due to their high level of stress and exhaustion, continues to be one of the greatest challenges in healthcare. We are happy to have helped staff and patients overcome their stress and exhaustion.

Published Comfort Talk® Clinical Trial at Toronto Hospital for Sick Children



Under direction Jaqueline Viegas, RN, 160 children were randomized to have a self-hypnotic relaxation script read by trained nurses prior to cardiac interventions under general anesthesia. Even though the children did not report different levels of anxiety and pain, nor did anesthesiologists rate the children's behavior differently, anesthesiologists who were blinded to group attribution administered significantly less sedation drugs to the children who had the script read to them.

For the manuscript "Impact of Self-hypnotic Relaxation Scripts on Children's Periprocedural Experience and Anesthesiologist Sedation Use" published in the Journal of Pain Research, click [HERE](#).

UK: AfPP—Easing Your Perioperative Practice Through Comfort Talk®

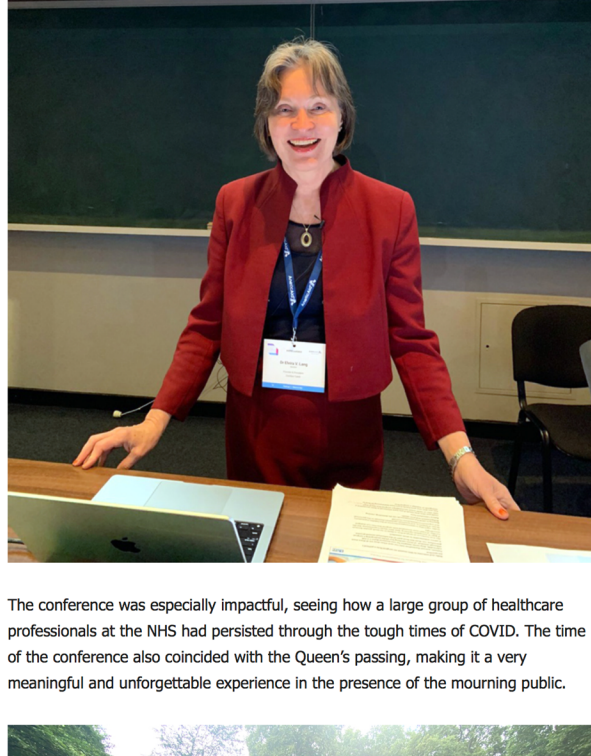
"Easing Your Perioperative Practice Through Comfort Talk®" was published by the British Association for Perioperative Practice (AfPP) and is available [HERE](#). A quick summary extracted from the article:

"Non-pharmacological means of reducing patient's anxiety and pain have been widely researched and now form an integral part of all UK recommendations for surgical surgical/ interventional care, such as those from the Royal Colleges of Anaesthetists and of Nursing.

In fact, perioperative care, at its core, follows principles of multimodal analgesia, including both pharmacological and non-pharmacological treatments.

In this article, Dr Elvira Lang summarizes years of research investigating an approach called Comfort Talk® and shares a few cost-neutral 'techniques' which have proven beneficial for conscious patients in the operating theaters."

Dr. Lang also gave a speech on "Rapid Non-pharmacological Management of Pain and Anxiety" at the 2022 AfPP Annual Conference on September 10 in York, England.



The conference was especially impactful, seeing how a large group of healthcare professionals at the NHS had persisted through the tough times of COVID. The time of the conference also coincided with the Queen's passing, making it a very meaningful and unforgettable experience in the presence of the mourning public.



Germany: Global Lecture Series

Dr. Lang was honored to participate again this year in the Global Lecture Series at the University Saarland Germany. She provided expertise and answered live questions on pain and anesthesia and the role of hypnosis in this realm of patient care.

US: Sedation Alternatives at the Forefront

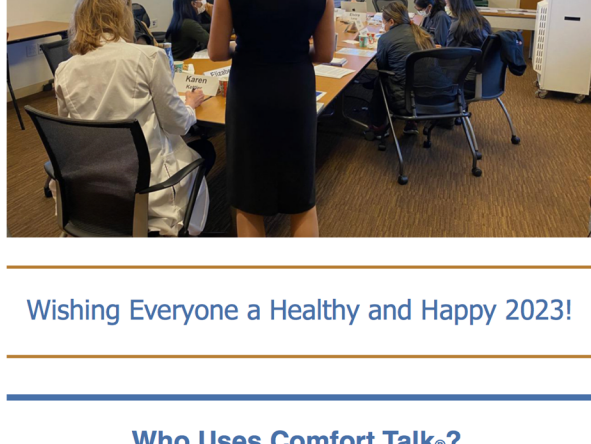
The President of the American Association for Moderate Sedation, Dr. Ron Esslinger, brought together specialists from several disciplines in Knoxville TN on October 1-2, 2022. At the meeting, Dr. Lang presented on the topic of "Rapid Nonpharmacologic Management of Pain and Anxiety."

It was wonderful to see how non-drug approaches have become more attractive in ORs, PACUs, ICUs.



Training nurses and staff of Stanford University's Radiation Oncology Group

On November 17th and 18th, Dr. Lang and the team performed a Comfort Talk® training session for the nurses and staff of the Radiation Oncology Group at Stanford University.



Wishing Everyone a Healthy and Happy 2023!

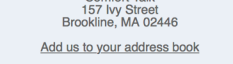
Who Uses Comfort Talk®?

Imaging Centers
Dental Practitioners
Surgical Centers
Health Care Professionals

Catherization Laboratories
Endoscopy Suites
Anesthesia Departments
Pediatric Care Providers



Enhance your practice, further your work enjoyment, and earn valuable continuing education credits with our Comfort Talk® courses and products. We offer continuing education credits for Dental professionals through the American Dental Association, for Nurses through the California Board of Nursing, and for Radiology professionals through ASRT. [Learn more about earning CE credits](#)



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