患者の気分は医療処置の結果に影響を及ぼし得る (SSQ21-08)

インターベンショナルラジオロジーを施行中の患者の否定的な感情は転帰に影響し得る

Patient's negative feelings during interventional radiology procedure can affect outcome

血管形成術またはその他のインターベンショナルラジオロジーの施行前に、高度の苦悩、恐怖および敵意の感情は転帰不良につながる可能性がある、と2015年Radiological Society of North America年次集会で発表された。研究者らは、血管および腎臓インターベンションなどの画像誘導下インターベンショナルラジオロジーを施行された女性120人および男性110人計230人（平均年齢55歳）を解析した。患者は、強気、キビキビとしている、決断力がある、およびその他の肯定的な感情、さらに罪悪感、緊張感または怒りっぽさなどの否定的な感情をどの程度有しているかを5点満点の評価尺度を用いて報告した。患者は肯定的な感情の高スコアおよび低スコアと、否定的な感情の高スコアと低スコアに基づきグループ分けされた。これらのグループは、施術中の遷延性低酸素症、高血圧、低血圧、術後出血または徐脈などの有害事象発現と関連した。否定的な感情が高スコアの患者104人のうち、23人（22%）が有害事象を発現したのに対し、低スコアの患者126人では15人（12%）であった（p=0.04）。肯定的な感情の度合いは有害事象発現率に有意な差をもたらさなかった。

Full Text

Feeling high levels of distress, fear and hostility prior to undergoing an angioplasty or other interventional radiology procedure may lead to a poor outcome, according to new research presented at the 2015 annual meeting of the Radiological Society of North America (RSNA).

"I was surprised by this result," said study author Nadja Kadom, M.D., currently acting associate professor of radiology at Emory University School of Medicine and Children's Healthcare of Atlanta. "Prior to this study, I did not believe patient mood could have an effect on outcome."

In the study, researchers analyzed the results of 230 patients, including 120 women and 110 men (mean age 55 years) who underwent image-guided interventional radiology procedures including vascular and kidney interventions.

Upon arriving for their procedure, patients were asked to complete a questionnaire called the Positive Affect Negative Affect Schedule (PANAS) to assess their mood. Using a five-point rating scale, the patients reported to what extent they felt strong, alert, determined and other positive feeling states and to what degree they were experiencing negative feelings, such as guilt, nervousness or irritability.

Dr. Kadom and fellow researchers Elvira V. Lang, M.D., Ph.D., and Gheorghe Doros, Ph.D., grouped the patients based on high and low scores for positive affect and high and low scores for negative affect. Those groups were then correlated with the occurrence of adverse events during the procedures, such as a prolonged hypoxia, hypertension, hypotension, postoperative bleeding or bradycardia.

A statistical analysis of the data revealed that patients with a high negative affect experienced significantly more adverse events than patients with low negative affect. Of the 104 patients with high negative affect, 23 (22 percent) had an adverse event, compared to 15 (12 percent) of the 126 patients with low negative affect. The degree of positive affect did not make a significant difference in the incidence of adverse events.

"Our study shows that mood matters," noted Dr. Lang, an interventional radiologist in Boston. "You don't need to have a chipper, cheery attitude prior to your procedure. You just have to overcome negative emotions and get to a neutral level."

Unlike surgical procedures in which patients are not conscious, interventional radiology procedures are often performed on patients who are sedated but awake and able to talk with the physician and healthcare team.

"This is a real issue," Dr. Lang said. "The procedure room is a two-way street in which the patient can affect the healthcare professional and vice versa. Any time the team must manage an adverse event, it takes attention away from the procedure."

Dr. Kadom said that although the tendency in radiology is to focus on improving equipment and techniques to minimize adverse outcomes, there is a growing awareness of what patients bring to the table. Dr. Lang suggested that healthcare teams should be trained in resilience and techniques to create their own positive emotional states, as well as coping strategies to help patients modify negative emotions and reframe their mindset prior to undergoing a procedure.

"We need to help staff show patients how to manage their own emotions to help create an environment for a better outcome," she said.

RSNA2015特集

Cardiology
3D MRIは糖尿病患者における脳卒中リスクの早期徴候を示す

早期段階の脳疾患と心疾患とに関連が認められた

MRIにより一流ダイバーの無呼吸中の心血管系変化が示された

Oncology
Subsolidの肺結節は男性よりも女性におけるがんリスクを増大させる

乳腺密度のみではがんのリスクファクターにならない

Psychiatry
小児において親がいないことは脳の発達を遅延させる可能性がある

肥満小児において食物のにおいは脳の衝動性領域を活性化させる

患者の気分は医療処置の結果に影響を及ぼし得る