

The Magic Glove

A Hypnotic Pain Management Technique

to reduce pain sensation, sometimes create complete anesthesia and is a useful anxiety-reducer too!

By **Dr. Leora Kuttner**

Through focused attention, the child's imagination changes the sensations, creating decreased sensation or numbness in the area with the "Magic Glove" in place. It also boosts a child's confidence and comfort in the ability to cope with painful and fearful procedures.

Recommended for:

- Children 3 to 12 years old, (a fearful 14 year-old could also be responsive) with language adjusted to the developmental age of the child.
- Blood draws, IV starts, vaccinations, sutures, porta-caths,
- Use on hands, arms legs, but can be used on any body area, as a blankey, patch, hat, sock, stocking etc.
- Use in conjunction with topical anesthetics such as EMLA.

Procedure:

- Explain to the child that you will be teaching "The Magic Glove" a way to bring comfort into your hand, arm "so that you will know what is happening but not be bothered by the procedure" You can add "It can help you change how your arm feels." It's important to avoid saying, "you won't feel any pain." as they may feel some sensation, yet it wont distress the child.
- Tell parents that you are teaching the child a strategy to help his/her use his/her brain to minimize any pain or fear.
- Ask the patient to put the hand/arm into yours to relax. You might say, "Relax into my hand." Take the full weight of the arm holding the hand in yours and ensuring that the child has let it go.
- Take *Magic Glove* out of your pocket and begin putting it on the child's hand, with your other hand. Start with the child's finger then stroking it on using the palm of your other hand with gentle, slightly firm, warm strokes up to the wrist or cubital area. Be sure to demarcate the end of the glove with each stroke as you address each finger as you put on the *Glove*. Do this stroking 5

to 8 times

- Affirm the sensory focus by talking about the process *as you do it* :
"This will protect you so that you're aware of what's happening but not bothered by the procedure." ... "Let's make it snug" ... "As the glove goes on it changes how much you feel, so you won't be bothered by anything"
"Notice how protected your hand feels" etc. You can repeat the phrases.

- At the top of the last stroke, gently squeeze the top of the arm. Indicate that the Magic Glove is in place .You might say, "Now that you have your Magic Glove on, you'll notice that you won't be as bothered as you used to be. That's good"

- Now it's time to test the Magic Glove.

Starting with the non-gloved hand and using a sharp object e.g. the tip of sharp pencil or a very small needle, press the tip 3 times on the back of the hand, saying "This is full sensation because there's no Magic Glove, so this is a 10. Applying equal pressure, test the hand with the Magic Glove. Ask the child to rate the sensation out of 10. Anything 5 or under is superb.

Often the child will start with a higher number. Then say "Let's make sure the glove is on safely and snugly", and repeat the hand strokes with the palm of your hand, 3 or 4 times. Then test again. Often there will be further diminishing of sensation. Whatever the number that the child says (as long as it's less than 10) say "Good"

- Now that the Magic Glove is in place, let's do the procedure and you'll notice the difference. Here if needed, you or the parent can add other distractions, bubble blowing, blowing out or traveling to a favourite place. Refer to the Magic Glove as the procedure is being performed. "Notice how that glove protects you."

Important!

- *Remove the Magic Glove* when the procedure is complete. Do so by stroking in the reverse direction as you take the glove off. Ensure that full sensation has returned to the hand. You may also have the patient rub hands together as if washing them. This will normalize sensation and stay with the process until the child says it's the same again.
