

Nocebo / placebo effects and pain

Sergiu Teodorescu ¹, Aurelia Preda ²

1. Department of Midwifery and Nursing, Bucharest, Romania, University of Medicine and Pharmacy "Carol Davila", Bucharest, ROU 2. Department of Midwifery and Nursing, University of Medicine and Pharmacy Carol Davila, Bucharest, ROU

Corresponding author: Sergiu Teodorescu, rinulica@gmail.com

Categories: Pain Management

Keywords: chronic pain, placebo, nocebo

How to cite this abstract

Teodorescu S, Preda A (September 08, 2021) Nocebo / placebo effects and pain. Cureus 13(9): a638

Abstract

Working hypotheses

1. By nocebo effect the pain can be installed.
2. By placebo, the pain may be reduced or it may go away.
3. Pain induced by the nocebo effect always disappears by the placebo effect.

Objective

- Identification of pain induced by nocebo effect.
- Apply the placebo effect to all pain before using other painkillers.
- Exclusive use of placebo methods in the management of pain induced by nocebo effect.

Material and method

• The study was carried out between 01.02.2021 and 31.05.2021 in the "St. Pantelimon" Emergency Clinical Hospital, Bucharest, Romania, in the Surgery and Orthopedic Departments.

• The study was conducted in a multidisciplinary team: nurses, specialist's doctors in surgery and orthopedics, and one psychologist.

• Study lots were composed of:

1.
 1. 20 patients with postoperative pain in which 10 patients received placebo and 10 patients who were treated with anti-algic medication.
 2. 20 patients with pain after receiving information that the treatment (Rosuvastatin - Crestor or Ibuprofen - Nurofen) may have, as an adverse effect, pain (gastric or muscular) of which 10 patients who received placebo treatment and 10 who received administered analgesics

• As the main tool we used the pain visual analogue scale, used before and after each type of treatment.

Results

1. Patients with postoperative pain:

- out of 10 patients with placebo treatment, 6 perceived pain relief;
- out of 10 patients with analgesic drug treatment 10 perceived relief or disappearance of pain.

2. Nocebo Pain:

Open Access

Abstract

Published 09/08/2021

Copyright

© Copyright 2021

Teodorescu et al. This is an open access abstract distributed under the terms of the Creative Commons Attribution License CC-BY 4.0., which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Distributed under

Creative Commons CC-BY 4.0

- out of 10 patients with placebo treatment, 10 perceived the disappearance of pain by placebo treatment;
- out of 10 patients with analgesic drug treatment: 8 perceived relief and 2 the disappearance of pain.

Conclusion

1. Pain caused by the nocebo effect - placebo treatment has proven to be more effective.
2. Painkillers have been shown to be more effective in postoperative pain, less effective in nocebo-type pain.

Placebo treatment can be tried in all types of pain. In case of pain relief / disappearance, the chemical aggression of the drugs on the body is reduced.