

Effect of Conversation and Other Nursing Analgesic Techniques on the Electrically Evoked Prick Pain Threshold

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Abstract

The effect of conversation and other nursing analgesic techniques on the electrically evoked pain threshold was studied in thirty female human subjects (ages, 21-35; mean, 24.6 years). The prick pain point, identified first by tungsten wire in the left anterior cubital region, was stimulated by an electric stimulator using 10 train pulses, 1 msec in duration, at a frequency of 0.2-0.5Hz. The threshold of prick pain was measured (control threshold), and the mean was 39.9±9.6 volts (n=30). Then the threshold was measured during various stimuli, such as massage, a hot compress at 39-41 degrees C in the area of the stimulating electrodes, a hot compress in conjunction with conversation, conversation and a cold compress at 18-20 degrees C or 20-23 degrees C. The prick pain threshold increased significantly during all these stimuli (percent increase in the threshold was 8.8-20.5%). A massage or a hot compress accompanied by conversation was more effective than any treatment alone. Moreover, conversation itself was just as effective as skin stimulation and mental arithmetic. These results confirmed that verbal communication plays an important role in pain management.
