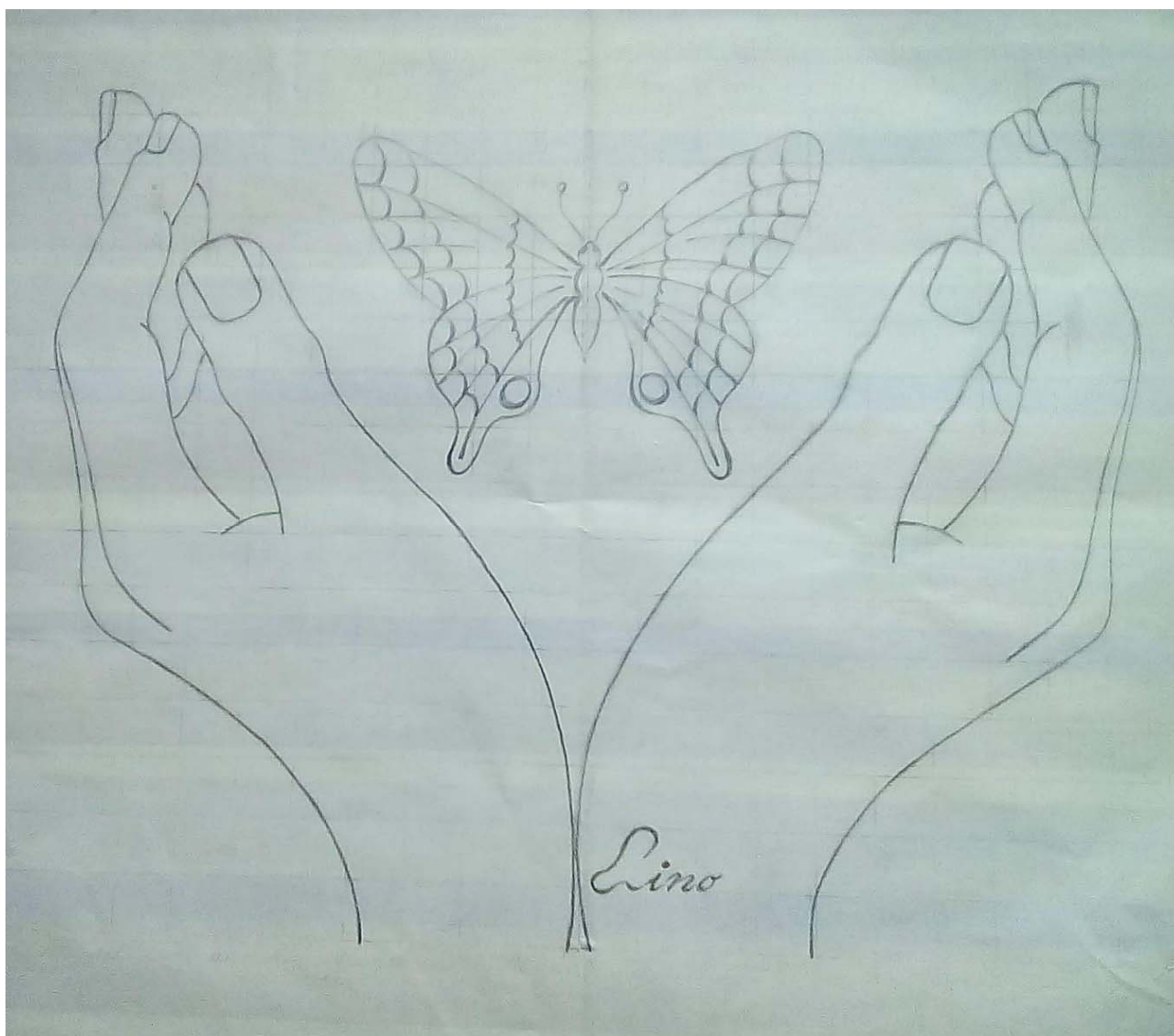


INTERNATIONAL JOURNAL OF MEDICAL AND NURSING APPROACH (IJMNA)

Volume 1 (issue 1)

2019 December



MEDICAL AND NURSING

“ONLY USING MEDICAL AND NURSING HANDS... YOUR WINGS CAN FLY AGAIN”

Editor-in-Chief:

Prof. Gianfranco Raimondi

Scientific Director:

Dr. Nicola Marchitto

www.med-inf.it

International Journal of Medical and Nursing Approach (IJMNA)

The IJMNA is the official Journal of the Scientific
Medical and Nursing Association (Med-Inf).

Editor: Centro Copie s.r.l.

Via Appia Lato Itri 37/41

EDITOR-IN-CHIEF:

Prof. Raimondi Gianfranco
(Sapienza University, Rome, Italy)

Scientific Director:

Dr. Marchitto Nicola, Rome, Italy

EDITORIAL BOARD: Pironti M., Curcio A.,
Esposito A., Visani N., Taurisano S.

Registration:

Tribunale di Latina n° cronologico 1096/2019 del
12/08/2019 (RGVG n° 1860/2019).

EDITORS AND INTERNATIONAL BOARDS:

Internal Medicine: Raimondi G.

Emergency Medicine: Nikolopoulos Charalampos

Medical Thecnology: Martynenko A.,

Geriatric Medicine: Marchitto N., Paparello P.T.

Cardiology: Raimondi G.

Dermatology: Skroza N.,

Clinical Imaging: Gavana M.,

Surgery: De Cesare A., Casciaro G.

Nephrology and Dialysis: Di Lullo L., Mobilia P.,
Taurisano S.

Psychology: Melpignano S., Maragoni G., Pannone O.

Complementary Medicine: Visani N.

Management: Bottiglia I.;

Med – Inf SCIENTIFIC ASSOCIATION

Organizational secretariat

Via jurmala 136 bis; 04019 Terracina (Latina), Italy.

Tel. +39 333-3019781

E-mail: segreteria@med-inf.it

PRESIDENT

Dr. Marchitto Nicola, Roma, Italy

VICE-PRESIDENT

Prof Gianfranco Raimondi, Roma, Italy

SECRETARY

Dr.ssa Paola Tamara Paparello, Venezuela, (EE)

INDICE GENERALE

HYPNOSIS in young subjects with Post Traumatic Stress Disorder (PTSD): evaluation of safety and efficacy.	pg 4
VHF exploration using HRV analysis in the frequencies domain.	pg 7
Efficacy of Biofeedback on chronic pain explored by HRV analysis.	pg 14
COPD and Home rehabilitation program: Effects on exacerbations, adherence to therapy and lung function.	pg 17
Effects of E-Cigarette explored by HRV Analysis.	pg 20
Autogenic training: Assessment of Anxiety and HRV analysis.	pg. 23

HYPNOSIS in young subjects with Post Traumatic Stress Disorder (PTSD):

evaluation of safety and efficacy.

Marchitto N.*, Melpignano S.**, Paparello P.T.*** Raimondi G.****

* Alfredo Fiorini Hospital Terracina, Latina (Italy); ** Psychologist, Sabaudia, Latina (Italy)

**** Nurse, UCTO Latina, Italy; *** Sapienza University of Rome (Italy)

KEYWORDS: Post-Traumatic stress disorder, safety, efficacy, Qtc, Tp/Te, CV RISK .

Corresponding Authors: Melpignano S. e-mail: sabrinamelpignano@libero.it

ABSTRACT

Background: Hypnotherapy is an effective approach for the treatment of post traumatic stress disorder (PTSD). Pierre Janet was the first clinician to describe the successful initiation of stepwise hypnotic techniques in PTSD. **Aim:** The aim of the study is to emphasize the effect of Hypnosis on the control of PTSD in young subjects. PTSD represent a clinical problem with significant relevance in young subjects. PTSD can involve all subject and there are not difference for young or adult people. The aim of our project is to evaluate the safety and efficacy of Hypnosis in subjects affected by PTSD using the Qtc and T peak to T end index. **Materials and Methods:** We have enrolled 5 patients with mean age 28 years old (28 ± 5 years). All enrolled patient refer Post Traumatic Stress Disorder. All enrolled subjects underwent to PTSD evaluation before and post treatment using a digital ecg signal to evaluate the QTc and the T peak to T end index. All subjects underwent 5-minute EKG recording before and after hypnosis for Arrhythmic risk evaluation. The degree of PTSD was evaluated by Phisician using the VAS Scale (with values from 0 to 10; with higher values representing a greater symptomatology due to PTSD). **Results:** Our data underline that Hypnosis appears to be an effective method to improve the quality of life in subjects with PTSD. Our preliminary data underline the safety and the efficacy (Tab, 1) of the Hypnosis as treatment for PTSD. More interesting data are noted about electrocardiographic data. We have observed a statistically significant variation of the neuro-vegetative modulation in young patients (Fig. 1). **Discussion:** Hypnotherapy improve therapeutic alliance and contribute to a positive treatment outcome. Hypnotic techniques may be valuable for patients with PTSD who exhibit symptoms such as anxiety, dissociation, widespread somatoform pain complaints and sleep disturbances. Hypnotic techniques may also facilitate the arduous tasks of working through traumatic memories, increasing coping skills, and promoting a sense of competency. **Conclusions:** Hypnosis is a safety and efficacy technique for treating PTSD in young and older subjects. Our preliminary results underline a statistically significant reduction in the degree of PTSD measured with a scale from 0 to 10. There are not statistically significant modification of the QTc and T peak to t end index therefore Hypnosis can be used in young and adult patients. Our data are comfortable but not applicable to a broad spectrum for all patients for the relative low number of enrolled patients.

International Journal of Medical and Nursing Approach:

GUIDELINES FOR AUTHORS

<http://www.med-inf.it/sottomissioni>

Manuscripts have to be double-spaced with two-centimeter margins.

Head-paper: To facilitate the review process, manuscripts should contain max, 2 tables and/or 3 figures.

An Original Scientific Article or an Original Case Report have educational value and therefore the evaluation will take into account the originality and the quality of the presentation.

Original scientific article Include: Abstract, Background, Materials and Methods, Results, Discussion, Conclusions and References.

Original Case Report Include: Abstract, Introduction, Case Report (s), Discussion, Conclusions and References.

Letters to the Editor: These are written on invitation and express the authors' viewpoint.

All Manuscripts must be written in English.

Optionally, Med-Inf scientific secretary, offers our professional copy-editing service.

The **first page** must contain:

- 1) title (lowercase), without acronyms;
- 2) first name and family name of each author, separated by commas;
- 3) affiliation(s) of author;
- 4) full name and full postal address of the corresponding author. Phone, fax number and e-mail address for the correspondence should also be included;
- 5) three to five key words.

The **last page** should contain:

- 1) acknowledgments;
- 2) authors' contributions, e.g., information about the contributions of each person named as having participated in the study;

- 3) disclosures about potential conflict of interests;

If **TABLES** are used, they should be double-spaced on separate pages. They should be numbered and cited in the text of the manuscript.

If **FIGURES** are used, they must be submitted as jpg files, minimum 300 dpi; i).

One column width (7.5 cm) or 2 column widths (16 cm).

A different caption for each figure must be provided at the end of the manuscript, not included in the figure file.

Authors must obtain written permission for the reproduction and adaptation of material which has already been published.

Authors must send the written permission before publication (otherwise the paper cannot be published).

A box with a clear description of the organization will be included in the manuscript. Papers highly polemic, written by an author addressing his own opinion and not an organization position or with a theme of local interest will not be published.

Conclusions and opinions expressed by the authors do not necessarily reflect the policies of the International Journal of Medical and Nursing Approach.

If abbreviations are used in the text, authors are required to write full name+abbreviation in brackets [e.g. Chronic Heart Failure (CHF)] the first time they are used.

Original Articles (4000 words max, abstract 250 words max, 30 references max, 3/5 tables and/or figures). A maximum of 10 authors is permitted and additional authors should be listed in an ad hoc Appendix.

References must be numbered consecutively in the order in which they are first cited in the text (not alphabetical order), and they must be

identified in the text by Arabic numerals in superscript. References to personal

References

References should be provided directly within the MS-Word document in the References section. References must be prepared as follows:

PEER REVIEW POLICY

All manuscripts submitted to our journal are critically assessed by external and/or in-house experts.

Each paper is first assigned by the Editors to an appropriate Associate Editor who has knowledge of the field discussed in the manuscript. In the first step of manuscript selection if a manuscript does not receive a sufficiently high priority score to warrant publication, the editors will proceed to a quick rejection. The remaining articles are reviewed by at least two different external referees.

Manuscripts should be prepared according to the Uniform Requirements established by the International Committee of Medical Journal Editors (ICMJE). Authorship: all persons designated as authors should qualify for authorship according to the ICMJE criteria. Each author should have participated sufficiently in the work to take public responsibility for the content. Authorship credit should only be based on substantial contributions to:

- 1) conception and design, or analysis and interpretation of data;
- 2) drafting the article or revising it critically for important intellectual content;
- 3) final approval of the version to be published. General supervision of the research group is not sufficient Italian for authorship. Any part of an article critical to its main conclusions must be the responsibility of at least one author. Authors should provide a brief description of their individual contributions. Obligation to Register Clinical Trials: the ICMJE believes that it is important to foster a comprehensive, publicly available database o clinical trials. The ICMJE defines a clinical trial as any research project that prospectively assigns human subjects to intervention or concurrent comparison or

communications and unpublished data should be incorporated in the text and not placed under the numbered

- more than three authors, cite 3 authors, et al. If the paper has only 4 authors,

- title style: sentence case; please use a capital letter only for the first word of the title;

control groups to study the cause-and-effect relationship between a medical intervention and a health outcome. Medical interventions include drugs, surgical procedures, devices, behavioral treatments, process-of-care changes, etc. Our journals require, as a condition of consideration for publication, registration in a public trials registry. The journal considers a trial for publication only if it has been registered before the enrollment of the first patient. The journal doe not advocate one particular registry, but requires authors to register their trial in a registry that meets several criteria. The registry must be accessible to the public at no charge. It must be open to all prospective registrants and managed by a non-profit organization. There must be a mechanism to ensure the validity of the registration data, and the registry should be electronically searchable. An acceptable registry must include a minimum of data elements. For example, ClinicalTrials.go (<http://www.clinicaltrials.gov>), sponsored by the United States National Library of Medicine, meets these requirements Protection of Human Subjects and Animals in Research: when reporting experiments on human subjects, authors should indicate whether the procedures followed were in accordance with the ethical standards of the committee responsible for human experimentation (institutional and national) and with the Helsinki Declaration of 1975 (as revised in 2008). In particular, Med-Inf Association adopts the WAME policy on Ethics in Research (<http://www.wame.org>). Documented review and approval from a formally constituted review board (Institutional Review Board - IRB - or Ethics committee) is required for all studies (prospective or retrospective) involving people, medical

records, and human tissues. When reporting experiments on animals, authors will be asked to indicate whether the institutional and

SUBMISSION PREPARATION CHECKLIST

As part of the submission process, authors are required to check off their submission's compliance with all of the following items, and submissions may be returned to authors that do not adhere to

1. The submission has not been previously published, nor is it before another journal for consideration (or an explanation has been provided in Comments to the Editor).
2. The submission file is in Microsoft Word, or PDF document
3. We fight plagiarism: please understand that your article will be checked with available tools for discovering plagiarism.
4. The text is double-spaced; uses a 12-point font; employs italics and all illustrations, figures, and tables are placed within the text at the appropriate points, rather than at the end.
5. The text adheres to the stylistic and bibliographic requirements outlined in the Author Guidelines, which is found in About the
6. Please read this advice and download associated files. The International Committee of Medical Journal Editors has recently published in all ICMJE journals an editorial introducing a new "Disclosure Form for Potential Conflict of Interest", with the aim to establish uniform reporting system, we sting differences in current formats or editors'

Copyright notice

Med-Inf Association has chosen to apply the Creative Commons Attribution to all manuscripts to Non-Commercial 4.0 License (CC BY-NC 4.0) be published An Open Access Publication is one that meets the conditions: following two The author(s) and copyright holder(s) grant(s) to all users a free, irrevocable, worldwide, perpetual right of access to, and a license to copy, use, distribute, transmit and display the work publicly and to make and distribute derivative works, in any digital medium for any responsible purpose, subject to proper attribution of authorship, as well as the right to make small numbers of printed copies for their personal use 2, A complete version of the work and all supplemental materials, including a copy of the permission as stated above, in a suitable standard electronic format is deposited immediately upon initial n at least one online repository that is supported by an academic institution, scholarly society, government agency, or other well-established organization that seeks to enable open access, un- publication i restricted distribution, interoperability, and long-term archiving. Authors who publish with this journal agree to the following terms 1. Authors retain copyright and grant the journal right of first publication with the work simultaneously licensed under a Creative Commons Attribution License that allows others to share the work with an acknowledgement of the work's authorship and initial publication in this journal. 2. Authors are able to enter into separate additional contractual arrangements for the non-exclusive distribution of the journal's published version of the work (e.g., post it to an institutional repository or publish it in a book), with an

national guide for the care and use of laboratory animals was followed.

requests. Authorship: all persons designated as authors should qualify for authorship according to the ICMJE criteria. Each author should have participated sufficiently in the work to take public responsibility for the content. Authorship credit should only be based on substantial contributions to:

- 1) conception and design, or analysis and interpretation of data;
- 2) drafting the article or revising it critically for important intellectual content;
- 3) final approval of the version to be published.

These three conditions must all be met.

Participation solely in the acquisition of funding or the collection of data does not justify authorship. General supervision of the research group is not sufficient therefore asking you to duly fill in the "Uniform Format for Disclosure of Competing Interests in ICMJE Journals" and upload it on the Web site of the Med-Inf Association your work is involved with or email it back to us, in mind to allow Med-Inf Association to peer-reviewing your work. The document is in Adobe format, it includes instructions to help authors to follow the right procedure and is user-friendly.

Kindly note that the format have to be completed and signed by each author of the work.

acknowledgement of its initial publication in this journal. 3. Authors are permitted and encouraged to post their work online (e.g., in institutional repositories or on their website) prior to and during the submission process, as it can lead to productive exchanges).

PRIVACY STATEMENT

Privacy is an important concern for users of our site and is something that Med-Inf Association takes very seriously. Below you will find our policy for protecting users' personal information. Registration on our website is optional and voluntary. Browsing and viewing articles on our website does not require any personal information to be submitted from users. Nor do these functions require the user's browser to be set to accept cookies. Some other services published on our website do require the use of cookies and information such as name, e-mail, etc. This is necessary for security reasons and to enable us to be able to assure standards of scientific integrity. Users may submit further personal information (e.g. details of research areas of interest) in order to take advantage of present and future personalization facilities on our website. In accordance with European Union guidelines, registrants may decline to provide the information requested. They should be advised, however, that Med-Inf Association may be unable to deliver its services unless at least the information necessary for security and identification purposes is provided. In order to offer the best possible service to users, PAGE Press tracks the patterns of usage of pages on the site. This enables us to identify the most popular articles and services. Where users have provided details of their research areas of interest, this information can be linked to them, helping Med-Inf Association to offer scientists, the most relevant information based on their areas of interest. User information will only be shared with third parties with the explicit consent of the user. Publishing a scientific manuscript is inherently a public (as opposed to anonymous) process. The name and e-mail address of all authors of a Med-Inf Association manuscript will be available to users of Med-Inf Association. These details are made available in this way purely to facilitate scientific communication. Collecting these e-mail addresses for commercial use is not allowed. Med-Inf Association itself send unsolicited e-mails to authors, unless it directly concerns the paper they have published on Med-Inf Association journals (IJMNA). Med-Inf Association reserves the right to disclose members' personal information if required to do so by law, or in the good faith and belief that such action is reasonably necessary to comply with a legal process, respond to claims, or protect the rights, property or safety of Med-Inf Association, employees or members

ARTICLE/CASE REPORT/ LETTER SUBMISSION: 250,00 € ITALY; 300,00 € ABROAD (SHIPPING COSTS)

SUBSCRIPTIONS

100,00 (Italy):

50,00(students)

180,00 (abroad)

Support One number 25,00+ shipping costs

Send requests to segreteria@med-inf.it specifying the name of the journal and the type of subscriptions.

INTERNATIONAL JOURNAL OF MEDICAL AND NURSING APPROACH

Tutti gli articoli pubblicati su International Journal of Medical and Nursing Approach sono redatti sotto la responsabilità degli Autori. La pubblicazione o la ristampa degli articoli della rivista deve essere autorizzata per iscritto dall'editore. Ai sensi dell'art. 13 del D.Lgs 196/03, i dati di tutti i lettori saranno trattati sia manualmente, sia con strumenti informatici e saranno utilizzati per l'invio di questa e di altre pubblicazioni e di materiale informativo e promozionale. Le modalità di trattamento saranno conformi a quanto previsto dall'art. 11 del D.Lgs 196/03. I dati potranno essere comunicati a soggetti con i quali l'associazione Med-Inf intrattiene rapporti contrattuali necessari per l'invio delle copie della rivista. Il titolare del trattamento dei dati è Med-Inf Association, via jurmala 136 bis, 04019 Terracina (Latina), Italy, al quale il lettore si potrà rivolgere per chiedere l'aggiornamento, l'integrazione o la cancellazione di cui all'art. 7 del D.Lgs 196 03.