



Presentation ADM Reception 2019 "Digital Sedation"

By Diane Jooris - Oncomfort

Several years ago, Mathilde was diagnosed with breast cancer. In 3 years, she had 9 surgeries... Most of you know how stressful a cancer diagnosis is ... And I think everyone here in the room has had a surgery and knows the anxiety you feel before... ..how miserable you feel after. And the time it takes to recover....
So just imagine how Mathilde felt at the end of her cancer journey...



My name is Diane Jooris. I am a mental health professional specialized in clinical hypnosis.

I worked at MD Anderson Cancer center, in Texas, the biggest cancer center in the world. My job was to help patients like Mathilde going through medical interventions with as few medication and sedation as possible. I was sitting in the Operating room with the patients, providing clinical hypnosis sessions during their surgeries.

Clinical hypnosis is a mind-body technique, which has been validated for decades as an efficient and safe way to manage anxiety and pain during medical procedures and surgeries. Clinical hypnosis creates a different state of consciousness which has been objectivated by brain imagery.

While working in the operating room with hundreds of patients, I saw how impactful and empowering clinical hypnosis is.... And how challenging it is to have access to it: healthcare professionals must be trained, must be available.... And when they are trained and available.... Sometimes the patient does not speak their language.

So I wanted to find a way to give access to this amazing technique to the largest number of patients. This is why, with my co-founders, we created Oncomfort.

Oncomfort is the leading company in Digital Sedation. We deliver standardized and automated clinical hypnosis sessions together with additional psychological interventions through a cutting-edge technology: Virtual Reality. Our solution, called the Sedakit, is a medical device. It contains all that is needed to launch a digital sedation session: virtual reality hardware as well as 7 different virtual reality experiences that we call "modules".

Maybe it is hard for some of you to visualize how this works practically? Let me explain: before preparing patient for a surgery, a nurse or a doctor puts on the patient's face a virtual reality headset. And headphones on patient's ears. Patients are immersed in a 360 degrees visual environment. A voice guides them through the experience. Step by step, patients disconnect from the reality and get deeper into the virtual experience. They are not aware anymore of what is happening in the room, and their perception of what is happening with their own body is modified. They learn techniques to reduce, by themselves, their anxiety and their pain. At the end of the procedure, patients are alert, comfortable and satisfied.

Our Sedakit is a safe and simple alternative, or complement, to sedation, and to pain and anxiety medication



The Sedakit is financially affordable: We wanted to make this solution accessible to the largest number of patients, so we positioned the price accordingly.

The Sedakit is portable and can be used 24/7.

It requires only 30 min online training for medical team members.

The virtual reality modules are tailor-made to specific moments of treatment and adapted to the age of the patient And last but not least: the modules are multilingual. They are available in 10 different languages!

We created this solution for cancer patients.... But more and more doctors from various speciality are reaching out to us: cardiologists, pediatricians, orthopedists, dentists, doctors in the emergency room or intensive care units, palliative care

We created this solution to use it during surgery and procedures... And we enlarged the scope of action to prepare patients before surgery and help them manage pain and anxiety as well as other issues after a surgery.

We have more than 1600 patients being enrolled in clinical trials in more than 12 academic centers.

In one of our studies, patients were undergoing prostate cancer surgery with a spinal block (peridurale, epidurale). Half of them were sedated with medication, the other half were sedated with the Sedakit. This study showed that digital sedation reduced surgical risks such as respiratory issues or involuntary movements (when you have a prostate surgery, I let you imagine how much you don't want to move during the procedure....) and both patients and anesthesiologists were extremely satisfied. The total duration of the intervention was the same in the 2 groups.

In a study in UCL, Brussels, breast cancer patients receive Digital sedation in their room before their surgery. What we can see is that patient who received digital sedation experience, after the surgery, a reduction of pain and anxiety of about 50 percent compared to patients who did not have digital sedation. The stay in the recovery room is reduced by 50% and the total stay at the hospital is reduced by 30%. Patient with digital sedation also consume 80% less pain killers after the surgery than the other group.

In Antwerpen, Sint Jan Brussels en ULG, doctors are studying the impact of digital sedation when used after a surgery. Although these studies are not completed yet, it seems that the use of our sedakit reduces anxiety, fatigue, pain and consumption of medication. It also improves patient's comfort during physical therapy for rehabilitation.

When used on kids, we saw in Centre Leon Berard, in Lyon, that pediatric cancer patients are not only much more comfortable during procedures, but so are the medical teams, who can perform the procedure more efficiently and with less stress... And there is no more need for contention of the kids!

But more important than these numbers and observations, we often receive feedback from patients and doctors.

When we meet with patients, even weeks after their surgeries, they tell us that they have been using the techniques they learned during the Virtual Reality session at each difficult moment of their treatment.

Several doctors told us that our solution reconnected them to the reason why they choose to study medicine, as it puts the patient, the human being, back in the center of the care.

For us, technology is not a goal per se. Technology is a medium to deliver better healthcare. The use of technology is born from our need to make a specific technique available to the greatest number of people suffering from a disease.

The Sedakit is currently used in more than 70 hospitals in 5 different countries. In three years, we treated more than 8000 patients.

The Sedakit is used in a large range of indications: to place port a cath for cancer patients. They just receive a local anesthesia and they feel comfortable during the procedure. Doctors use it for orthopedic surgeries such as hand and foot surgery. They do what is called a regional anesthesia (arm or leg) and then use digital sedation. Here you see a blood draw for a kid who has a phobia of needles. See his breathing changing and becoming deeper. Another example is here for breast surgery in Institut Curie in Paris. In this institution, the Sedakit is also used to reduce anxiety among medical team members in palliative care units.

When I presented this solution to a doctor 3 years ago, he looked at me and I could see in his eyes that he thought "this woman is really weird". Three years later, thanks to the evolution of mentalities, and thanks to the visibility our work received at national and international level, Digital sedation is becoming standard of care in several hospitals. So thank you ADM for giving me today the opportunity to share our work and passion in front of this amazing audience. The more we can talk about it, the more people and doctors will understand and adopt this new way of managing pain and anxiety without medication, and the more we will empower patients during difficult medical journeys.

At the very beginning of my presentation, I talked to you about Mathilde, a cancer patient... Mathilde is my little sister. But she could be yours, your mother, your niece, your colleague... Or it could be you! Our goal is to make the Sedakit available to millions of patients like Mathilde in the coming 3 years. And it takes a village. So please, if you want to be part of this project and vision, come and talk with me during the break!
Thank you for your attention.