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New technique to overcome vasovagal syncope

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Introduction: Vasovagal syncope VVS is common in clinical practice and referred to as neurocardiogenic syncope. Initially, there are tachycardia with normal blood pressure followed by bradycardia which leads to decrease blood flow to the brain and brief loss of consciousness. VVS mostly preceded by sight of blood.

Methods and results: A 20-year-old female dental student was completely healthy and asymptomatic till the age of 17 years when she developed 3 episodes of vasovagal fainting for 1 minute each, following blood sight. So just before patient start her clinical practice in dentistry, she was trained on venipuncture Pad simulator several times per day for 3 days without any problem. One month later, patient start her clinical training at dentistry college (4th year) and she was able to inject anesthesia to patients without any complication also she received her 3rd dose of hepatitis vaccine and she was totally asymptomatic.

Discussion: Avoiding the trigger is the best treatment typical vasovagal syncope. But this is not feasible in our patient as she is a dentistry student. Medical therapy and tension physical maneuvers which showed its effectiveness on certain patients, didn't work with our patient. The advantage of venipuncture pads is you can fix it on real patient arm, it has the real feeling of blood vessels also the back flow of the blood like color during aspiration with the needle and syringe simulated exactly real patient plus it is easy to perform, safe, fun and inexpensive. Our patient got benefit from training on venipuncture Pad and she was able to overcome vasovagal syncope due to blood phobia.

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