

Abstract Submission No.: A-0265**Hypnotherapy in Chronic Kidney Disease Patient Undergoing Continuous Ambulatory Peritoneal Dialysis (CAPD) with Depression and Psychogenic Pain****Isa Browijoyo**¹, Hamzah Shatri², Rudi Putranto², Edward Faisal², Dian Pritasari Jeger¹¹Department of Internal Medicine, Indonesian society of internal medicine, Indonesia²Department of Psychosomatic Division, Departement of Internal Medicine, Indonesian Society of Internal Medicine, Indonesia

Case Study : Depression is a common and serious psychological disorder, including in patients suffering from chronic kidney disease who undergo Continuous Ambulatory Peritoneal Dialysis (CAPD). Patient may feel persistent feelings of sadness, continuous despair (anhedonia), and loss of interest in activities that were once enjoyed. Hypnotherapy is a therapeutic modality that use hypnosis to help patients overcome psychological, emotional, or physical problems. We reported a 25-year-old lady with stage V chronic kidney disease on CAPD. The patient has been on CAPD for two years. She was sobbing uncontrollably and losing hope for the future. She arrived in a weakened condition, using a wheelchair due to overall body pain, especially in the joints. CAPD is perceived as smooth and clear. Hospital Anxiety and Depression Scale (HADS) score were A17D13D30 and pain score were 7/10. She already consumed analgetic for a long time, but there has been no improvement. She was diagnosed with depression and fibromyalgia. She underwent two sessions of hypnotherapy with the goal of relaxing the body, alleviating pain, improving mood, enhancing motivation for therapy, improving physical abilities, and fostering a sense of hope for the future. The HADS scores have improved to A9D10T19, and the pain score has decreased to 2/10. Even though it is not the main technique of management, hypnotherapy can be used as part of a therapeutic approach to address depression and psychogenic pain. The presence of pain that does not improve with treatment can exacerbate the patient's complaints and psychological symptoms. Hypnotherapy can guide the patient to enhance pain tolerance and manage the body's response to such sensations. Hypnotherapy has proven to be effective in improving depression levels by inducing deep relaxation and focusing on the mind. Positive suggestions can build a more positive self-perception, enhance motivation, and assist the patient in coping of despair or loss.