RÉFLEXE NAUSÉEUX

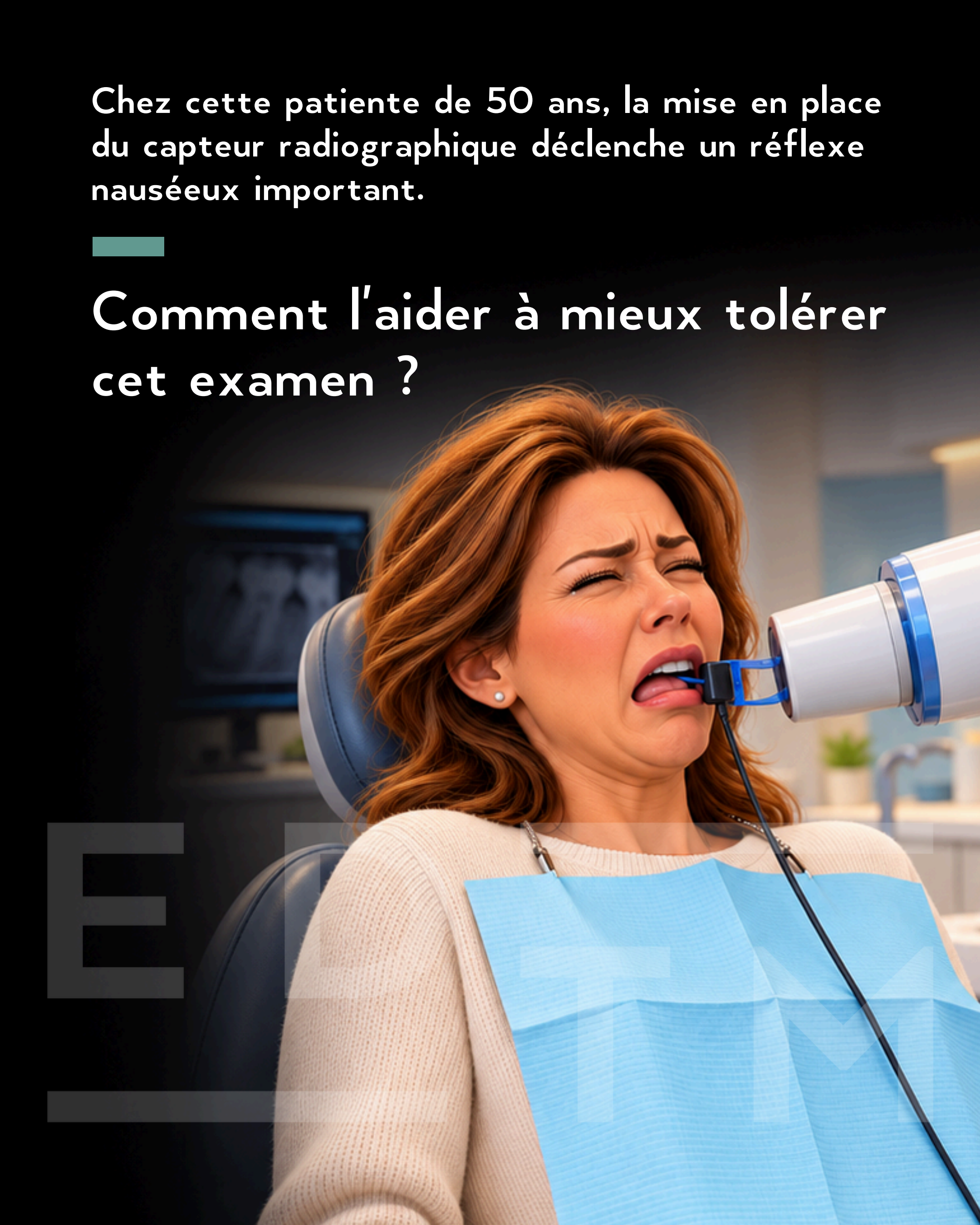
COMMENT FACILITER LES SOINS ?



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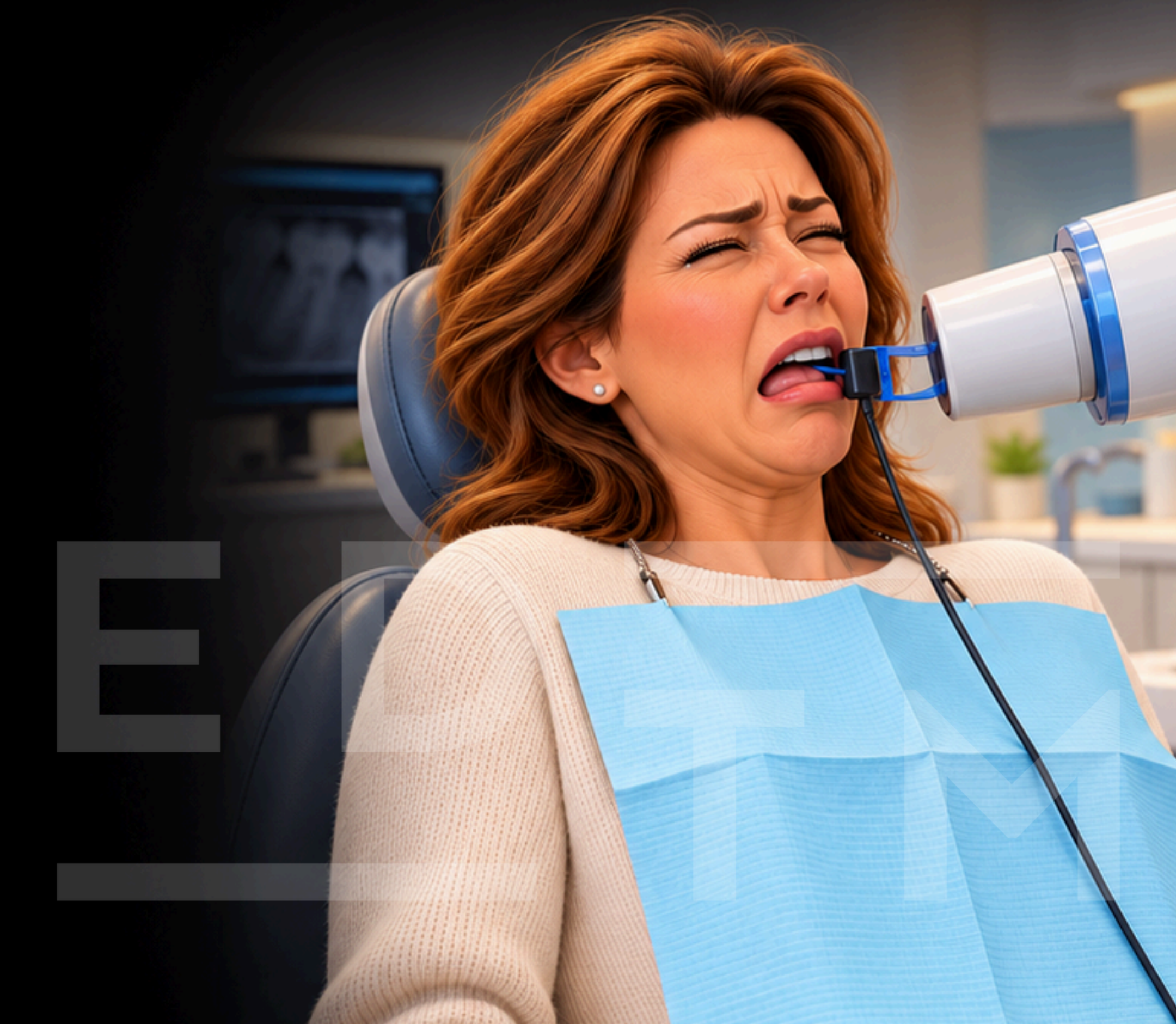
Chez cette patiente de 50 ans, la mise en place du capteur radiographique déclenche un réflexe nauséeux important.

Comment l'aider à mieux tolérer cet examen ?



COMPRENDRE LES FACTEURS DÉCLENCHANTS

Le réflexe nauséeux est un mécanisme de protection.



Le contact intra-oral peut le déclencher, mais l'anxiété, l'anticipation et les expériences précédentes peuvent également l'amplifier.



QUE DIT LA LITTÉRATURE ?

Plusieurs approches ont été étudiées : les techniques de distraction, la sédation par inhalation de protoxyde d'azote et la stimulation de points d'acupuncture par un laser de faible puissance.



Les données restent limitées et ne permettent pas d'établir la supériorité d'une technique sur les autres.

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Systematic Review

An Overview about New Methods in Management of Gag Reflex during Dental Treatment: A Systematic Review

Mohammad Mehdizadeh [1], MScD; Abolfazl Mohammadbeigi [2], PhD; Alireza Sharifinejad [3]; DMD;

[1] Dept. of Oral and Maxillofacial Surgery, School of Dentistry, Qom University of Medical Sciences , Qom, Iran.
[2] Dept. of Biostatistics and Epidemiology, School of Health, Qom University of Medical Sciences, Qom, Iran.
[3] Postgraduate Student, Dept. of Pediatric Dentistry, School of Dentistry, Shiraz University of Medical Sciences, Shiraz, Iran.

KEY WORDS
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ABSTRACT

Statement of the Problem: Management of gag reflex is a challenging process during many dental treatments. Various studies have been carried out to evaluate different pharmacological and non-pharmacological techniques to control gagging.

Purpose: The aim of this study is to review the available evidence on methods proposed for managing the gag reflex.

Materials and Method: This systematic review adheres to the preferred reporting items for systematic review and meta-analysis (PRISMA) gublisines. A comprehensive search was conducted in English and Persian based on articles published from 2015 to 2022 (February) in PubMed, Scopus, Science Direct, Web of Science, Google Scholar, ISC and SID. All studies were first screened based on their title and abstract. The quality assessment of articles was carried out by two independent authors. Then, risk of bias evaluation was conducted according to Cochrane parameters.

Results: In total, 1704 studies were identified via search. After reviewing title and abstract, 16 studies found eligible based on inclusion and exclusion criteria. Following quality and risk of bias assessment, 9 studies included in the systematic review.

Conclusion: Based on the finding of this review, distraction techniques, nitrous oxide, and low-level laser therapy were found effective in management of gag reflex. The dentist should consider gag reflex management based on the type of dental treatment, gag severity, patient's age, and available capabilities.

Corresponding Author: Sharifinejad A, Dept. of Pediatric Dentistry, School of Dentistry, Shiraz University of Medical Sciences, Shiraz, Iran. Tel: +98-25-37700096 Email: a.sharifi137781@yahoo.com

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PRÉMÉDICATION

D'autres auteurs rapportent l'utilisation de métoclopramide en prémédication à 4 mg 30 min avant la consultation.

Le niveau de preuve de ces articles reste trop faible pour recommander son utilisation systématique dans la prévention du réflexe nauséeux en odontologie. Cette utilisation est hors AMM.

Balouch et al., 2020 — The Effect of Metoclopramide on Elimination of Nausea Reflex During Impression Making

DANS NOTRE CAS

Une balle antistress



Nous avons proposé à la patiente de serrer une balle antistress pendant la prise du cliché, afin de mobiliser son attention sur une autre tâche.



Et vous quelles techniques utilisez-vous au cabinet ?

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