

ESHRE 2020 Virtual (5-8 July 2020)

Questions for the speakers

Session 54: Modern techniques promote variety in fertility nursing research

Pre-selected for an award: The Effect of Hypnofertility on Cortisol Levels, Fertility Preparedness and Pregnancy Rates in Women Undergoing InVtiroFertilization: A Randomized Controlled Study - Sevcan Fata (Turkey)

Q: How much additional time was needed for each appointment? Are you going to continue with this work?

A: We are continuing to perform this technique in our clinic and all team is cooperative. We had a financial problem related to cortisol evaluation from saliva during project work but now we evaluate cortisol from blood and continue to hypnofertility interventions in clinic. For each session we need approximately 30 minutes additional time. We continue to work. We apply the program to couples who come to the clinic for treatment from the first day of treatment. We also created a 4-week program for couples who do not receive treatment. We apply this program to couples who do not receive treatment for a cycle. We have also created an online program for those who cannot come to the clinic due to the pandemic. They can reach it from the website.

Q: How did patients experience the intervention ?

A: Some women were not affected on the first day of treatment when we explained the purpose of the study because they were curious.. However, brain body exercises such as the lemon exercise we applied during the training managed to attract attention. And they very mostly very willing. Even if we didn't have a meeting plan, they wanted to see me.

Q: Do you organise special training for the N&M ? If so, how long does this take?

A: I did not understand the N&M. But we took hypnofertility certification from institute in USA. The certification program was lasting for one week. I suppose that I understood right. I am sorry if it is wrong answer

Q: Are men involving their partner to participate?

A: The intervention was done only to women. Because men mostly come during the first visit and after that only in times when is performed any procedure to them. We had limited time for project because it was PhD thesis but in regular program that we start nowadays we have some arrangements for men to: Because treatment process is process for couple.