

Placebo effect in clinical practice

Radwan Banimustafa
MD Jordan university

Definition

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- . Latin for I shall please
- An inactive substance /preparation given to satisfy the pt's symbolic need for drug therapy and used in controlled studies to determine the efficacy of a medicine , also a procedure with no intrinsic therapeutic value

Definitions

...continue

A placebo is any therapeutic procedure which is given deliberately to have an effect on a patient's symptoms, but objectively without specific activity for the condition it is given for

, The placebo must be differentiated from the placebo effect •
which may or may not occur and which may be favorable or
. unfavorable

The placebo effect is defined as the changes produced by
. placebos

Definitions ...continued

- in The placebo is also used to describe an adequate control . research
- A placebo is some thing , which is intended to act through psychological mechanism , it is an aid to therapeutic either suggestions, but the effect which it produces , may be . psychological or physical

Definition

...continue

Observer – oriented definitions , on the other hand , tend to •
be broader : “placebo” refers to that aspect of any
treatment which is effective through symbolic rather than
instrumental means . In this view , the placebo is “an active
ingredient in practically every prescription” indeed, any
. thing offered with therapeutic intent may be a placebo

Definition continue

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Placebo effect may also be viewed as a subset of a larger •
group of mind-brain-body effects such as the psycho-
social immunological effects of religious beliefs, cultural and
systems

The negative connotations of placebo

patient The placebo effect is a neglected and berated asset of •
. care

The more the doctor viewed medical practice as a scientific •
therapy exercise , the more disparaging he was about placebo
.

More negatives

- Doctors definition tend to suggest that the placebo is an inert specific preparation ,or form of therapy , which has little or no medical effect , but is given “to humor rather than cure . “
 - Definition of this type always imply that the practitioner . knowingly exploits such technique to gratify the patient

However

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Even though on an official basis , the medical community •
disdains the use of placebo and is trying to get it out of the
agents way so they can prove the efficacy of the therapeutic
.... they use , placebos are there front and center

Doctors attitude toward placebo (Jean Comaroff)

Dr A “ I would say that I prescribe it in 95% of my consultations •
That sound high , it is high, not all these of the prescriptions.
are warranted in medical terms . When people go to doctors
they expect a prescription , even if given Aspirin it would have
therapeutic value .You can’t always call this placebo, I would
every say the placebo effect was 50% , it is very important that
body get a prescription , most of the thing I give have
therapeutic effect of some kind .But for some of them it’s the
placebo effect rather than the therapeutic effect that is more
. important

Others are beginning to
recognize that there is
some thing to it

Too many studies have found objective health •
improvements from placebo to support the notion that the
. placebo effect is not entirely psychological

How big is placebo effect

- In 15 studies involving 1082 pts , placebos were found to have an average significant effectiveness of about 35%, a degree not widely recognized
- About 75% of the apparent efficacy of antidepressants may be attributable to placebo effect
- Wolf and Pinsky (1954) found that 30% of 31 anxiety patients improved on placebo(lactose)

How big is the placebo ...effect

In 1946 DuBois stated “ although scarcely mentioned in the
class medical literature, placebo is more used than any other
. of drugs

that Many effective drugs have power only a little greater than •
. of placebo

clinical Many of the drugs have been extolled on the basis of
impression when the only power they have is the placebo
. effect

In recent years in a lot of studies done by drug companies •
antidepressants sugar pills have done as well as or better than,
.

How big placebo effect

• • • •

A study of 500 patients undergoing dental procedures , those who were given placebo injection and reassured that it would relieve their pain had the least discomfort – not only less than the patients who got placebo but also less than the patients who got water without any reassuring comment that it would work

How big is the placebo effect

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The world average of for placebo effect in peptic ulcer studies •
about is about 36%, results in USA is close to this , in Germany
59% but 22% in Denmark and the Netherlands , and in Brazil
. only 7%

What part of an active drug effect is real

- The placebo effect of active drug is masked by their active presumably effects . The power attributed to Morphine is then a placebo effect plus its drug effect .The total drug effect is equal to its active effect plus its placebo effect
- Of a group of severe postoperative pain 75% are satisfactorily relieved by large doses of Morphine , But 35% . are relieved by placebo
- brain/mind What counts more in reality Is what is going in the . not the pharmacological effect

It may be hard to tell how much ”of the effect is “real

In their studies in the university of British Columbia •
are researchers found that comparable levels of Dopamine,
released in the brain after an injection of either a drug or a
. placebo IF the patient expect to get the drug

In one blind study, researchers found that patients with •
Parkinson’s disease who were given placebo released
active Dopamine in their brain , just like those who were give
. drug

Patterns of ...discovery

Honigfeld show that drs communicate a subtle enthusiasm
. to pts in clinical trials and clinical situation

Many temporarily successful new surgical procedures owe their •
. success to placebo effect alone

In a recent study in arthroscopic knee surgery, matched against •
sham surgery, 2 yrs later 35% of pts said they felt less pain ,were
better able to get around , whether they were operated upon or
. not

Changes in Medicine

- last Medical science has improved so much and so fast in the 40 yrs that it is easy , perhaps, for drs to neglect the part of . medicine that is not a science at all
- The ready and lavish display of sympathy , the laying on of now hands, the projection of a slightly mystical authority, are . more often the province of alternative medical practitioners

Important factors in placebo effect

- The placebo effect seems to be derived from a combination of factors involving the pt. the Dr and the relationship extremely between the two . A meaningful Dr-Pt interaction is important , allowing the transfer of the pt's concerns to an . acknowledged scientist and healer, the physician
- The physician's beliefs in the intrinsic worth of his medicine . has always rivaled that of the patient
- The psychological state of the pt. , pt's expectation and conviction all affect. ~~his response to treatment~~

Factors ...continue

treatments Physicians who have faith in the efficacy of their
allow that enthusiasm to be communicated , have strong
expectations , and are self-confidant and attentive are the
. most successful in producing positive placebo effect

The length of time spent with the pt. and the demeanor of the •
. physician are pertinent factors

Thank you