

## Abstracts from the ICBM 2012 Meeting

### CLAUSTROPHOBIA AND ADHERENCE IN MAGNETIC RESONANCE IMAGING PROCEDURE

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**Aim:** Claustrophobia causes a huge discomfort to those who need to perform Magnetic Resonance examinations mainly due to the physical design of most equipment. This study aimed to maximize the success rate of Magnetic Resonance Imaging (MRI) clinical studies in claustrophobic patients by the identification of facilitative strategies.

**Method:** There was a descriptive/exploratory study. 62 claustrophobic patients filled out one questionnaire with open and close questions concerning the Technical, Technological and Psychological categories.

**Results:** 75.8% of respondents believe that the open field option MRI was the key factor for the success, 82.3% reported that the design of equipment is the main constraint and 62.9% said that the patient position and immobility is a major restriction to the success of this exam. It was revealed that were the R (100%) that give the needed information before the procedure. It was unanimously recognized the importance of the Radiographers role and their impact on the implementation of the adherence strategies.

**Conclusions:** The greater relevance by respondents was to the Technology and Technique categories due the equipment configuration and immobility during the exam. The Psychological dimension was important in view of the Radiographers are a main role in the strategies appliance to reduce anxiety to levels that allows the success of examination. The Radiographers in MR setting have to be properly prepared, to can easily identify the signs of claustrophobic patients and to develop strategies to reverse the trend of its effects.

**Keywords:** Compliance; Technology (magnetic resonance); Physical environment

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