

Vuvuzela adaptation of the Jackson-Rees circuit: an appropriate distraction technique for induction of anaesthesia in South African children during the FIFA World Cup

■ **To the Editor:** Induction of anaesthesia can be extremely stressful for children, especially in those between one and five years old.¹

The anaesthetic team can use distraction techniques so that a child is better able to tolerate the smell of the volatile used for induction. These distraction techniques should be age-appropriate and creative,² and may include storytelling, engaging a child in role-playing scenarios, or the use of videos, video games or playstations. In institutions with adequate resources, child life specialists prepare children psychologically for their perioperative experience. Clowns have also been employed to accompany children to the operating theatre, where they have been shown to be extremely effective in reducing anxiety.³ Several of these options are not available in a resource-poor environment.

This year's FIFA World Cup made the vuvuzela a worldwide phenomenon. These brightly coloured plastic trumpets, originally made from a kudu horn, have become synonymous with South African football, as their loud monotonous echoes echoed around football stadia.

We describe a modification of the Jackson-Rees circuit for the inhalational induction of anaesthesia. The patient end of the circuit was introduced into the vuvuzela via a hole. The end of the vuvuzela was sealed with a transparent dressing (Figure 1). Our patients, proud Bafana Bafana supporters, were encouraged to blow the vuvuzela to support their favourite player (Figure 2). After several breaths of oxygen, nitrous oxide and sevoflurane, the vuvuzela could be removed and exchanged for a face mask.

We present a cheap (R35), effective distraction technique for inhalational induction of anaesthesia in children.

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Figure 1: Jackson-Rees circuit adapted to incorporate a vuvuzela



Figure 2: A proud Bafana Bafana supporter demonstrating the adaptation

References

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Note: permission was obtained from the patient's mother to use this photograph.