

COMPLEMENTARY NURSING INTERVENTIONS FOR TREATMENT INDUCED NAUSEA AND VOMITING

MASSACHUSETTS GENERAL HOSPITAL NURSING PROCEDURE MANUAL

Acupressure

A therapeutic technique of applying digital pressure or acustimulation bands in a specified way on designated points on the body. By applying pressure to one or more acupoints, practitioners can correct imbalances by stimulating or easing energy flow. The acupoint most commonly investigated and accessible of P6, which located on the anterior surface of the forearm, approximately three finger-widths from the wrist crease (Klein et al 2004)

Acupuncture

A method of producing analgesia or altering the function of a body system by inserting fine, wire-thin needles into acupoints along a specific meridian on the body. The needles are twirled or energized electronically or are warmed and left in place for approximately 20-30 minutes. The acupuncture point P6 is most commonly used for treatment of nausea and vomiting. (Collins et al 2004)

Cognitive Behavioral Therapy (CBT)

Is a brief form of psychotherapy. Using specific, step-by step techniques, it teaches patients skill sets that allow them to change the ways they think and act.(Daniel J. DeNoon, WebMD Medical News 2005)

Dietary Interventions

Eat smaller, more frequent meals. Avoid foods and other stimuli with strong odors. Avoid spicy, fatty, salty and acidic foods. Take anti-emetics prior to meals. Consume foods that minimize nausea. (Polovich, White & Kelleher, 2005)

Exercise

Any planned structure and repetitive movement performed that incorporates cardiovascular, strength and or flexibility conditioning of any intensity with the intent of improving or maintaining one or more components of physical fitness, performance or health. (Books et al 2000)

Ginger

A plant herb used in traditional Chinese and Indian medicine for the treatment of nausea and vomiting. Ginger has aromatic, spasmolytic, carminative and absorbent properties that suggest direct effects on the GI tract.(Ernst et al 2000)

Guided Imagery Forming

A relaxing, pleasing mental image often preceded by relaxation techniques and or music (Luebbert et al 2001)

Hypnosis

A behavioral intervention process whereby patients learn to focus attention on thoughts or images unrelated to a source of distress (i.e. nausea and vomiting). The patient is relaxed through a meditation-like excursion to pleasant locations and activities while a clinician introduces suggestions of calmness and wellbeing. (Marchioro et al)

Massage

An ancient form of healing that involves the therapeutic manipulation of soft tissues of the body by various hand movements (rubbing, kneading, pressing, rolling, tapping) Massage therapy can elicit the relaxation response as measured by decreases in heart rate, blood pressure, and respiratory rate. (Fellowes et al 2004)

Music Therapy

The application of music to influence physiologic, psychological and emotional functioning during chemotherapy. It is often used with other behavioral techniques such as relaxation. (King,1997)

Progressive Muscle Relaxation

Focusing on and isolating various muscle groups while moving progressively up or down the body to establish a state of deep relaxation. Focused breathing with all attention centered on the sensation of breathing, including rhythm and rise and fall of the chest often is used along with progressive muscle relaxation. (King 1997)

Therapeutic Touch

Therapeutic Touch is a contemporary interpretation of ancient healing practices and involves a consciously directed process of energy exchange. The person providing the treatment works with the energy field of the person receiving the treatment to transfer energy to help or heal that individual (Krieger, 1993; 2002) The underlying assumption of Therapeutic Touch is that human beings are systems of energy and these systems extend beyond the skin surface.