

Nausea and Vomiting Treatment

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Policy/Purpose

To effectively reduce, prevent or treat nausea and vomiting.

Scope/Audience

Nursing and Midwifery Staff and Students
Medical staff

Associated documents

Burwood Post-Operative Management of Nausea and Vomiting and
Generic Patient Care Guidelines for PACU/SCU Location Manual

Drug Treatment Chart

Anaesthetic Form

Notes on Injectable Drugs

[Palliative Care Service Website](#)

[Post-Operative Nausea and Vomiting Risk Assessment Tool](#)

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Policy Statement

Pre-operative assessment of post-operative vomiting and nausea risk should be performed where possible. Utilise the Apfel risk screening tool as per local direction.

Pharmaceutical management and treatment

[Lippincott Procedures - Nausea and vomiting prevention and management](#)

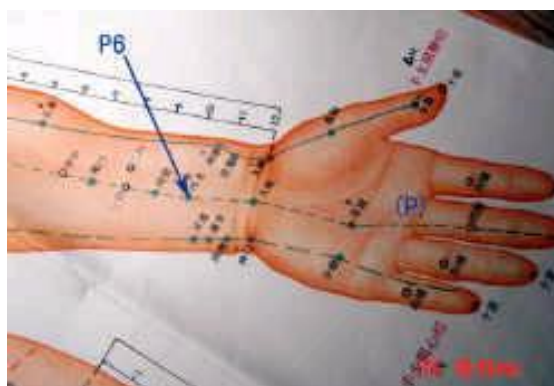
Non pharmaceutical /Complementary therapy

Ginger

- 1 g or more of ginger postoperatively has been indicated in reducing post op nausea.
- Discuss the possibility of use with the patient and their family

Acupressure

- Apply P6 acupoint stimulation in patients without anti-emetic prophylaxis
- Apply pressure, 5cm up from wrist crease and 1.5cm deep, between the 2 tendons until a 'deep ache' is felt by the patient. Continue pressure on this point. If effective and patient is able, the patient can be instructed to continue this pressure



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Documentation/Reporting

- Actions taken
- Effectiveness of treatment/therapies
- Document Fluid Balance – input/output as per CDHB Fluid Balance management policy

References

Chaiyakunapruk, N., Kitikannakorn, N., Nathisuwan, S., Leepakoboon, K., & Leelasettagool, C. (2006). The efficacy of ginger for the prevention of postoperative nausea and vomiting: a meta-analysis. *American Journal of Obstetrics and Gynecology*, 194, 95-99. Doi:10.1016/j.ajog.2005.06.046

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Apfel, C. C., et al. (2012). "Evidence-based analysis of risk factors for postoperative nausea and vomiting." *Br J Anaesth* 109(5): 742-753.

Procedure Owner	CNS and CNE Group Burwood and Christchurch Hospital Campus
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