Effect of Acupressure on Chemotherapy Induced Nausea and Vomiting Among Cancer Patient


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Abstract

Patients who receive chemotherapy perceive nausea and vomiting to be one of the most problematic outcomes of chemotherapy, even with the administration of a prophylactic anti-emetic protocol. Therefore, the purpose of the current study was to evaluate the effect of acupressure on chemotherapy induced nausea and vomiting among cancer patients. A convenient sample of 63 adult male and female patients who had one day dose of chemotherapy was recruited. The study setting was the public–free of charge chemotherapeutic outpatient of the National Cancer Institute, Cairo University. Three tools were used for data collection: 1) Sociodemographic and medical data sheet, 2) Visual Analogue scale, 3) Patient assessment sheet. Pressure on % the neiguan, pericardium 6 (P6) was performed for about 1- 3 times for 5 minutes each according to the patients' condition and need. The study results showed that there were statistically significant differences between the anti-emetic session, whereas patients received the anti-emetic only and the acupressure sessions, whereas patients received routine anti-emetic plus acupressure in relation to incidence of nausea and vomiting, frequency and amount of vomiting and severity of nausea and vomiting during the during July 2010 chemotherapeutic cycle. There were no statistically significant differences between 1st and 2nd acupressure sessions in relation to incidence of nausea, frequency and amount of vomiting and perceived severity scores of nausea and vomiting during chemotherapy administration. In addition the majority of patients signed on high effect of acupressure as an adjuvant with anti-emetic in controlling nausea and vomiting during chemotherapy. It is recommended to design a prospective study to determine the stability of the effect of acupressure as an adjuvant therapy to control chemotherapy induced nausea and vomiting among the Egyptian patients.

Keywords: Acupressure, Chemotherapy, nausea, vomiting, Cancer.