

## Nausea and Vomiting

### Definition List

Term	Definition
<b>Acupressure</b>	A therapeutic technique of applying digital pressure (pressure applied by the digits or hands) 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 is P6, which is located on the anterior surface of the forearm, approximately three finger-widths from the wrist crease. (Grall, Osoba, Kris, Kirkbride, Hesketh, Chinnery, et al. (1999) Acupressure devices have also been developed; these are considered passive forms of pressure and differ from digital pressure. The Sea-Band® device is an example of a commercially available acupressure device that is a plastic stud incorporated into a wrist band to exert pressure on the P6 acupuncture point.
<b>Acupuncture</b>	A method of producing analgesia or altering the function of a body system by inserting fine, wire-thin needles (about the diameter of a strand of hair) into acupoints along a specific meridian (meridians are channels in the body that transport energy) 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 & Thomas, 2004; Gamaluddin, 2006)
<b>Acustimulation</b>	Electrostimulation of acupressure points (most commonly, the P6 point) by transcutaneous, electrical stimulation through a wristband device. A wristband device currently available is the Reliefband®, a class II device approved by the U.S. Food and Drug Administration for the treatment of chemotherapy induced nausea and vomiting (CINV). The device delivers slow, weak, electrical impulses to the P6 point via two metallic electrodes. Patients can adjust the electrical output to deliver 10-35mAmps/pulse. (Oyama, Kaneda, Katsumata, Akechi & Ohsuga, 2000) Reliefband® (for the indication of CINV) requires a prescription.
<b>Acute nausea and/or vomiting</b>	Nausea and/or vomiting that usually occurs within a few minutes to several hours after chemotherapy administration and often resolves within the first 24 hours. (National Comprehensive Cancer Network, 2006)
<b>Anticipatory nausea and/or</b>	Nausea and/or vomiting that occur before patients receive their next chemotherapy

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<b>vomiting</b>	treatment, generally in the hours before the next cycle is about to begin and can be associated with the therapy environment (sites and smells of the treatment setting can serve as triggers and lead to nausea/vomiting) It is a conditioned or learned response that occurs after a negative past experience with chemotherapy in which nausea and vomiting was not controlled. Prevention is key, especially early in therapy, so as to prevent the learned response from occurring.(National Comprehensive Cancer Network, 2006)
<b>Aromatherapy</b>	The use of essential oils from fragrant plants to help relieve health problems and improve overall quality of life. Essential oils may be administered in several ways: through inhalation; topically via baths, compresses, creams, oils, and spritzers, internally through mouthwashes, pessaries and suppositories; and orally. Ginger is an example of an essential oil used for post-operative nausea and vomiting and nausea with pregnancy in human subjects and chemotherapy with animal models (Keegan, 2006). In addition, peppermint has been used for post-operative nausea and vomiting (Buckle, 2007; Keegan, 2006).
<b>Breakthrough nausea and/or vomiting</b>	Nausea and/or vomiting that occur despite appropriate prophylactic antiemetics and require 'rescue' antiemetic therapy. (National Comprehensive Cancer Network, 2006)
<b>Chinese Herbal Medicine</b>	Chinese herbal medicine is an important part of traditional Chinese medicine in which a variety of herbs are used with the aim of restoring balance to the body.
<b>Delayed nausea and/or vomiting</b>	Nausea and/or vomiting that usually occur more than 24 hours after chemotherapy administration. It often peaks 48–72 hours after chemotherapy and can last six to seven days (National Comprehensive Cancer Network, 2006). For patients who receive multi-day emetogenic therapy, delayed nausea can last up to 10 days depending on the sequence of the regimen and the emetogenicity of the last chemotherapy agent administered.
<b>Exercise</b>	Any planned, structured, and repetitive bodily 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. (Molassiotis, Yung, Yam, Chan & Mok, 2002; Sahler, Hunter & Liesveld, 2003)

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<b>Ginger</b>	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 gastrointestinal tract ( Marchioro, Azzarello, Viviani, Barbato, Pavanetto, Rosetti et al., 2000)
<b>Guided imagery</b>	A behavioral technique that uses imagination to form a relaxing, pleasing mental image, often preceded by relaxation techniques and/or music. (Collins & Thomas, 2004) This technique can serve as a form of distraction to aid in reducing CINV.
<b>Hypnosis</b>	A behavioral intervention process whereby patients learn to focus attention on thoughts or images unrelated to a source of distress (i.e., nausea or vomiting). The patient is relaxed through a meditation-like excursion to pleasant locations and/or activities while a clinician introduces suggestions of calmness and well-being.(Ezzone, Baker, Rosselet & Terepka, 1998)
<b>Massage</b>	An ancient form of healing that involves the therapeutic manipulation of soft tissues of the body by various hand movements (e.g., rubbing, kneading, pressing, rolling, slapping, tapping, effluage). Massage therapy can elicit the relaxation response as measured by decreases in heart rate, blood pressure, and respiratory rate. Often, massage is complemented by the use of aromatherapy, which is the use of essential oils that are combined with a carrier cream or oil to manipulate the soft tissues. (Troesch, Rodehaver, Delaney & Yanes, 1993)
<b>Music therapy</b>	The application of music to influence physiologic, psychological, and emotional functioning during chemotherapy. It often is used with other behavioral techniques, such as relaxation. (Collins & Thomas, 2004)
<b>Progressive muscle relaxation</b>	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 sensations of breathing, including the rhythm and rise and fall of the chest, often is used along with progressive muscle relaxation.(Collins & Thomas, 2004)
<b>Psychoeducational</b>	The use of counseling, support, and structured educational interventions, through the use of

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<b>interventions</b>	interactive media (audiotapes, computer-assisted, telephone, video) to provide specific information on self-care measures for patients with chemotherapy induced nausea and vomiting (CINV). (Shin, Kim, Shim & Juon, 2004)
<b>Virtual reality</b>	A computer-simulated technique that allows individuals to hear and feel stimuli that correspond with a visual image. Individuals wear a headset that projects an image with an accompanying sound. Virtual reality is interactive, and it engages the senses simultaneously.(Luebbert, Dahme & Hasenbring, 2001)
<b>Yoga</b>	A complementary modality that combines several techniques, such as body postures done with awareness, voluntarily regulated nostril breathing, guided imagery, and meditation to promote physical well-being and calmness, building inner awareness and mindfulness to instill greater control over stressful situations.