



QUICK VIEW CHEMOTHERAPY- INDUCED NAUSEA AND VOMITING

This quick view provides very brief information from the ONS PEP resources. Full ONS PEP information for this topic and description of the categories of evidence are located at <http://www.ons.org/Research/PEP/Topics> and Eaton, L.H., & Tipton, J.M. (Eds.), (2009), *Putting Evidence into Practice: Improving Oncology Patient Outcomes*, Pittsburgh, PA: Oncology Nursing Society. **Users should refer to these resources for full dosages, references, and other essential information about the evidence.**

Definition and incidence: *Chemotherapy-induced nausea and vomiting (CINV)* is a common side effect of chemotherapy regimens that is experienced by 70%–80% of patients. Uncontrolled CINV can become a significant quality-of-life issue that may be one of patients' most feared side effects.

Evidence-Based Interventions for CINV

RECOMMENDED FOR PRACTICE

- Prevention for anticipatory nausea and vomiting
 - Behavioral therapies: relaxation, hypnosis, guided imagery, acupuncture
 - Benzodiazepines
- Medications (*Note.* Effective dosage, timing, and combinations of medications may vary according to the emetogenic properties of the chemotherapy regimen and onset of CINV. See the ONS PEP resources on the Web site for specific dosage and schedule information.)
 - 5-HT₃ receptor agonists (palonosetron, granisetron, ondansetron, dolasetron, tropisetron)
 - NK₁ receptor antagonist (aprepitant)
 - Corticosteroid (dexamethasone)
 - Benzodiazepine (lorazepam)
 - Metoclopramide ± diphenhydramine
 - Phenothiazine (prochlorperazine)
 - Butyrophenones (haloperidol)
 - Cannabinoids
 - Olanzapine
 - Promethazine

LIKELY TO BE EFFECTIVE

- Acupressure
- Acupuncture
- Guided imagery
- Music therapy
- Progressive muscle relaxation (for anticipatory nausea)

EFFECTIVENESS NOT ESTABLISHED

- Acustimulation with wristband device
- Chinese herbal medicine
- Exercise
- Ginger
- Hypnosis (for presence of nausea)
- Massage and aromatherapy
- Yoga
- Progressive muscle relaxation (for presence of nausea)