Implementation of Acupressure as an Adjunct Therapy to Reduce Postoperative Nausea and Vomiting

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WHAT WE LEARNED

Utilizing a multimodal approach combining prophylactic antiemetic medications with **acupressure** reduces nausea, vomiting, and the need to utilize multiple doses of rescue antiemetic therapy after surgery. Acupressure can produce additive effects without side effects and without potential for adverse drug interactions.

PURPOSE

- Educate nurses on the application and utilization of acupressure
- Reducing patient's nausea by adding acupressure into treatment regimen
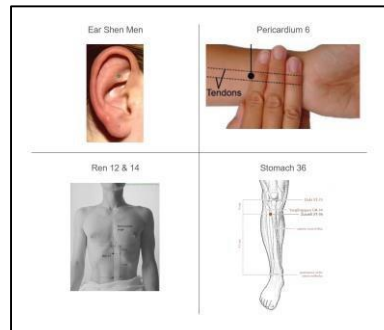
BACKGROUND

- PONV common postoperative complication
- Combining prophylactic antiemetic medications with non-pharmacological therapies (e.g. acupressure) reduces nausea, vomiting
- Acupressure can produce additive effects without side effects and without potential for adverse drug interactions

METHODS

- 48 Patients included in the study
- Conducted on Ambulatory & Observation patients
- Follow-up questions asked during postoperative phone calls
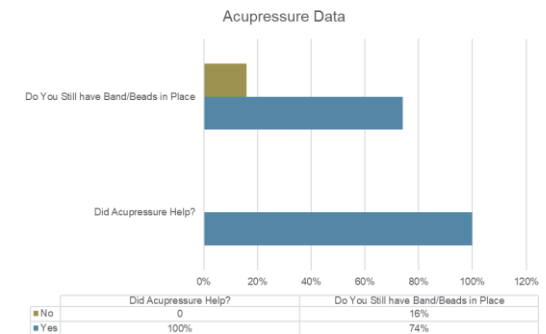- Retroactive chart review of Edmonton Scale (ESAS) responses

IMPLEMENTATION

- Perioperative nurses designated as Super-users
- Instructed by licensed acupressure provider
- Correctly apply stimulation (i.e. beads, bands, manual pressure) of specific points

- Educational Sessions Included:
    - Interactive Zoom web sessions
    - Live in-person sessions
    - Evaluated by licensed acupressure provider
- Super-users Provided Acupressure Treatment:
    - Patients at high risk for PONV
    - Super-users assessed severity of nausea via Edmonton scale

DATA

Acupressure Data

	Did Acupressure Help?	Do You Still have Band/Beads in Place
No	0	16%
Yes	100%	74%

CONCLUSIONS

- Most utilized acupressure points: Pericardium 6; Ren 12 & 14
- Acupressure provides another alternative in the multimodal treatment of PONV
- When acupressure is used as an adjunct treatment to PONV, lesser amounts of antiemetics are administered
- Increase number of Super-users