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

Melissa Joo MPH MSN RN CPAN, Amy Kim MSN RN CPAN; Megan Lau BSN RN, Colleen Moser MSN RN CPAN, Michael Olson MSN RN CCRN CPAN, Tara Reap BSN RN, Tiffany M. Snow DNP RN ACNS-BC CCRN

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?

**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