



## MEASURING ONCOLOGY NURSING SENSITIVE PATIENT OUTCOMES: EVIDENCE-BASED SUMMARY **NAUSEA AND VOMITING**

Prevention and management of nausea and vomiting includes activities by patients, physicians, and nurses aimed to decrease the occurrence and distress of these symptoms. However, discussion of these two concepts without the inclusion of retching as a third concept is inadequate. This evidence-based summary focuses on the activities that nurses, including those in advanced practice settings, perform, which have demonstrated effects on preventing and managing nausea, vomiting, and retching (NVR). The research focused on populations of patients with cancer. This review was critiqued by a panel of clinical experts at the Oncology Nursing Society Advanced Practice Nursing Retreat in March 2004.

### **Key Points**

- Evidence-based guidelines are available from national and international panels of experts but are rarely focused specifically on patients with cancer.
- Most measurement tools specific to this trilogy of symptoms lack clarity of terminology and have inadequate reliability and validity.
- There is insufficient data on the patterns of each symptom and lack of consistency in comparison of treatment groups (acute NVR versus delayed NVR or chemotherapy naïve versus repeat chemotherapy).
- Much of the research focuses on pharmacologic management of NVR.
- Multiple factors contribute to NVR, including neuropathologic pathways, drug combinations, order of therapies, psychological factors, age, gender, alcohol effect, concomitant symptoms, and tumor burden.

### **Recommendations**

- Critical appraisal of the practice guidelines for the prevention and management of NVR.
- Periodic review of this summary to include the latest research findings and systematic reviews.
- Development of performance improvement projects to either increase or maintain adoption of these practices.
- Systematic measurement of NVR in the population of patients with cancer to determine whether the occurrence and distress of these symptoms decrease.

### **Topics for Research Funding**

- Explore incorporation of psycho-educational and nonpharmacologic interventions for managing NVR.
- Carefully select instruments that have demonstrated reliability and validity for measuring this trilogy of symptoms.
- Large multisite, randomized studies of the patterns of symptoms and the effectiveness of nursing interventions with varied chemotherapy regimes in diverse patient populations (e.g. adult, pediatric, hospice, palliative care).
- Use self-report instruments whenever possible.

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For references and the entire evidence-based summary: [Click Here](#)