

# NAUSEA

**Nausea** is a sensation of unease and discomfort in the upper stomach with an involuntary urge to vomit.

## INTERVENTIONS

### **Non-pharmacological**

- **Provide good oral care measures**

Keep a container, tissues, and water to rinse the mouth nearby, this will help alleviate nausea

- **Relieve sensation of nausea by providing any of the following:**

Ice chips, hot tea with lemon, hot ginger ale, dry toast or crackers, cold cola beverage

- **Apply a old wash cloth to the patient's forehead.**

This is a distraction technique to help the client deal with nausea.

- **Provide a quiet, well-ventilated environment free of strong odors.**

Odors can cause or exacerbate nausea.

Avoid strong perfumes

Evaporation of mint may be helpful

- **Sit in an upright position for 30 - 45 minutes after eating**

- **Educate the patient about the proper use of antiemetic medications to treat nausea.**

- **Guided imagery and other diversional activities will help the patient not to be so focused with nausea**

- **Offer food when the patient is less or not nauseous**

Allow the patient to eat what he/she enjoys and tolerates well

Avoid food that is too fatty, warm, very spicy and odorous

Immediately remove any food that the patient cannot or will not eat

### **Pharmacological**

- Plasil (Metochlopramide)
- Tigan (Trimethobenzamide)
- Phenergan (Promethazine)
- Compazine (Prochlorperazine maleate)

# NAUSEA

## Conversation

**Nurse:** Hello, is there anything I can help?

**Patient:** Sure. I want to see the doctor.

**Nurse:** He's still on a meeting right now. Is there something that bothers you?

**Patient:** Okay, I often have this feeling of vomiting. It's very disgusting though because I had a conference meeting by that time.

**Nurse:** Really? When did it start?

**Patient:** Just the other day. Also, my appetite is very much affected.

**Nurse:** I see. Do you feel nauseated upon smelling strong perfumes?

**Patient:** Yes, also I hate to see greasy and fatty foods.

**Nurse:** Did you come to the point of vomiting?

**Patient:** Not really, just stimulation.

**Nurse:** I see. Okay, I will let the doctor know as soon as he comes back. For the meanwhile, just wait. If you have that nauseous feeling again, please inform me right away. Do you want me to prepare a cold cola beverage? It does help.

**Patient:** Sure. Thank you very much.

**Nurse:** You are very welcome.