

2nd International Conference on **Nursing & Healthcare**

November 17-19, 2014 DoubleTree by Hilton Hotel Chicago-North Shore Conference Center, USA

Effect of nurses using for P6 acupressure on nausea, vomiting and retching among women with hyperemesis gravidarum

Suzan E Mansour, Mohammad A Emam, Alaa M Elghory and Amany M Shebl
Mansoura University, Egypt

Persistent nausea and vomiting associated with hyperemesis gravidarum in early pregnancy remains a significant health problem that result in negative side effects on women and their pregnancy. The aim of the study was to evaluate the effectiveness of nurses using for P6 acupressure on nausea, vomiting and retching in women with hyperemesis gravidarum. A Randomized Clinical Trial design was utilized in the current study. The current study conducted on 115 women diagnosed with hyperemesis gravidarum admitted to maternity high risk care unit at Mansoura University Hospital for six months, they were divided randomly in two groups: P6 acupressure and control group. Data were collected by two tools; 1st A structured Interviewing Questionnaire Schedule was used to assess socio-demographic characteristics and obstetrical history, and 2nd Index of Nausea, Vomiting and Retching (INVR) was used to assess the degree of nausea, vomiting and retching by three physical symptoms of Rhode's score. Study results showed that more than half of women in the study & control group were between the ages (20- 29) year, with a mean age 26.67 ± 5.42 and 27.07 ± 5.40 . No statistically significant difference was found in baseline characteristics of nausea, vomiting and dry retching scores between the study & control group, there was statistically significantly difference in mean difference Rhodes index scores (vomiting, nausea, retching and total score) between baseline and after intervention across the four assessment days for study and control group with mean levels (8.77 ± 0.58 , 7.74 ± 0.53 ; respectively) for nausea, (8.54 ± 0.79 , 7.71 ± 0.51 ; respectively) for vomiting and (5.70 ± 0.41 , 4.77 ± 0.42 ; respectively) for retching. These results pointed out that the p6 acupressure group had statistically significantly lower degree of nausea, vomiting and retching over time ($p < 0.001$). The study concluded that using of P6-acupressure was an effective in reducing nausea, vomiting and retching episodes in women with hyperemesis gravidarum. Based on the finding of the present study the following were recommended provision of training programs for nurses toward p6 acupressure technique, using of P6 acupressure as nursing intervention for reducing degree of nausea, vomiting and retching episode and application of more scientific researches on the effect of other non-pharmacological methods in relieving symptoms of hyperemesis gravidarum

Biography

Suzan E Mansour is lecturer at nursing faculty, Mansoura University, Egypt. She has completed her PhD at the age of 33 years from Ain Shams University, Egypt. She is the specialized in woman's health and midwifery nursing. She has published several papers in national and international journals. In addition to her teaching responsibilities, she serves as coordinator for the specialty programs of technical nursing institution. She has experience in teaching undergraduate and post graduate students. She is interested in scientific research especially topics related to evidence based and quality of nursing care.

drsuzanelsaid@gmail.com