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Acupressure in Management of Postoperative Nausea and Vomiting in High-Risk Ambulatory Surgical Patients

This author conducted original experimental design research of the use of acupressure for post-operative nausea and vomiting (PONV) concluded in 2013. Results were significant in reduction of PONV in ambulatory surgical patients at high-risk, decreased post-operative recovery times and decreased direct nursing care cost. A policy was written for acupressure use implementation as a nursing intervention preoperatively for all surgical patients at risk for PONV. Committed perianesthesia nurses have been using acupressure to decrease PONV.