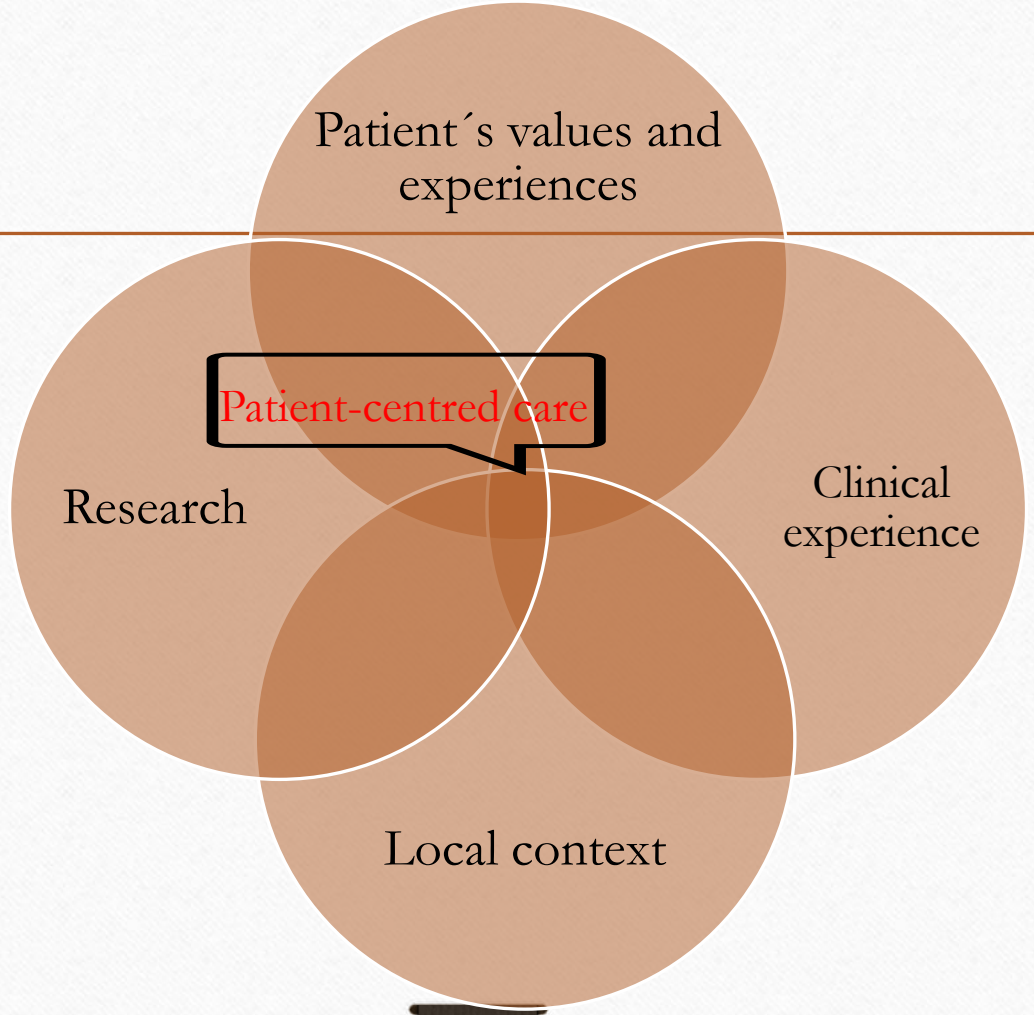
Diskussion

- Hvad skyldes reduktionen i begge gruppe af frekvensen af opkastninger?
- Høj symptombyrde med klynge kompleksitet
- Blinding og placebo effekt

konklusion

- Akupunktur er en effektiv intervention til lindring af kvalme hos den terminale syge patient med kræft, effekt hos 75 % af patienterne
- Der var ingen signifikant reduktion af opkastninger. I begge grupper stoppede 30 % af patienterne med at kaste op
- Der var en vigtig palcebo effekt, som interagerede med og faciliterede den aktive intervention

Betydning for sygeplejen



Reference: Rycroft-Malone J. et al.

Received: 6 August 2020 | Accepted: 19 April 2021

DOI: 10.1111/scs.12991

EMPIRICAL STUDIES

Scandinavian Journal of Caring Sciences

Acupuncture as a tool to reduce nausea in terminally ill patients

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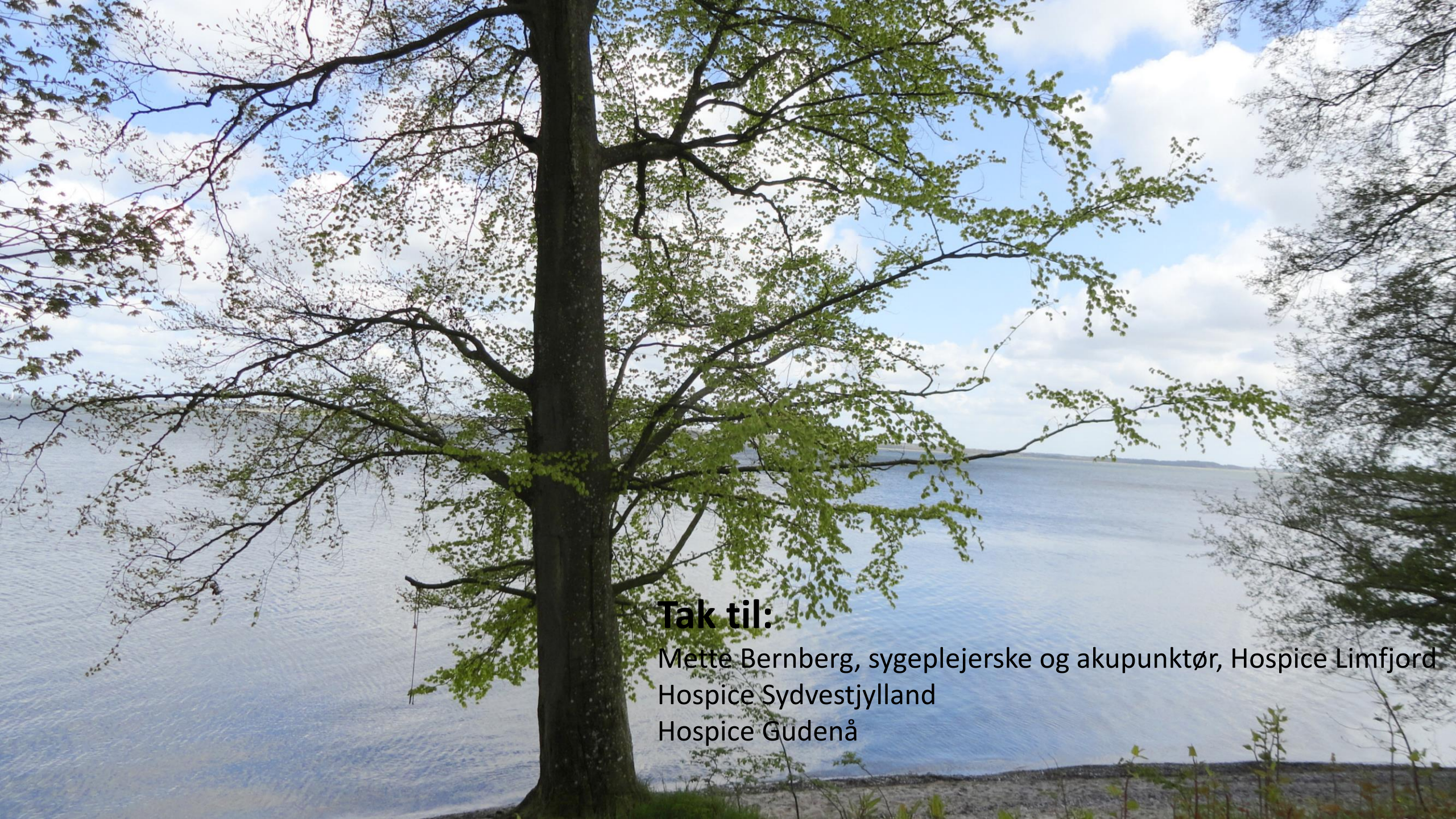
Abstract

Aim: To investigate if acupuncture reduces nausea and vomiting in terminally ill patients.

Design: A comparative effectiveness research design was used to generate evidence-based knowledge close to practice for the use of clinicians. The sample size was calculated to 136 patients randomised into an intervention and a control group, respectively. Nausea and vomiting were measured using the EORTC QLQ-c15-PAL (European Organisation for Research and Treatment of Cancer, Quality of Life Questionnaire, core 15, Palliation).

Location: The trial was conducted among terminally ill patients admitted to three in-bed hospices in Demark.

Participants: Terminally ill patients suffering from nausea and/or vomiting; 95% of pa-



Tak til:

Mette Bernberg, sygeplejerske og akupunktør, Hospice Limfjord
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Hospice Gudenå