

# The Effect of Semi-Upright Position on Incidence and Intensity of Chemotherapy-Induced Nausea and Vomiting

Dear Editor,

Nausea and vomiting are among most common and troublesome complications of chemotherapy and are reported to occur in 45%-96% of cancer patients receiving chemotherapy. The utilization of newly introduced chemotherapeutic agents or their combinations has led to an increase rate of nausea and vomiting. The present quasi-experimental study was performed to determine the effect of semi-upright position on nausea and vomiting in cancer patients undergoing chemotherapy in Mashad, northeastern Iran. Ninety-one patients (40 males and 51 females) mostly with breast cancer and lymphoma were enrolled into this study. They were randomly selected for the study during 2 days of chemotherapy, one day in semi-upright and the other in horizontal position. The severity of nausea and vomiting were compared during chemotherapy in two 4-hourly positions with similar regimens of antiemetic and chemotherapy. Demographic information and other parameters including chemotherapy, and severity of nausea and vomiting were determined by a four-point scale.

The incidence of nausea in semi-upright was 48%, and in horizontal position was 65%. The mean  $\pm$  SD of nausea intensity was 11.2 $\pm$ 4.5 for semi-upright and 21.2 $\pm$ 7.9 for horizontal positions. The mean  $\pm$  SD nausea duration was similar (25 $\pm$ 1.4) in both groups. Though not completely eliminated, all characteristics of nausea and vomiting in semi-upright position were significantly ( $p < 0.05$ ) lower than those attributed to horizontal position. Therefore, this safe and simple method can be utilized as an adjunct to antiemetic therapy in patients undergoing chemotherapy.

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## References

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