

## **The effect of acupressure on nausea and vomiting in pregnancy randomised, placebo-controlled study.**

Elisabet Wemtoft. University of Kalmar, Department of Natural Sciences Examination Project Work, 20 Points, for Master of Science.

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### **Abstract**

Nausea and vomiting occur frequently in pregnancy. This causes discomforts, disability and suffering and results in absence from work and social activities. Acupressure is a non-invasive technique which substitutes the application of pressure for the needles used for acupuncture. Acupressure at the P6 point located on the surface of the forearm is thought to alleviate nausea and vomiting. The aim of this study was to compare the antiemetic effect of acupressure at P6 in a group of healthy women with normal pregnancy and NVP (nausea and vomiting in pregnancy) with a similar group getting acupressure at a placebo point and , another similar group without any treatment at all. These three randomised groups involved 60 women. According to the results of this study it is possible to reduce NVP significantly by acupressure at P6 compared to acupressure at a placebo point or no treatment at all in healthy women with normal pregnancy. After three days of treatment both the group receiving acupressure at the P6 point and the placebo group experienced a 30% decrease in the feeling of nausea compared to how they felt when treatment started. This was a statistically significant ( $p < 0,05$ ) effect compared to the group receiving no treatment. After 14 days of treatment the group receiving acupressure at the P6 point experienced a 50% decrease in the feeling of nausea compared to when treatment started whereas the placebo group (30% decrease in the feeling of nausea) showed no significant difference from the no treatment group (19% decrease in the feeling of nausea) at this time point.