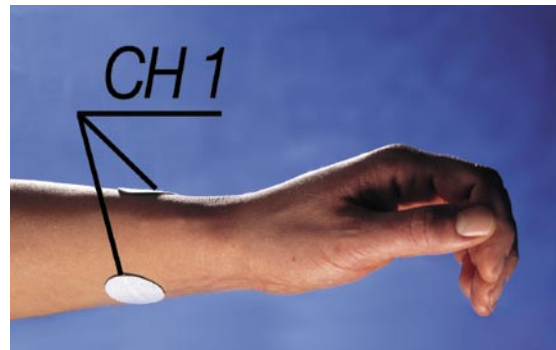


TENS eases nausea

Nausea and vomiting is first of all defense mechanisms occurring when the body wants to defend itself from a strange substance. Nausea is a common and often unpleasant condition in connection with surgery but also during radiation and chemotherapy. Studies show that TENS is a successful method in treating nausea and in comparison with drugs doesn't have any negative side effects.



Explanation

The reasons for nausea can vary. Postoperative nausea can for instance be caused by the anesthesia itself, the method of surgery or be the result of the medication of various morphine drugs. While treating cancer, chemotherapy can cause nausea and radiation is also likely to release substances that will trigger nausea.

Today it is established that TENS treatment on acupuncture point PC6 reduces the sensation of nausea, but the theoretical explanation is still not fully established. TENS treatment has for instance the following effects: increased sympathetic activity, influence on the serotonin level and inhibition of the vagal activity. These effects influence the sensation of nausea on their own or more likely in cooperation.

How does the treatment work?

- Concentrate stimulation to acupuncture point PC6, a well-known location for treating nausea. It is situated on the inside of the lower arm, 2 cun (approx. 3 fingers widths) from the wrist between the flexor tendons. Place the black (the most active) electrode here. The red electrode is preferably placed on TE5, the corresponding point on the outside of the same lower arm.
- Set the frequency to 10 Hz and increase the current strength until the stimulation is felt in the fingers (Median nerve), without being painful. A light vibration of the fingers will often occur.
- Stimulate for about 10 minutes per session. Repeat the treatment more often in the beginning. Start for instance by stimulating every second hour and then slowly reduce the number of treatments.
- IMPORTANT! Start the first treatment session before nausea occurs (before operation or chemotherapy).

What does the studies say?

- The correct acupuncture point, PC6: Studies show that it is important that stimulation takes place on this acupuncture point.
- Stimulation bilaterally or unilaterally: No difference in results has been shown.
- Treatment time: Several studies show that a treatment time between 5-10 minutes gives the best effect.
- Enhanced effect: Studies show that TENS in combination with Ondansetron (i.e. Zofran) give an enhanced effect.
- Treatment start-up: The best results are achieved on a conscious patient with a well functioning nervous system. Start the first treatment session before nausea occurs.

References:

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