

## POSTER ABSTRACTS

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### Postdischarge Nausea and Vomiting: Another "Big 'Little Problem' Following Ambulatory Surgery"

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**Introduction:** Post discharge nausea and vomiting (PDNV) has been reported to be more common in the ambulatory surgical patients than in the recover room. After discharge, patients are typically without direct medical oversight, and are at risk for complications and delays in resuming daily activities if postoperative symptoms continue. Limited information is available on PDNV and the patients' at home management of this postoperative symptom.

**Methods:** Following IRB, 184 adult patients undergoing general anesthesia and laparoscopic surgery, were instructed to complete and return a questionnaire during the 48 hours post discharge. Data were collected from the patient's diary and a phone call by the research nurse.

**Results:** Patients indicated during the "ride home", 32 (18%) experienced nausea and 11 (0.06 %) experienced vomiting with an overall PONV incidence of 20% (30 patients). During the 4-24hour period, 45 (25%) patients had nausea and 25 (14 %) patients had vomiting. The overall incidence of PONV for the group was 27% (49). Patients utilized a prescription drug and a variety of over-the-counter medications. Patients also selected special food or beverages to relieve their PDNV. During the 4-24 hr. period, patients experiencing nausea and vomiting showed a decreased return to daily activities. During the 24-48 hour period, 8 (3%) patients indicated vomiting and 28 (16%) nausea. All patients improved to resume moderate daily activities.

**Conclusion:** Patients experienced PDNV after release from the surgery center. Some patients expressed the "ride home" as a contributing factor to PDNV. Patients attempted to relieve their symptoms by self-medicating with prescription and non-prescription drugs and utilizing food/beverages. Some of these agents may not be effective for postoperative nausea and vomiting. Improvement in symptoms from PDNV occurred over the 48hr. period. PDNV and patient management of these symptoms warrants further study.