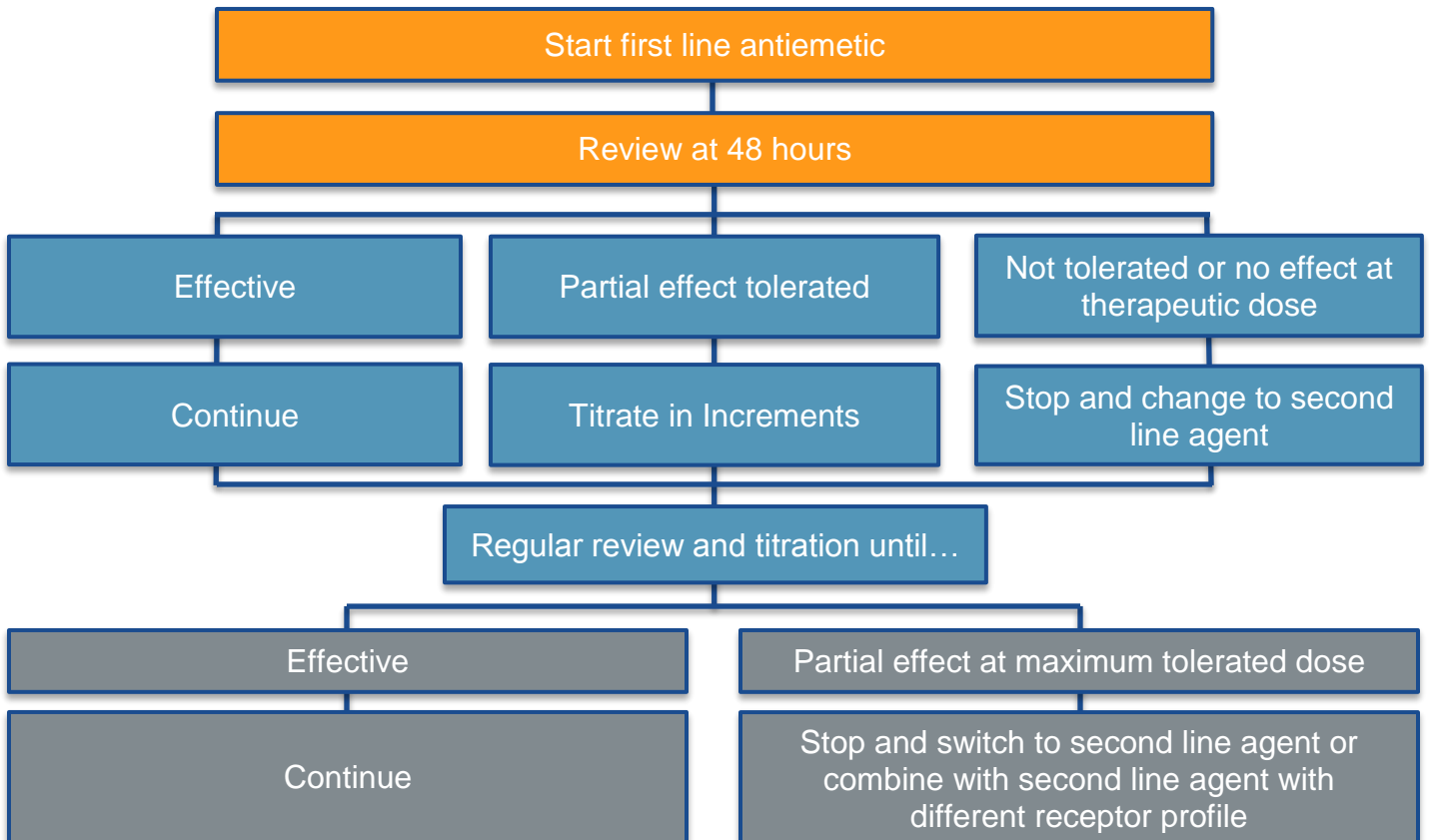




Northern Health Palliative Care

Update on Nausea Management

Nausea is common in clients living with life-limiting illness and often has a negative impact on quality of life. When thinking about managing nausea, it is important to undertake a thorough symptom assessment in order to determine the suspected underlying cause (brain tumour, medication, gastric stasis or chemical disturbances etc). If a reversible cause is discovered, it's important to manage the cause as well as the symptom. When non-pharmacological interventions are not enough, it is important to select anti-emetics based on the probable cause of the nausea. The nausea section of the BC Centre for Palliative Care's Inter- Professional Palliative Symptom Management Guidelines (2017) are tables that offer suggested anti-emetics based on the suspected cause of the nausea. Combinations of anti-emetics are sometimes required. The guidelines also provide new algorithm/titration instructions for the pharmacological management of nausea which have been adapted for this handout below.



Reference: BC Centre for Palliative Care (2017). B.C. Inter-professional Palliative Symptom Management Guidelines.