

Nursing Care for the Patients suffering of Nausea and Vomiting

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EDITORIAL

Nurses are the ones who provide the most health care to patients as well as healthy people. The health care provided by nurses helps them to improve the quality of life of people in addition to their families and social communities.

Nurses make a work plan for them to work with doctors more for patients by providing the best possible care for them. Nursing care includes independent care and collaboration for people of all ages, families, groups and communities, the sick or healthy and in all settings.

It includes health promotion, disease prevention, and care for the sick, disabled, and dying.

The patients suffering with nausea and vomiting generally gets dehydrated and experiences the weakness and fatigue. Nursing intervention during this stage plays a prominent role in overall wellness and improving condition of the patient.

In most of the cases, nausea and vomiting occurs due to the environmental issues. In proper and unhygienic food intake disturbs the bowel movements and imbalances the chemistry of metabolism.

Pregnancy, Infections, psychiatric disorders, lengthy travelling, unsuitable journey, unseasonal intake of food, gastrointestinal infections, ingestion of drugs, dietary allergies is the primary reasons of vomiting and nausea.

The practitioner nurse should obtain the thorough history from the patient regarding the related sickness/ medical illness. The patient with the symptoms of nausea and vomiting may experience abdominal pain, the nurse should ascertain its location, duration, intensity, and painful factors.

Questioning patient regarding the location, quality, duration of pain, other pertaining related issues can provide the essential first-hand information to diagnose the cause and analyse the discomfort properly.

Such detailed and proper nursing intervention facilitates the healthcare provider to assess condition and treat the patient as soon as possible.

Meanwhile practitioner nurse can provide a liquid or rehydration drinks based on the medical/clinical understanding to avoid further health deterioration.

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