# THE EFFECT OF ACUPRESSURE ON PERICARDIUM 6 (P6) ON THE LEVEL OF POSTOPERATIVE NAUSEA AND VOMITING IN PATIENTS WHO UNDERWENT LAPAROTOMY UNDER GENERAL ANESTHESIA

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## ABSTRACT

Postoperative Nausea and Vomiting (PONV) is a common complication in patients who have undergone surgery under general anesthesia and can interfere with recovery. Acupressure on the Pericardium 6 (P6) point is a nonpharmacological complementary therapy that can help reduce PONV. This study aims to determine the effect of acupressure on the P6 point on the incidence of PONV in patients who underwent laparotomy under general anesthesia at IHC Lavalette Hospital. This study employed a quasi-experimental method with a two-group pretest-posttest design. The study sample consisted of 28 respondents—14 from the intervention group and 14 from the control group—who were selected using purposive sampling. The independent variable was acupressure at point P6, and the dependent variable was the level of PONV. PONV was measured using the Rhodes Index of Nausea, Vomiting, and Retching (RINVR). The data were analyzed using the Wilcoxon Signed-Rank Test and the Mann-Whitney U test. The results of the study showed a significant difference in PONV levels before and after the observation period in the intervention group ($p = 0.001$) and the control group ($p = 0.020$), as determined by the Wilcoxon Signed-Rank Test. However, the Mann-Whitney test showed no significant difference between the two groups after the observation period ($p = 0.072$). These results may be influenced by other factors, including the administration of antiemetic medication to the participants. Thus, acupressure at the P6 point showed a change in PONV levels, but did not yet show a significant difference compared to the control group.

**Keywords:** P6 acupressure, Postoperative Nausea and Vomiting, Laparotomy, General Anesthesia.