

## ***Effect of music therapy and periorbital massage on nausea and vomiting in patients undergoing chemotherapy***

### ***Abstract***

*Background and objective: one of the most side effect within the first 24 hours after chemotherapy is acute nausea and vomiting. This study was done with aim to assess the effect of music therapy and pre orbital massage on chemotherapy-induced nausea and vomiting among patients with gastrointestinal cancers. Material and method: This research was a randomized clinical trial, one blinded study with four groups that was done on 120 gastrointestinal cancer patients in hematology care ward of Imam Khomeini hospital, Ardabil .patients were randomly divided in four groups: music therapy, pre orbital massage, music with massage therapy and control. Intervention was in this manner that patients in music therapy group listened to a quiet music for 45 minutes. In massage therapy group, eye ball massage using an electronic eye massager for 15 minutes was done. In both music and massage therapy group, two intervention with each other was don on patients and control group received no intervention. Nausea and vomiting was assessed by Rhodes questionnaire before intervention and 24 hours after intervention. Data analysis was done using the t- test and the Chi-square and Anova tests . Results: The finding show that compared with the control group, pre orbital massage and both music and pre orbital massage coused significantly reduced nausea and vomiting score ( $P<./005$ ). Music therapy also improves patients nausea ( $P=./001$ ) but the rate of vomiting did not show any significant difference ( $P=0/42$ ). Conclusion: pre orbital massage and both music and pre orbital massage as a methods of Complementary and Alternative medicine are effective on acute phase of chemotherapy-induced nausea and vomiting. While music therapy alone, improves the rate of chemotherapy- induced nausea but dosent any effect on vomiting.*

***Keywords:*** *music therapy ‘chemotherapy ‘nausea and vomiting ‘eye massager*